



Attention Deficit Hyperactivity Disorder (ADHD) Policies

The University of Richmond offers comprehensive services for students with ADHD. Students are encouraged to make an appointment with the Student Health Center, the Academic Skills Center and Counseling and Psychological Services for information, medical treatment and coaching. Students must be pro-active in their ADHD treatment, but many University resources are available to provide assistance.

Student Health Center Services

The physicians at the Student Health Center (SHC) are trained to recognize and treat the medical symptoms of ADHD. However, the physicians at the SHC do not diagnose ADHD. Since ADHD is an illness that begins in childhood, most students with ADHD arriving at UR have already been diagnosed by a hometown physician. If you are currently being treated with a prescription medication for your ADHD, you may elect to continue treatment with your home physician to obtain your refills. You may contact Martin's Pharmacy (insert website) to arrange delivery of your medication to the SHC, to be picked up at your convenience during regular business hours. There is no charge for this delivery service.

For a variety of reasons, students may choose to have their ADHD managed at the SHC. These students should bring documentation of their ADHD diagnosis with them to their first appointment. At the initial visit, an ADHD self-assessment questionnaire and a physical examination will help the student and physician determine if the student's current treatment is working effectively. The SHC physician will review the treatment plan, provide information regarding medications and side effects and discuss ways to keep the medication secure. The university physician will work with the student and the student's home physician to coordinate care. Students are not allowed to receive concurrent stimulant medication from both their hometown physician and a SHC physician. Our physicians work with students to establish regular follow-up appointments for medication review, taking into account changing semester schedules, study abroad plans and holiday breaks.

The SHC has a strict policy regulating the procedure for obtaining stimulant medication prescriptions written by university physicians. Students being treated at the SHC are required to be seen by one of our physicians a minimum of once a semester. Additionally, students must visit both the Academic Skills Center and Counseling and Psychological Services at least once to remain eligible to receive prescriptions for their ADHD. This allows students the opportunity to learn the necessary study skills for collegiate academic success and helpful organizational tips. Most importantly, students are responsible for their prescription medications. If a student loses his or her medication, the university will not give the student another prescription until the following month, when the

medication is due to be refilled. Abuse of stimulant medication is a growing problem. Students caught selling or distributing stimulant medication or possessing stimulant medication without a prescription may face University of Richmond judicial sanctions and /or criminal charges. It is a federal crime to possess prescription drugs without a prescription or to sell prescription drugs.

Some individuals with ADHD may go unrecognized during childhood and adolescence and never be diagnosed. The increased demands of university life may cause these students to have significant problems and symptoms of ADHD may become more apparent. If you suspect you have ADHD, make an appointment to discuss your concerns at CAPS, as the symptoms of ADHD may overlap with other mental health illnesses. If further evaluation is warranted, CAPS may refer you to a local psychiatrist or psychologist who is qualified to make an ADHD diagnosis.

Physicians at the SHC work closely with CAPS and the Academic Skills Center to ensure students receive the best care possible.

Counseling and Psychological Services

Psychologists are available at CAPS to help students on a short-term basis with mental health issues. Psychologists may assess ADHD symptoms and their severity, although they do not make formal ADHD diagnoses.

Common side effects of ADHD include low self-esteem, sleep disturbances, anxiety and depression. Students are encouraged to make an appointment with a CAPS counselor if they are experiencing any of these problems.

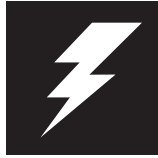
Disability advisors are also available at CAPS. All students diagnosed with ADHD or other learning disabilities are encouraged to make an appointment to discuss possible disability accommodations. The disability advisor may also coach students in self-advocacy and consult with faculty members on behalf of students.

Academic Skills Center Services

At the Academic Skills Center, advisors and mentors are available to coach students towards academic success. They can advise students on organization and time management. Tutors can provide help on individual assignments. Many students at UR utilize the Academic Skills Center at some point during their time at the university.

The Academic Skills Center can be an invaluable resource to those with ADHD. Students with ADHD often find it helpful to visit the center at the beginning of each semester to establish a master schedule for their academic work and extracurricular activities. Additionally, students often visit the skills center to establish work schedules for individual assignments.

UR Well



Stimulant Medication Policies and Procedures

Stimulant medications, such as Adderall and Ritalin, are Schedule II Drugs. According to the Food and Drug Administration (FDA), Schedule II Drugs have a high potential for abuse and their use may lead to psychological or physiological dependence. University physicians adhere to the rules and regulations outlined by the FDA regarding prescriptions for stimulant medications. Schedule II Drugs require an original, written prescription with no refills. New prescriptions will be written once a month for a 30-day supply of stimulant medication. If the prescription or the actual medication is lost, the physician will not write another prescription until the following month, when the prescription is due to be refilled.

Non-university physicians requesting prescriptions for their patients must provide documentation of an ADHD diagnosis to the university physician and request in writing a monthly prescription order before the SHC physician will prescribe any stimulant medication. A phone call will not suffice.

Illicit use of stimulant medication is widespread and is a particular problem in the university setting. The University of Richmond is aware of this issue and has a zero tolerance policy for the possession of stimulant medication.



Counseling and Psychological Services (CAPS)

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Student Health Center

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