

# ADHD STUDENT GUIDE

There are multiple resources available to students diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) prior to arrival at Clemson:

1. Student Health Services (SHS):
  - Counseling and Psychological Services – Behavioral therapy, including online treatment, workshops and groups
  - Redfern Health Center – Medication therapySHS requires full documentation of an ADHD diagnosis, from a psychologist or other professional who is qualified to conduct psychological testing to diagnose ADHD. This testing is not available at Redfern Health Center. See the ADHD Assessment Resources/Listings on our website ([clemson.edu/studenthealth](http://clemson.edu/studenthealth)) for a list of providers.
2. Student Accessibility Services – Accommodations  
Contact 864-656-6848 to schedule an appointment with a disability specialist to discuss your concerns.

## Obtaining Medication Treatment for ADHD at Clemson University

SHS at Clemson University has a policy that establishes guidelines for accepting and managing the care of patients with ADHD. Students interested in having a physician manage their ADHD while at Clemson must have an established diagnosis of ADHD. SHS physicians or psychologists cannot perform the recommended psychological testing to help establish a diagnosis of ADHD. Students previously diagnosed and treated by a physician without the recommended psychological testing do not meet the established criteria and will not be accepted for ADHD care at SHS.

Students seeking medication for the treatment of ADHD, either as an initial prescription or as a refill, are required to do the following:

1. Provide full documentation of ADHD psychological testing and diagnosis that has been conducted within five years of request for treatment and includes the following:
  - A clear diagnostic statement on letterhead from a qualified professional; this means a psychologist or other professional who is qualified to conduct psychological testing to diagnose ADHD.
  - Diagnosis must meet DSM criteria documenting ADHD.
  - Details on how the professional arrived at the diagnosis including information from a clinical interview, medical history, information from a significant other (parent, spouse, friend, etc.), psychological assessment (including test scores), behavior rating scales, etc.
  - Treatment plan.
  - A statement of how the disability affects the student in an academic environment.

If a student has not had psychological testing that meets the above criteria, please visit [clemson.edu/studenthealth](http://clemson.edu/studenthealth) and click on Requirements for ADHD Documentation.

2. Submit records of testing to the SHS Health Information department:
  - By fax: 864-656-0760
  - By mail: Box 344054, Clemson, SC 29634
  - In-person delivery to Redfern Health Center: 735 McMillan Road

If you or your physician will be faxing or sending by mail, you must call 864-656-2234 in advance to notify staff and start the process.

## Following Receipt of Records

1. Records will be reviewed within five business days, and the student will be notified by secure message if records are complete or insufficient. If records are complete, the student will be notified and may make an appointment with a medical provider for a medication consultation. If the records do not provide sufficient information, the student will be informed.
2. The student will be expected to understand the conditions of the SHS Controlled Medication Contract and will be required to sign the contract as a condition of receiving medication.
3. Students with ADHD who have coexisting mental health disorders, such as bipolar disorder, post-traumatic stress disorder,

Please visit our website at [clemson.edu/studenthealth](http://clemson.edu/studenthealth).



eating disorder, psychosis and substance use disorder, will be referred to the SHS psychiatrist for management of ADHD. SHS primary care physicians do not manage ADHD with complicated coexisting mental health disorders. Psychiatrist fees apply.

### **What is attention deficit/hyperactivity disorder, or ADHD?**

The DSM-5™ defines ADHD as a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development, has symptoms presenting in two or more settings (e.g. at home, school or work; with friends or relatives; in other activities), and negatively impacts social, academic or occupational functioning. Several symptoms must have been present before age 12 years.

ADHD can make it hard for a student to do well in school even though the student is capable of handling the material. ADHD can be treated. Doctors and counselors at Student Health Services can help.

### **What are the symptoms of ADHD?**

ADHD has many symptoms. At first, some symptoms may look like normal behaviors for a child, but ADHD makes them much worse and occur more often.

College students with ADHD may do the following:

- Get distracted easily and forget things often
- Switch too quickly from one activity to the next
- Have trouble with directions
- Daydream too much
- Have trouble initiating and/or finishing tasks like homework or chores
- Lose personal items often
- Fidget and squirm a lot
- Talk nonstop and interrupt people
- Be very impatient
- Blur out inappropriate comments
- Have trouble controlling their emotions

### **How are students able to cope with ADHD?**

Students with ADHD can function more effectively with treatment. There are three basic types of treatment.

1. Medication – Several medications can help. The most common types are called stimulants. Medications help one to focus, learn and stay calm. Sometimes medications cause side effects, such as sleep problems or stomachaches. Students may need to try a few medications to see which one works best. It's important that a doctor closely monitors a student while taking medication.
2. Counseling – There are different kinds of therapy. Behavioral therapy can help teach students to control their behavior so they can do better inside the classroom and outside the classroom.
3. Medication and counseling combined – Many students benefit from both medication and counseling.

Academic accommodations may also help in controlling the impact of ADHD. Contact Student Accessibility Services at 864-656-6848 to schedule an appointment with a disability specialist to discuss your concerns.

