

HCC's Policy on Stimulants and Drug Use

The HCC recognizes that ADHD has a high prevalence among college students and that treatment with stimulants comes with a high potential for abuse on a college campus. As such, the HCC requires careful assessment and treatment of ADHD, and follows procedures to ensure high quality collaborative care to students with this diagnosis.

In addition, the effects of regular cannabis and other drug use can mimic symptoms of ADHD including: impaired attention, memory and motivation. These can persist for many hours, days or even weeks beyond most recent intoxication as cannabinoids are stored in body tissue then slowly release into the bloodstream. Therefore, accurate dosing of stimulant medication for ADHD requires an extended period of abstinence. This allows the clinician to determine the minimum dose required to control symptoms. Maintaining a patient on the lowest effective dose reduces side-effects and protects against potential harm associated with long-term use.

Thus, students approved for stimulant medication at the HCC will complete a urine analysis (UA) during the medication intake appointment, one month, and six month follow-up meetings along with additional appointments subject to their provider's discretion. They will also review and sign the HCC'S Agreement for Stimulant Medications at intake. A positive UA at intake will NOT preclude an initial prescription for stimulant medication.

For more information or to speak with the HCC's Assessment Coordinator, please contact the HCC at:



303-871-2205

info@hcc.du.edu



www.du.edu/hcc



303-871-4242

(fax number)



Stimulant Policy for

ADHD Treatment

at the
Health and Counseling
Center (HCC)



UNIVERSITY of
DENVER

CAMPUS LIFE & INCLUSIVE EXCELLENCE
Health & Counseling Center



FREQUENTLY

ASKED

QUESTIONS

What if I have been diagnosed with ADHD in the past and just want medication management?

In order for our providers to prescribe stimulant medication, the HCC requires a current and thorough psychological evaluation* that confirms the diagnosis of ADHD.

* Evaluation, Assessment, Documentation, and Testing are terms that are being used interchangeably.

What does "current" mean?

If you were last tested before the age of 18, then testing is considered current if it was done within the past three years. If you were over the age of 18, then testing is considered current if it was done within the past five years.

What does a "thorough" evaluation mean?

A thorough evaluation typically includes multiple, formal, paper-and-pencil measures and computer administered tests. For most people, this requires approximately six hours of your time. Assessments based primarily on self-report checklists or "bubble" questionnaires are not considered "thorough" for the purposes of obtaining stimulant medication at the HCC. Additionally, medical and/or psychiatric records alone do not constitute an ADHD assessment, nor does a letter from your pediatrician meet this requirement.

If I had a thorough assessment, what do I need to do?

If you have the documentation that meets the definition of "thorough" assessment, please fax, mail, email, or drop off a copy of your most recent report to the HCC for review by our Assessment Coordinator. HCC's confidential fax line is 303-871-4242 and email is info@hcc.du.edu.

What if my psychological testing is out of date?

If your last documentation is more than 3-5 years old, we may require a current evaluation before one of our medical providers will prescribe stimulant medication. Please provide a copy of your most recent evaluation to the HCC and speak with our Assessment Coordinator to discuss your options.

What if my testing isn't comprehensive?

If your prior testing doesn't meet the guidelines for being "thorough," then you may be required to complete a more thorough evaluation before our medical providers will prescribe stimulant medication.

What if I don't want to go through another assessment?

The HCC adheres to specific guidelines before our medical providers will prescribe stimulant medication. If you don't have a current, thorough evaluation available and you do not wish to complete psychological testing, we can refer you to a community provider who may be able to prescribe the medication for you.

ADHD Assessment at the HCC

I have not been diagnosed with ADHD but I suspect I may have it.

What should I do?

The HCC provides comprehensive psychological assessment for ADHD. If you are interested in this service, please contact our Assessment Coordinator to discuss it. Psychological testing is time-consuming and costly. Health insurance does not typically cover the cost of testing for ADHD or Learning Disabilities. The HCC is able to offer limited services on a sliding scale basis if there is demonstrated financial need.

How much time will it take to do the assessment?

At the HCC, psychological assessments are performed by doctoral interns under the supervision of a licensed psychologist. The assessment takes a bit longer than if you were tested by a private psychologist in the community. The actual testing process will take approximately 6 to 8 hours of your time, depending on the conditions being considered. We typically complete our report and share results within 4-6 weeks from the time of the first testing session. During our busiest time of the year, we may have a waitlist. If you prefer not to wait, we can provide you with community referrals for testing.



UNIVERSITY of
DENVER

CAMPUS LIFE & INCLUSIVE EXCELLENCE
Health & Counseling Center