

WELLESLEY COLLEGE
STONE CENTER COUNSELING SERVICE

Information Sheet Regarding Assessment for Attention Deficit Hyperactivity Disorder (ADHD)

The Counseling Services adheres to best practices with respect to the assessment and treatment of ADHD. Therefore, as part of the process, we ask that you review the following information and provide requested material:

1. If you have not previously been diagnosed with ADHD, part of the evaluation will be to meet with a clinician. During that evaluation, the clinician will determine whether there is a likelihood that an ADHD diagnosis exists. If this is the case, we require further information to aid in making the diagnosis. This information includes:
 - **Collateral information supporting symptoms of ADHD prior to the age of 12. This may include parental report, prior teacher reports, prior medical records**
 - **Neuropsychological testing to evaluate for ADHD**
 - **A recent transcript**

2. If you have previously been diagnosed with ADHD we will request specific documentation supporting the diagnosis.
 - **Collateral information from prior diagnostic work up and treatment**
 - **Copy of neuropsychological testing supporting a diagnosis of ADHD, within the past 3 years. If your testing is older than this, we may request an update.**
 - **A recent transcript**

3. ADHD is a long-term condition and can be a challenging diagnosis to make in an adult who has not been previously diagnosed as a child. Lack of sleep, anxiety, substance abuse, and depression can have a similar presentation to ADHD.

4. If you are a student athlete, please be aware that there are specific NCAA regulations that require documentation from your provider if you are to be prescribed certain medications for ADHD. We recommend you reach out to the Wellesley College Sports Medicine Department for more information. In addition, you can refer to <http://www.ncaa.org/health-and-safety>.

5. Some treatments for ADHD are routinely misused or abused (i.e. stimulants). Thus, we are careful and thorough in the evaluation and treatment for ADHD.

6. Testing and checklists for ADHD are not sufficient to diagnose ADHD, and sometimes can be misleading. We rely on a compilation of information and clinical assessment and judgment when diagnosing and treating ADHD. The treatment recommendations are determined by the clinician and not by the results of testing or prior treatment.

7. Based on the treatment recommendations, you might be referred to the Office of Disability Services and the Pforzheimer Learning and Teaching Center (PLTC) for assistance with your classes and academic accommodations (i.e. extended time, note-taking, coaching, tutoring, etc).

I have read and understand the information outlined above.

Client Signature/Date

Please return this form to The Stone Center Counseling Service along with the above requested materials (see numbers 1 & 2). The prescriber will review the information and schedule an appointment if appropriate.

Reference: American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. Arlington, VA, American Psychiatric Association, 2013.

