

How do I request an evaluation for ADHD?

- Complete a Behavioral Health Packet/Parent ADHD Interview Form
- Complete Vanderbilt Assessment Scales (parent AND teacher)
- Submit completed Form and Scales. Once reviewed by your provider, you will be contacted

When are initial ADHD evaluations scheduled?

- Late morning typically

How long does it take to get an ADHD evaluation?

- All forms need to be completed and reviewed; then your appointment can be scheduled

How often will my child need to be seen if they are on medication for ADHD?

- Usually once a month until the medication dosage is stabilized, then typically every 3 months.

What if my usual provider cannot see my child when it is convenient for my schedule?

- Families have a signed contract to see the same provider consistently for their medication checks
- If schedules are not compatible, then long-term transfer to another office provider can be arranged

How do refills work for controlled substances?

- Refills are not allowed for controlled substances
- The maximum amount of medication that can be given at one time is a 90-day supply
- 3 *separate* 30-day prescriptions are sent to the pharmacy, 2 of them post-dated, for a total of 90 days
- Always request the "NEXT PRESCRIPTION ON HOLD" rather than a "refill"

What if we run out of medication?

- Check with your pharmacy to see if the next prescription is still on hold and ready to fill
- Call for new prescriptions Monday - Friday, 8am to 5pm, and allow 48-72 hours for a response

How will we know if insurance will cover the medication?

- Many ADHD medications have generic forms available and may have better insurance coverage
- Call your insurance to ask which stimulant/ADHD medications are covered (generic or brand name)
- If insurance changes, call the new insurance for coverage, so the prescription can be sent correctly.

Are there ways to get the cost down if insurance does not cover the medication, I do not have insurance, or I have a high-deductible plan?

- Copay discount cards may be available through the manufacturer (in the office or online)
- High deductible plans sometimes do not cover medications until the deductible is met
- Discount drug programs may help like GoodRx, for brand-name and generic medications

What if my child is already on ADHD medication but transferring from a different facility or provider?

- Completion of Parent Interview and Vanderbilt forms are required
- Medical records from the previous provider are required before the ADHD visit in our office
- We will not be able to prescribe any ADHD medication until all documents are reviewed and child is seen for an ADHD appointment

Do your providers offer counseling or just medication?

- Our providers are not trained counselors and will not be able to deliver this service
- We provide evaluation and medication management for your child
- Recommendations for dietary adjustments, supplements, resources for behavioral coaching and/or counseling may be made

Do you offer genetic testing to see which medication will work?

- Genetic testing is available to help guide medication choice
- Testing is expensive and is not often covered by insurance
- It may be helpful if we are having difficulty identifying a medication that works for your child/teen

Can telemedicine (2-way videoconferencing) be used for ADHD treatment?

- Due to the current COVID 19 pandemic, telemedicine services for ADHD management may, at least temporarily, be conducted if your provider deems it acceptable.

Additional ADHD Resources:

Written:

1. [Taking Charge of ADHD](#) by Russell Barkley, recommended to better understand the nuances and strategies regarding ADHD management.
2. [The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention and Minimizing Parental Stress](#) by Mark Bertin, balances an expert approach to the science of understanding, managing, and living with ADHD with practical, evidence-based, and sympathetic strategies for the whole family.
3. [Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive](#) by Mark Bertin, includes planning strategies, worksheets and tools for improving motivation, problem solving and goal setting.
4. [The ADD/ADHD Checklist](#) by Sandra Rief, helps parents and teachers to better understand children and teenagers with attention problems and provide the kind of support and intervention that is crucial to kids' success. Presented in a concise, easy to read checklist format.
5. [Attention Difference Disorder: How to Turn Your Child or Teen's Difference into Strengths in 7 Simple Steps](#) by Handelman, K. (2011). New York: Morgan James Publishing

Web-based:

1. www.chadd.org - National organization for children and adults with ADHD. Provides many free webinars and other resources to help parents learn about ADHD and how to better support their children, as well as resources for teens and adults with ADHD.
2. www.MoreToADHD.com - comprehensive website designed to support families living with ADHD. Provides many free tips and resources
3. www.CDC.gov/ncbddd/adhd - Overview of ADHD symptoms, treatment, research along with webinars and articles for self-education and practical tips for home-management strategies.
4. www.add.org - Adult ADHD organization, limited free resources, most resources require membership which starts at \$5/month