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ADHD Evaluation

In order to provide appropriate treatment for individuals with ADHD, we must have a correct diagnosis. Even if you have been diagnosed with ADHD in the past and received treatment with medications, we have to ensure that the diagnosis is correct.

Therefore we require the following steps to be completed in order to evaluate, establish your diagnosis and determine whether you are a good candidate for ADHD treatment with stimulant medications (e.g. Adderall, Ritalin, Vyvanse, etc) which are controlled substances, or non-stimulant medications (e.g. Strattera, Wellbutrin/Bupropion).

1. You will complete an Adult ADHD screening form online in the patient portal prior to or during your initial appointment.
2. You will be sent an additional rating form and questionnaire after your initial appointment:
 - Childhood Behavior Rating Form: This form should be completed by a family member who knew you before you were age 12.
 - Adult ADHD Questionnaire: This is completed by you, the patient

The Childhood Rating Form can be completed in less than 10 minutes and the Questionnaire can take up to 30 minutes.

3. We require a urine drug screen lab completed within 3 business days of your initial appointment (in addition to other routine labs ordered, unless recently done).

4. We may require an EKG completed or recent EKG report, if treatment with a stimulant medication is being considered.
5. Submission and review of your prior mental health records which should include proof of prior diagnosis, testing if any and past treatments. We can attempt to obtain these from your previous Psychiatrist(s) with your authorization on the medical information release form.
6. Satisfactory review of the Prescription Drug Monitoring Program (PDMP) registry (*see Office Policy & Procedures for more information*)

Upon receiving your completed paperwork (form & questionnaire), the results will be analyzed and you will be notified of the outcome of your ADHD evaluation at your next follow-up appointment. Please allow at least 1-2 weeks to complete this process.

Please note that in some cases, we may require additional assessment such as a neuropsychological testing. This involves completion of additional tests such as The Minnesota Multiphasic Personality Inventory (MMPI-II) and the CPT-II Test, to help determine whether you have ADHD. This is usually performed by a Psychologist and a written report is provided upon completion.

The initial appointment is a consultation and provides an opportunity to decide whether or not we are the right practice for you. **There is no guarantee that we will immediately prescribe medication, continue previous treatment, or complete forms. We do not prescribe stimulant medications at the initial appointment.**

Note that by law, controlled substances cannot be prescribed in an online visit unless the patient has been seen at least once in-person which requires an office visit. Therefore new patients taking or seeking controlled substances **should not** schedule a telepsychiatry online appointment for their initial evaluation. (*waived during COVID-19 pandemic*)

Controlled substances are certain medications that are potentially addictive and abused. They are highly regulated by the DEA. Examples of controlled medications include:

- Stimulants – used for ADHD, depression, fatigue, narcolepsy, cognitive issues: Adderall, Dextroamphetamine, Methylphenidate, Ritalin, Concerta, Focalin, Vyvanse, Dexedrine, Provigil, and Nuvigil
- Benzodiazepines – used for anxiety, panic attacks, sleep disorders, tremors, and seizures: Xanax, Klonopin, Ativan, Valium, Restoril, Valium, and Librium
- Hypnotics – used for insomnia: Ambien, Ambien CR, Lunesta, Sonata, Belsomra
- Opioids, used for pain control; not usually prescribed by psychiatrist, except medications used to treat opioid addiction such as Suboxone

We reserve the right to change this notice. Should our policies change, we will promptly notify in writing.