

PLU Health Center ADD/ADHD Stimulant Medication Policy

Students Requesting Medications for ADD/ADHD:

Stimulant medications (ex. Adderall, Ritalin, Vyvanse, Concerta) are commonly and effectively used to treat Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD). While many students benefit from treatment with stimulant medications, extensive assessment and appropriate medical oversight are required for safe prescription. Stimulant medications have a known high potential for misuse, dependence, and serious side effects. In recent years unprescribed use of ADD/ADHD medications by college students has increased considerably.

An initial diagnosis of ADD/ADHD and initiation of stimulant medications **will not** be made by the PLU Health Center. The PLU Health Center requires certain documentation prior to **continuing an existing prescription** of ADD/ADHD medication. Records must reflect a diagnosis based on recent psychological, neuropsychological, or psychoeducational test batteries, with instruments, methods, and results specified. This assessment must have been completed within the past 3 years prior to a student's request for medication management, OR must have been completed as an adult (18 years or older) and still be considered current.

Providers at the Health Center can continue an existing prescription, at their professional discretion, with receipt of appropriate documentation, as noted above. Any new prescription or adjustment of stimulant medication must be managed by the student's outside provider. The student must see this provider at least annually for continuation of Health Center prescriptions. The PLU Counseling Center can provide non-drug management options to help with ADD/ADHD.

Students must meet the DSM-IV-TR or DSM-V diagnostic criteria of the American Psychiatric Association and have an assessment that documents the following:

- Developmental history of symptoms of ADD/ADHD, specifying the symptoms present in childhood.
- Documentation of current symptoms that meet diagnostic criteria.
- Documentation of both childhood and current adult behavior on rating scales of ADD/ADHD symptoms using appropriate age norms.
- Clear evidence and documentation of interference with developmentally appropriate academic, social, or vocational functioning.

- All other environmental, psychosocial, psychiatric, chemical dependency, or medical disorders that may contribute to inattention are differentially evaluated, documented, and considered in the differential diagnosis.
- Documentation of diagnosis by an appropriately credentialed clinician. ‘

A stimulant medication contract will be discussed and signed prior to any prescription being provided. Contracts will be reviewed annually. Violations of the stimulant medication contract will result in the student no longer being prescribed ADD/ADHD medication through the PLU Health Center. Examples of violations include giving medications to others, requests for early refills, receiving prescriptions from multiple providers, or increasing dosage without consultation. Lost or stolen medications or prescriptions cannot be replaced. Failure to keep medication or prescriptions in a safe and secure place will result in discontinuation of stimulant medication prescription through the PLU Health Center.

Other requirements for stimulant medication prescription refills include a scheduled face to face office visit with a Health Center clinician every 3 months. All prescriptions will be printed out as required by state and federal regulations. Only a single 30 day supply prescription will be given at a time, and students must call 2 business days prior to needing a refill prescription.