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## ADHD Medication/Stimulant Prescribing Policy

Regarding the treatment of Attention Deficit Hyperactivity Disorder (ADHD) of any subtype, the Engle Center for Health and Counseling does not monitor and prescribe medication for students with a stable condition and who have prescribing doctors at home (psychiatrist, family doctor, or internist). Such students need to continue to receive their medications from home providers and should plan to meet with their home providers at a clinically appropriate frequency during holiday periods and visits home.

In some cases (i.e., student is international) the Nurse Practitioner at the Engle Center may agree to monitor and prescribe (on a monthly basis) ADD or ADHD medication, but in order to continue your therapy through the Engle Center you must provide a written report from the prior provider who has been treating the condition. The written report must contain the following information:

1. Prior provider's name, address, telephone number and fax information
2. Date of diagnosis of attention disorder
3. Name and credentials of diagnosing professional
4. Brief treatment summary including compliance issues
5. Student's pertinent medical history including what has and has not worked in the past
6. Last date seen for ADHD or ADD treatment
7. Reason for requesting medications be ordered by campus health
8. Current medication(s) and dose(s)

For the initiation of new ADD or ADHD medication, the nurse practitioner requires a full report of diagnostic testing from the diagnosing specialist (often psychiatry or neuropsychiatry).

Please be aware that due to the current prevalence of abuse of Adderall on college campuses nationwide, this medication will rarely be prescribed by the Engle Center NP. If your student is currently receiving Adderall or its generic equivalent, we ask that medication treatment be modified before coming to campus. There is an array of ADD/ADHD medications that can be substituted. Please consult with your home prescriber in this regard.

If the student is 18 years or older, the home prescriber will need the student's signed permission to release information to us. Please be sure to begin this process in plenty of time! We appreciate your understanding of the importance of this information. Also, please be mindful that while physician providers are authorized in the state of PA to provide controlled substance prescriptions for up to 3 months, nurse practitioners are limited to one-month intervals. The student, therefore, will need to request refills from the NP *monthly*.

We want the student to receive appropriate treatment and continuity of care. Furthermore, the increasing abuse of many ADHD or ADD medications on college campuses causes us to take as many precautions as possible to maintain a healthy student community. Thank you in advance for your cooperation.