



Center for Student Health & Counseling
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SHAC ASSESSMENT FAQs

Overview

SHAC services include consultation, referrals, brief interventions, workshops, and formal assessments.

Frequently Asked Questions

1. What can be assessed at SHAC?

- a. Attention Deficit Hyperactivity Disorder (ADHD) and Specific Learning Disorders (e.g. math, reading, and writing disorders – AKA dyscalculia, dyslexia, and dysgraphia)

2. Who is eligible?

- a. PSU students enrolled in 5 or more credits who have access to SHAC

3. What does it cost?

- a. Consultation, referrals, brief interventions, and workshops are free for eligible students
- b. There is a \$625 flat fee for a formal assessment
- c. For PSU students with student Pacific Source insurance plans, the cost is covered 100%.
- d. For PSU students with other insurance, the \$625 is billed to their student account.
- e. Other insurance *may* cover the cost too – it's a good idea to contact your insurance company and ask if and how much they reimburse for psychological testing.

4. How long does it take?

- a. At SHAC, it varies but can often be several months.

5. What if I need to get assessed sooner?

- a. Consider a community provider. We can assist with referrals.

6. There are different ways to get a diagnosis of ADHD – What is right for me?

- a. Consultation appointments are intended to help sort this out.
- b. Students whose situations are complex or include learning disorder concerns, or those who need detailed documentation may be referred for a comprehensive evaluation.
- c. Students whose situations are relatively straightforward may be referred for a standard evaluation or to see a community provider.

7. When is a good time to be assessed?

- a. When substance use is not a problem
- b. *A month of abstinence from cannabis is required before testing (it confuses the results)
- c. When you have the time to spend on the process (several long appointments)
- d. When medical or emotional issues and other stressors are mild to moderate (otherwise you will likely benefit more from attending to those issues first)

8. What is in the report?

- a. The report includes a history, test results, diagnoses (if appropriate), and recommendations to help improve academic performance and general wellbeing.

9. What happens after the assessment?

- a. Recommendations are tailored to each person; these are examples:
 - i. If a learning disorder or ADHD is diagnosed, a student may share the report with the Disability Resource Center, which determines if accommodations will be offered.
 - ii. If ADHD is diagnosed, the student may pursue a medication consultation with their primary care provider in the community.
 - iii. Therapy is often recommended (or required, with medication management at SHAC) to bolster coping skills for ADHD, learning disorders, and other issues.

10. If I have Pacific Source insurance, can I get assessed somewhere else?

- a. Yes, the Pacific Source plan also covers part of the cost of assessments provided by some specialists in the community. You can find out more details about your insurance coverage here: <https://www.pdx.edu/health-counseling/insurance>.

11. Who else does ADHD/LD assessments?

- a. ADHD / LD: There are several psychologists in the area who do specialized assessments. A referral list is available by request at your consultation appointment.
- b. Some primary care providers (e.g. medical specialists) diagnose and treat ADHD

12. I already know I have ADHD, I just need a new prescription. What do I do?

- a. Consulting with a primary care provider may be simplest and fastest, if you have an established diagnosis and know what medication works best for you.
- b. Establishing a relationship with a psychiatrist may offer benefits, particularly if your symptoms are complicated, or your diagnosis is recent.

13. Can I get ADHD medication at SHAC?

- a. As a campus-based health center, SHAC providers are cautious about prescribing controlled substances including stimulant medications.
- b. SHAC psychiatrists decide on a case-by-case basis if students will be prescribed medication.
- c. At SHAC, a recent and thorough ADHD evaluation is required prior to accessing medication.
- d. Students prescribed ADHD medications at SHAC are typically required also to participate in therapy.

14. What can I do right now?

- a. SHAC offers several groups and workshops that may help – no testing or diagnosis required
 - i. <https://www.pdx.edu/health-counseling/counseling>
- b. Check out the Learning Resource Center and consider asking for academic support
 - i. <https://www.pdx.edu/tutoring/home>
- c. Consult with the Disability Resource Center if you have questions about accommodations:
 - i. <https://www.pdx.edu/disability-resource-center/>

15. How can I get more information about SHAC's assessment process?

- a. Review the video on SHAC's website (coming Fall 2021)
 - i. <https://www.pdx.edu/health-counseling/counseling>
- b. To speak with a clinician, schedule an initial consultation at SHAC by calling 503.725.2800.

16. Where can I learn about ADHD?

- a. www.chadd.org
- b. www.additudemag.com

17. Where can I learn about learning disorders?

- a. <http://www.nclld.org/>
- b. <http://www.friendsofquinn.com/>