

**College of Charleston**  
**Student Health Services ADHD Information Bulletin**  
**For Students and Parents**

1. The majority of students at the College of Charleston do not receive their ADHD stimulant medications through Student Health Services, (SHS).
2. Most students with ADHD continue to receive their medication from their hometown physician. Frequently these doctors have longstanding relationships with the student and his or her family and are comfortable continuing to provide ADHD care to student patients who are away at college. Typically the physician will have a procedure to supply the prescriptions for a student's medications while the student is away at college provided that the patient continues to follow up with the prescribing physician for rechecks. Often follow up appointments will be scheduled during visits home over long weekends, at seasonal breaks and the break between semesters. Discuss the options, possibilities and protocols for this continued care with your current physician prior to your move to the College of Charleston.

Please keep in mind that if your physician is located in a state other than South Carolina, the out of state prescriptions for controlled substances such as Ritalin or Adderall will not be filled on an ongoing basis by a pharmacy in South Carolina because of South Carolina controlled substances pharmacy rules. Often this reality forces a parent to pick up a prescription from the doctor's office, fill it at the hometown pharmacy, and then bring the medications to the student in Charleston. This process needs to be carefully considered by all those who will be involved. Some physicians, especially some pediatricians who focus on the care of younger patients, will not be comfortable continuing care of older college bound patients who will be away from home. This is a major reason we recommend student patients discuss ADHD and other medical care options with their current physician prior to leaving for college.

3. The second largest group of students receives their ADHD medications from local Charleston area physicians with whom they have established care. These physicians are often psychiatrists, family or internal medicine physicians and are not affiliated with the College of Charleston. A list of local physicians who are interested in providing ADHD care to College of Charleston students is available at SHS if you would like to pick up a copy or you may use the link on the SHS website to download our list. If you would like assistance in arranging an appointment please schedule a nurse visit at SHS and a nurse will help you establish care with a local physician.
4. A small percentage of College of Charleston students on stimulant medication for ADHD receive their medication from the physicians working at SHS. Every day the physicians at SHS are busy providing a full range of medical care matched to the needs of all our students. For this reason, we limit the number of students receiving care for ADHD. Our current physician staffing model forces us to focus our ADHD care on only those students utilizing the Center for Disability Services SNAP (Students Needing Access Parity) program for academic accommodations. These are the only students that have the possibility to be eligible to receive their ADHD medicines at SHS. More information on this program is available online at [www.disabilityservices.cofc.edu/](http://www.disabilityservices.cofc.edu/) or emailing [SNAP@cofc.edu](mailto:SNAP@cofc.edu)

## Establishing Care at Student Health Services

Students who desire to receive care for ADHD at SHS can initiate the process by contacting the clinic. A member of the medical staff will review all submitted information prior to scheduling the student's first appointment. The reviewing physician needs the following documentation in order to determine whether we will assume care for their symptom management with prescription medication:

1. **A copy of formal psychological testing performed by a licensed psychologist.** We prefer that the testing has been performed within the past three years and must support a diagnosis of ADHD. In some instances, the medical director may accept a letter from a psychiatrist detailing their patient's ADHD diagnosis and treatment. The treating psychiatrist should assert that all current psychiatric conditions are controlled and that being followed by a primary care physician in a college clinic setting is appropriate for their patient.
2. A student who has previously or is currently prescribed medication for ADHD must **supply a summary letter for review** or medical records from the treating physician outlining their ADHD care.
3. Physicians providing ADHD care at SHS see only a percentage of those students enrolled with the SNAP program operated by the Center for Disability Services. **Please provide a copy of your SNAP approval letter** regarding your academic accommodations. A copy of the "Professor Notification Letter" is not required.
4. Students should review and **sign our ADHD agreement** form to affirm that our care model will meet their needs. A copy can be found at the Student Health Services website.

**Receiving the information above does not guarantee that SHS will be able to follow you for your ADHD care.**

Please understand that in some instances we may decide that students with complicating and/or coexisting medical or psychological conditions require a level of care beyond the scope of our practice. In those cases, we may recommend that you seek care with a local physician who treats ADHD and our staff can assist with arranging the initial appointment.

For more information, please contact us: Student Health Services  
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