

MCAPS Stimulant Medication Policy

Our psychiatrists at MCAPS will refill prescriptions for ADHD stimulant medication for students under certain guidelines. To meet standards of practice, MCAPS psychiatrists require neuropsychological or psychoeducational documentation (a battery of testing consisting of assessments, comprehensive interviews, Behavioral Scales, etc.) verifying the ADHD diagnosis, along with an existing prescription of the stimulant medication that the student is requesting to be refilled.

Specifically, these are the current requirements:

- 1) Students will need an existing prescription; MCAPS psychiatrists will not provide initial prescriptions for ADHD medications.
- 2) Students will be prescribed ADHD medications only if they have a current prescription, documentation of testing, and diagnosis conducted within the last five years. Basic requirements for documentation must include the following four criteria:
 - a. A qualified professional (i.e. psychologist, neuropsychologist, psychiatrist, or other medical professional) has diagnosed you with ADHD.
 - b. Psychological testing and diagnosis conducted within the past five years. Testing must include behavioral rating scales (including an adult symptom rating scale, if not diagnosed as a child), a measure of cognitive ability, a measure of achievement, and an objective assessment of the student's executive functioning.
 - c. Thorough history of client's difficulties including: age of onset of symptoms, any previous treatment or interventions, settings where the individual struggles, and functional impairments.
 - d. Interview and/or assessment materials provided by a secondary source regarding client's symptoms. This could include: parents, teachers, significant others, friends or any other individual who is close to the client.
- 3) If a student sees the psychiatrist for an initial appointment at MCAPS and requests stimulant medication refill and continued monitoring, they will be

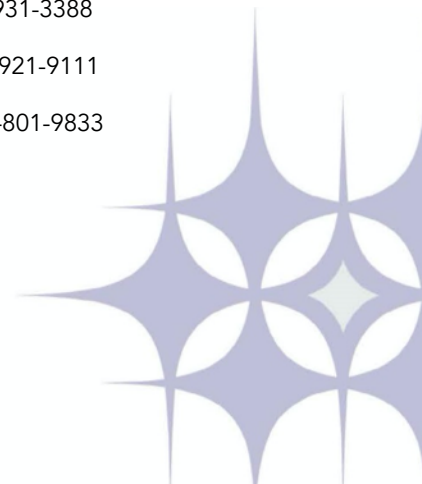


asked to provide MCAPS copy of their documentation and current prescription.

- a. The student can directly provide that information to MCAPS
 - b. The student can request assistance from MCAPS staff in obtaining existing documentation from a previous clinician, by signing a Release of Information Form.
- 4) If a student does not have recent documentation, testing and diagnosis of ADHD (within the last five years) and a current prescription for ADHD medication, they will be referred to a psychiatrist in the community for ADHD medication prescriptions and follow-up appointments. Some referral names from the community are provided below.
- 5) A student may choose to return to see the MCAPS psychiatrist after obtaining the necessary documentation and current prescription.
- 6) The documentation will be kept in the client's chart.

If a student does not have recent documentation, testing and diagnosis of ADHD (within the last five years) and a current prescription for ADHD medication, they will be referred to a psychiatrist in the community for ADHD medication prescriptions and follow-up appointments. The locations and telephone numbers of psychiatrists in the local area are as follows:

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| 1. Foothill Psychological Services, 954 W. Foothill Blvd., Ste. A, Upland (3.3 miles) | 909-946-4222 |
| 2. Inland Psychiatric Medical Group, 540 Baseline Rd. Ste. 3, Claremont (2.1 miles) | 909-625-7175 |
| 3. Mental Wellness Partners, 820 N. Mountain Ave., Ste 215, Upland (2.9 miles) | 909-920-5150 |
| 4. Mountain View Behavioral Health, 585 N. Mountain Ave., Suite B, Upland (2.6 miles) | 909-931-3388 |
| 5. Chino Valley Community Health Center, 13193 Central Ave., Suite 200, Chino (7.7mi) | 909-921-9111 |
| 6. Sensible Care, 505 N. Tustin Ave., Suite 150, Santa Ana (32.3 miles) | 800-801-9833 |



MCAPS

MONSOUR COUNSELING AND PSYCHOLOGICAL SERVICES



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It is the student's responsibility to verify that the provider carries the school insurance, or the insurance the student plans to use, before their first appointment. If you are a previous client at MCAPS treated by one of our psychiatrists and you are referred to a local community psychiatrist, if you wish, you may sign a Release of Information Form at MCAPS and we will forward your records to your new psychiatrist.

Monsour Senior Staff Psychologist, Grant Goodman, Ph.D., who specializes in counseling for Learning Disorders as well as Attention Deficit Hyperactivity Disorder (ADHD), can provide non-medication support to students.

