

Psychiatric Services

MCAPS provides psychiatric services to students of The Claremont Colleges including medication evaluations and medication monitoring for most psychotropic medications. Appointments with our psychiatrists are free to students. Students can request an appointment for psychiatric services by calling MCAPS at (909) 621-8202 and speaking with the front desk administrator.

Psychiatric appointments can be made when:

- a) a student is currently seeing a therapist at MCAPS but is not currently on psychotropic medication
- b) a student is referred by their current outside therapist and their current outside therapist is recommending they have a medication evaluation or medication management.
- c) a student is already taking psychotropic medication(s) (and is seeing an outside provider) and is seeking medication management/continued refills for certain medications (see below regarding stimulant medications).
- d) If student seeking stimulant medications (such as medications for the treatment of ADHD), please see MCAPS Stimulant Medication Policy below.

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 conducted within the last five years with an existing prescription of the stimulant medication and treatment records from their current prescriber for the stimulant medication the student is requesting to be refilled.

Specifically, these are the current requirements:

1. Students will be prescribed ADHD medications only if they have a current prescription, documentation of testing, and diagnosis conducted within the last five years and provide treatment records from current prescriber. Basic requirements for documentation of testing 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.
2. Students must have a current/existing prescription; MCAPS psychiatrists will not provide initial prescriptions for ADHD medications.
 - a. To confirm an existing prescription and medication treatment history, students must sign a release form for their previous prescriber (Psychiatrist/General Partitioner) and have their previous prescriber send documentation of treatment records including, a full treatment summary or, at the very least, notes of the initial appointment and last appointment visit.
 3. If a student sees the psychiatrist for an initial appointment at MCAPS and requests a stimulant medication refill and continued monitoring, they will be asked to provide MCAPS a copy of their documentation of treatment 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 of testing and diagnosis of ADHD (within the last five years) and a current prescription (with documentation from current prescriber) 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.

As mentioned above (item 4) if a student does not have the required documentation as defined above, 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:

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



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.