ADHD/LD/ASD Resources

# Evaluations

A comprehensive evaluation by a specialized clinician is often needed to discern the appropriate diagnosis and treatment recommendations for attention-deficit/hyperactivity disorder (ADHD), learning disabilities (LD), and autism spectrum disorder (ASD). It is best to work with your primary care doctor who may be able to give you a referral. Below are Eugene psychology practices which provide various types of these evaluations.

Students with financial barriers who are seeking an evaluation to qualify for academic accommodations may apply for funding support through the Accessible Education Center (AEC). Students should [schedule an appointment](https://aec.uoregon.edu/make-appointment-aec) with an AEC access advisor for more information.

## ADHD/LD/ASD

* [Eugene Center for Anxiety and Stress](https://www.eugeneanxiety.com/)
  + 101 E. Broadway Ste. 400, 541-357-9764
  + Accepts some insurance, fees vary
* [Eugene Psychological Assessments](eugenepsychassessments.com)
  + 3225 Willamette St. Ste 3A, 541-423-2633
  + Accepts some insurance, fees vary
* [Erik Sorensen, PhD](https://eriksorensenphd.yolasite.com/)
  + 511 East 12th. Ave., 541-345-8749
  + Accepts some insurance, fees vary
* [Silverman Psychological Services, LLC](https://silvermanpsych.com/)
  + 1193 Pearl St., 541-293-3029
  + Accepts some insurance, evaluations begin at $3000

## ADHD/LD Only

* [UO Comprehensive Diagnostic Assessment Clinic](https://hedcoclinic.uoregon.edu/center/comprehensive-diagnostic-assessment-center)
  + 1655 Alder HEDCO Education Building, Ste. 170, 541-346-0923
  + No insurance; set fee: $750
* [Steve Pethick, PhD](https://www.psychologytoday.com/us/therapists/steve-pethick-phd-eugene-or/102105)
  + 401 E 10th Ave. Ste. 530, 541-687-7787
  + Accepts some insurance, fees vary
* [Catrin Rode, PhD](https://www.catrinrode.com/)
  + 1193 Pearl St., 541-606-6070
  + Accepts some insurance, fees vary
* David Truhn, PhD
  + 260 E 15th Ave. Suite A, 541-343-0600
  + No insurance; set fee: $1,500

## ADHD Only

* [Neuropsychiatric Treatment Center](https://ntxcare.com/)
  + 1755 Coburg Rd. Ste. 520, 888-468-9669
  + Accepts some insurance, fees vary
* [Vista Counseling](https://vistapsych.com/)
  + 1531 Pearl St., 541-517-9733
  + No insurance, screening fee: $300 (no full evaluations at present)

# Academic Accommodations

The [Accessible Education Center](https://aec.uoregon.edu/) (AEC) works with students who have ADHD, LDs, ASD, and other disabilities to provide support and determine reasonable accommodations for the university setting. With [supporting documentation of disability](https://aec.uoregon.edu/supporting-documentation-guidance), these may include:

* Exam adjustments (e.g. reduced distraction testing environments/extended time, etc.)
* Notetaking services
* Adaptive technology
* Psychoeducational groups (ADHD Strategies and Support Group and Social Connectedness Group for students on the autism spectrum)
* Time management support

Students should [schedule an appointment](https://aec.uoregon.edu/make-appointment-aec) with an AEC access advisor for more information. The AEC is in 360 Oregon Hall and can be reached at [uoaec@uoregon.edu](mailto:uoaec@uoregon.edu) or 541-346-1155.

# Counseling

UO’s [Counseling Services](https://counseling.uoregon.edu/services) provides short-term individual therapy and group therapy for enrolled students which can be supportive around ADHD, LD, and ASD concerns. Case managers can also help students find providers in the community. To get started, call 541-346-3227.

# Books and Other Resources

## Books

The following books are widely available as well as in [Counseling Services](https://counseling.uoregon.edu/services)’ resource library in their lobby if a student is interested in borrowing them:

* *Driven to Distraction*, Hallowell & Ratey
* *Delivered from Distraction*, Hallowell
* *Women with Attention Deficit Disorder*, Solden
* *4 Weeks to an Organized Life*, Freed & Shapiro
* *The Power of Different*, Saltz

## Other Resources

* [ADDitude Website](https://www.additudemag.com/)
* [*How to ADHD* YouTube Channel](https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgy_95Q)
* [More Attention, Less Deficit Podcast](https://adultadhdbook.com/more-attention-podcast/)
* Resources curated by Eugene Psychological Assessments: [ADHD](https://www.eugenepsychassessments.com/adhd), [Autism](https://www.eugenepsychassessments.com/autism), [LDs](https://www.eugenepsychassessments.com/learning-disorders)

# Medication

[University Health Services](https://health.uoregon.edu/) (UHS) does **not** prescribe or refill medications for ADHD. If you are taking medications for ADHD prescribed elsewhere, we encourage you to continue your treatment relationship with your own prescribing clinician. Outside prescriptions, however, can be filled at the [UHS pharmacy](https://health.uoregon.edu/pharmacy). UHS can also give suggestions for prescribers in the area. Call 541-346-2770 for more information.