Resources for ADD/ADHD/LD/ASD

It can be confusing to know how to proceed when seeking more information or services around Attention-Deficit/Attention-Deficit Hyperactivity Disorders (ADD/ADHD), Learning Disabilities (LD), or Autism Spectrum Disorders (ASD). Below is a resource guide to help with considerations like the need for an official evaluation/testing to diagnose, documentation for academic accommodations, and how/where to get more information.

ACADEMIC ACCOMMODATIONS RESOURCES:
The Accessible Education Center (AEC) works with students who have ADD/ADHD, learning or other disabilities to provide support and explore accommodations on campus. With necessary documentation, these may include:

- Academic planning and problem solving
- Adaptive technology
- Classroom relocation
- Educational and Support groups (e.g. ADHD, Mind-Wellness Meditation, Social Connectedness)
- Exam adjustments (e.g. low-distraction testing environments/extended time, etc.)
- Notetaking services
- Time management support

For more information or to begin the process of exploring accommodations, please schedule an appointment with an AEC Advisor by calling, emailing, or sending a Teams message:

Accessible Education Center - Oregon Hall, Suite 360
Phone: 541-346-1155 | Email: uoaec@uoregon.edu | Web: aec.uoregon.edu

COUNSELING RESOURCES
University Counseling Services (UCS) provides short-term individual therapy and group therapy for enrolled students which can be supportive around ADD/ADHD, LD, and ASD concerns. Longer-term therapy is often needed when seeking documentation for academic accommodations through the AEC. Please contact UCS for short term support or recommendations on longer-term therapy practices located near campus.

For more information on counseling options, please contact:

University Counseling Services - Second floor of University Health Services (13th & Agate)
Phone: 541-346-3227 | Web: counseling.uoregon.edu | Referral assistance request: click here

READING RESOURCES:
The following books are widely available as well as in the University Counseling Services (UCS) resource library in the lobby if a student is interested in borrowing them:

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

(over)
MORE RESOURCES:
- **ADDitude: Strategies and Support for ADHD & LD** - website
- **How to ADHD** - video
- **More Attention, Less Deficit** – website + podcast
- Extensive resources posted [here](#) by Eugene Psychological Assessments for: ADHD, Autism, etc.

TESTING & EVALUATION RESOURCES:
A comprehensive evaluation by a specialized clinician is often needed to discern the appropriate diagnosis and treatment recommendations for ADD/ADHD/LD/ASD. It is best work with your primary care doctor who may need to give you a referral. Below are Eugene providers/practices who provide various types of these evaluations.

**Eugene Center for Anxiety and Stress (ECAS)**
101 E. Broadway Ste. 400
541-357-9764
[eugeneanxiety.com/](http://eugeneanxiety.com/)
Accepts some insurance, fees vary

**Eugene Psychological Assessments (EPA)**
3225 Willamette St. Ste 3A
541-423-2633
[eugenepsychassessments.com/](http://eugenepsychassessments.com/)
Accepts some insurance, fees vary

**Neuropsychiatric Treatment Center**
1755 Coburg Rd. Ste. 520
888-468-9669
[neuropsychiatrytx.com](http://neuropsychiatrytx.com)
Accepts some insurance, fees vary

**Vista Counseling/ADHD Clinic**
1531 Pearl St.
541-517-9733
[vistapsych.com/eugeneadhdclinic](http://vistapsych.com/eugeneadhdclinic)
No insurance, screening fee: $300
(ADD/ADHD only; no full evaluations at present)

**UO Comprehensive Diagnostic Assmt Clinic***
1655 Alder HEDCO Education Building, Ste. 170
541-346-0923
[hedcoclinic.uoregon.edu/services/comprehensive-diagnostic-assessment-clinic](http://hedcoclinic.uoregon.edu/services/comprehensive-diagnostic-assessment-clinic)
No insurance; set fee: $750
(ADD/ADHD/LD only)

*fee may be lowered if registered with the Accessible Education Center and apply based on financial hardship/no insurance.

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If you are seeking medication and/or a new prescriber for an existing ADHD diagnosis, University Health Services does not do this, however can give suggestions for prescribers in the area. Call 541-346-2770 for more information.

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