

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

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/

Accepts some insurance, fees vary

Eugene Psychological Assessments (EPA)

3225 Willamette St. Ste 3A
541-423-2633

eugenepsychassessments.com/

Accepts some insurance, fees vary

Neuropsychiatric Treatment Center

1755 Coburg Rd. Ste. 520
888-468-9669

neuropsychiatrytx.com

Accepts some insurance, fees vary
(ADD/ADHD only)

Vista Counseling/ADHD Clinic

1531 Pearl St.
541-517-9733

vistapsych.com/eugeneadhdclinic

No insurance, screening fee: \$300
(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

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.

Steve Pethick, PhD

401 E 10th Ave. Ste. 530
541-687-7787

psychologytoday.com/us/therapists/steve-pethick-phd-eugene-or/102105

Accepts some insurance, fees vary
(ADD/ADHD/LD only)

Catrin Rode, PhD

1193 Pearl St.
541-606-6070

catrinrode.com

Accepts some insurance, fees vary
(ADD/ADHD/LD only)

Erik Sorensen, PhD

511 East 12th. Ave.
541-345-8749

eriksorensenphd.yolasite.com

Accepts some insurance, fees vary

David Truhn, PhD

260 E 15th Ave. Suite A
541-343-0600

No insurance; set fee: \$1,500
(ADD/ADHD/LD only)

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.