Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~ 30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?

Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.
What is Attention-Deficit/Hyperactivity Disorder (ADHD)?

As its name implies, Attention-Deficit / Hyperactivity Disorder (ADHD) is characterized by two distinct sets of symptoms: inattention and hyperactivity-impulsivity. Although these problems usually occur together, one may be present without the other and still cause significant difficulties.

Inattention tends to persist through childhood and adolescence into adulthood, while the symptoms of motor hyperactivity and impulsivity tend to diminish with age. Hyperactivity is often associated with the development of other disruptive behaviors, such as conduct and oppositional-defiant disorders or legal issues. The reason for the relationship is unknown.

ADHD is one of the most common disorders among children, affecting 3 to 5 percent of children in the US. ADHD always begins in childhood and is not a disorder that develops later in life.

Individuals with ADHD often find themselves mentally “drifting off” or experience feeling of restlessness. They seem unable to curb their immediate reactions or think before they act. As a result, they often also experience academic and/or work problems. Individuals with ADHD may also have trouble starting projects, getting organized, and/or completing tasks.

ADHD occurs four times more frequently in males than in females. Undiagnosed/untreated individuals may be labeled “trouble makers” as they tend to be disruptive or not work up to their capability.

What are the signs of ADHD?

Everyone with ADHD experiences it a bit differently. Adults with ADHD may notice the following:

**Inattention**
- Difficulty concentrating and sustaining attention
- Difficulty organizing and completing tasks and/or activities
- Difficulty following through on instructions
- Difficulty keeping track of things necessary for tasks or activities (e.g. tools, books, or assignments)
- Avoidance of and reluctance to engage in tasks that require sustained mental effort
- Being easily distracted by extraneous stimuli (movement, noise, etc.)
- Forgetful in daily activities
- Feelings of inadequacy
- Difficulty managing stress

**Hyperactivity-impulsivity**
- Fidgeting with hands or feet or shifts frequently in seat
- Leaving seat in classroom or in situations where remaining seated is expected
- Feeling restlessness, or impatience
- Interrupting or intruding on others
- Blurt out answers before questions have been completed
- Talking excessively
- Feeling “on the go” or acts as if “driven by a motor”
- Having a short temper or mood swings

How is ADHD diagnosed?

It is important to remember that not everyone who experiences the above symptoms has ADHD. Many other medical and psychological conditions have similar signs.

ADHD can be diagnosed by a trained health professional. Assessment will include a thorough clinical interview evaluating evidence of current and past symptoms. Many assessments will also include objective tests of focus, concentration, task persistence, attention to detail, memory, and processing speed.

What are treatments for ADHD?

ADHD is most effectively treated by a combination of medication and behavioral changes.

Medications must be prescribed and monitored by a physician. The most commonly used medication is methylphenidate (Ritalin). Ritalin or other psycho-stimulant medications often help increase the person's capacity to maintain attention, concentrate, and regulate behavior.

Additionally, such skills as time and stress management, organization, decision making, and environmental structure could also be enhanced through counseling.

How can CAPS help?

CAPS provides evaluation and testing for ADHD. The total cost for ADHD testing is $250.

If ADHD is diagnosed, a referral to a physician for medication treatment will be provided. A follow-up evaluation with CAPS is offered to determine how well the medication is working.