**Steps for getting an ADD/ADHD Evaluation**

1. Find out if your insurance carrier covers this and if they require a referral from your family physician (Try calling the number on the reverse side of your insurance card, which is usually for questions regarding mental health benefits.)

2. If you do need a referral, then schedule an appointment with your family

 physician first.

 **Note:**

Some “key words” for your physician to use when he/she writes a referral are: *“Having academic challenges with college”* and *“Needs a* ***psycho-educational*** *evaluation”*

1. Your insurance carrier may give you with a list of their *approved providers*. If

 they don’t, then you are free to choose your own provider. However, you will be

 entirely responsible for the cost.

 Your family physician may be able to give you the names of people or agencies

 that provide this type of service.

 You can also contact your local high school guidance department, or your county’s

 community college (the counseling or academic advisement office) for a list of

 sources.

1. If /when you receive any official diagnosis, be sure to make an appointment to

 register with The College of New Jersey’s Office of Differing Abilities Services. You **may** be entitled to some types of academic accommodation. However, you must beregistered with this office after providing them with any required documentation.

**The Office of Differing Abilities Services**

Eickhoff Hall – Room 159

Phone: 609-771-2571

 Fax: 609-637-5107

 Email: odas@tcnj.edu

Ms. Terri Yamiolkowski, MA, NCC, LPC – Administrator

Ms. Michelle Gervasi- Program Assistant

Please visit the website of

**The Office of Differing Abilities Services**

for lots more information and other types of resources

 [**http://differingabilities.pages.tcnj.edu**](http://differingabilities.pages.tcnj.edu)