

## Adult ADHD Resources

### Using your medical insurance:

Some medical insurance plans may exclude coverage for evaluation of ADHD. If ADHD is diagnosed in the course of the evaluation, health insurance will usually cover the cost of the evaluation and treatment. To see if your insurance plan covers evaluation and treatment of ADHD, contact the plan's information number. If you need help checking with your medical insurance, make an appointment with Student Health Services' Health Promotion Department at 619-594-4133.

### Psycho-educational Assessments

<p><b>Learning Development Services</b>  <b>Mark Katz, PhD, Director</b>  <b>Jeff Rowe, MD, Psychiatrist</b>                  3754 Clairemont Drive                  San Diego, 92117                  (619) 276-6912                  email: <a href="mailto:learndev@aol.com">learndev@aol.com</a>                  Holds Monday night informational meetings.  <a href="http://learningdevelopmentservices.com/">http://learningdevelopmentservices.com/</a></p>	<p><b>Mark Lewkowicz, PhD</b>                  3551 Front St.                  San Diego 92103                  619-297-0130                  Accepts Blue Cross &amp; Aetna</p>
<p><b>Allessandra Wall, PhD</b>                  311 Laurel Street                  San Diego, CA 92101                  858-352-8027  <a href="http://www.psychsandiego.org/contact.htm">http://www.psychsandiego.org/contact.htm</a></p>	<p><b>Ilan Zuk, PhD</b>                  311 Laurel Street                  San Diego, CA 92101                  858-200-5671</p>
<p><b>Kristee Beres, PhD ; (et al)</b>                  Psychiatric Centers at San Diego                  1550 Hotel Circle North, Ste. 270                  San Diego, CA 92108                  619-692-1581  <a href="http://www.psychiatriccenters.com/child_care.aspx">http://www.psychiatriccenters.com/child_care.aspx</a></p>	<p><b>UCSD Adult ADHD Program</b>  <b>David Feifel, MD, PhD</b>                  200 W. Arbor Drive                  San Diego 92103-8218                  619-543-2827                  No insurance accepted for assessment                  Insurance is accepted for medication. Occasionally evaluations are free for research trials.</p>
<p><b>Carrie Jaffe, Psy.D.</b>                  858-208-9689                  Assessment only (fees depend on extent of assessment needed)</p>	<p><b>Abby Brewer-Johnson, Psy.D.</b>                  858-220-9666                  Assessment &amp; Treatment (fees depend on extent of assessment needed)</p>
<p><b>Paula Waisman, Psy.D</b>                  619-615-8240                  Assessment only</p>	<p><b>Rochelle Perper, M.A.</b>                  619-275-2286                  Assessment &amp; Treatment                  Psychological Asst.</p>

### Psychiatrists for Assessment and/or Medication

<p><b>Prakash Bhatia, MD</b>                  7200 Parkway Drive, Suite 113                  La Mesa, CA 91942                  619-589-0552 office</p>	<p><b>Bryan Bruns, MD</b>                  3252 Holiday Ct. #100                  La Jolla, CA 92037                  858-535-0091</p>	<p><b>Catherine Moore, MD</b>                  591 Camino de la Reina, Ste. 820                  San Diego, CA 92108                  619-286-1010</p>	<p><b>Steve Elig, MD</b>                  1020 Prospect St. Ste. 415                  San Diego, CA 92037                  858-454-4256</p>
<p><b>Stephen Sobel, MD</b>                  7695 Cardinal Ct. #A                  San Diego, CA 92123                  858-292-0567</p>	<p><b>Jorge Zapatel, MD</b>                  140 Marine View Ave #110                  Solana Beach 92075                  858-350 - 4595</p>	<p><b>Jason Kornberg, MD</b>                  591 Camino de la Reina, Ste. 820                  San Diego, CA 92108                  858-677-9222</p>	<p><b>Sheldon Zablow, MD</b>                  4130 La Jolla Village Dr.                  San Diego 92037                  858-485-6622</p>

## What to do if you do not have medical insurance:

If you have no medical insurance and cannot afford to pay out-of-pocket to see a psychiatrist, there are low cost programs in San Diego.

### UCSD – Gifford Clinic

140 Arbor Drive  
San Diego, California 92103  
Phone: 619-497-6673

**Program:** For a new patient appointment, call on Monday between 8am – 12 pm for an appointment that week to see a provider (call early, it is possible that all appointments are full by 8:20 am).

**Fees:** Sliding scale. With no income, service may be free.

**Medication:** Depending on income, you may be able to get the medication for free or low cost.

### Family Counseling Centers:

#### Hillcrest Counseling Center

550 Washington Street, Suite 201  
San Diego, CA 92103  
Phone: 619-876-4440

#### Logan Heights

**Counseling Center**  
2204 National Avenue  
San Diego, CA 92113  
Phone: 619-515-2355

#### East County Counseling Center

8788 Jamacha Road  
Spring Valley, CA 91977  
Phone: 619-515-2385

**Program:** You must pay for and see a therapist for an initial evaluation before seeing the psychiatrist (fees below). It is recommended that you have your medical records transferred for the psychiatrist to review.

**Fees:** Sliding scale. Lowest fee for a therapist is \$50 initial. For psychiatrist \$160 initial/\$40 follow up.

**Medications:** You are responsible for the cost of medications. They have medical clinics with pharmacies and can assist with getting medications at a low cost through Patient Assistance Programs.

## Books

*Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood*, Hallowell & Ratey

*Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*. Hallowell & Ratey

*Scattered Minds: Hope & Help for Adults with ADHD*, Lenard Adler, MD

## Online

Adult Self-Report Scale (ASRS) V1.1 self-test for ADHD: <http://www.med.nyu.edu/psych/assets/adhdscreeener.pdf>

[www.CHADD.org](http://www.CHADD.org) Children & Adults with Attention Deficit/Hyperactivity Disorder site has lots of information

National Institutes of Mental Health web pages on ADHD: <http://www.nimh.nih.gov/health/publications/adhd/complete-publication.shtml>

## Campus Resources

**Counseling & Psychological Services'** (Calpulli Center, 619-594-5220) offers students short-term individual, couples and group counseling, as well as crisis intervention.

**Student Disability Services** (Calpulli Center, 619-594-6473) is the campus office responsible for determining and providing appropriate academic accommodations for students with disabilities. Support services are available to students with certified visual limitations, hearing and communication impairments, learning disabilities, mobility, and other functional limitations.

**Student Health Services** (Calpulli Center, 619-594-5281) provides medical evaluation and treatment of basic medical issues, treatment of urgent medical problems, evaluation and treatment of most psychiatric diagnoses, family planning, and health promotion services. Student Health Services does not provide assessment and/or treatment of ADHD.