

ADULT ADHD CLINIC

Treatment Guidelines for Patients

Established in 2024

Department of Psychiatry

Ochsner Health

Revised 10/14/2026



Any thoughts or questions about this document may be e-mailed to psychiatry@ochner.org. Please do not hesitate to send a message with constructive feedback and suggestions.

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Introduction

Introduction to the Adult ADHD Clinic

Specialized Evaluation and Treatment

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that requires specialized evaluation and treatment. Problems with cognitive functioning and performance is a key complaint across many psychiatric disorders. Therefore, more thorough evaluation is required to demonstrate a diagnosis of ADHD above and beyond other clinical diagnoses. Additionally, ADHD is a unique diagnosis that affects multiple domains of functioning. Research shows that ADHD in adults responds best to integrated interventions including pharmacotherapy, psychotherapy, and lifestyle changes. Therefore, more comprehensive treatment options and education/resources are needed to effectively treat ADHD.

Adult ADHD Clinic in the Department of Psychiatry at Ochsner Health

The newly established Adult ADHD Clinic will aim to provide comprehensive and interdisciplinary evaluation and treatment to adult patients diagnosed with ADHD. The purpose of the clinic is to standardize this process for patients based on best practices, federal and state regulations, and research. The Adult ADHD Clinic will offer structure and resources to help patients succeed in treatment and life. It is our goal to help patients achieve progress and stability with ADHD so that symptoms may be well-managed by our providers.

Who Should Enroll in the Adult ADHD Clinic?

The Adult ADHD Clinic is best for patients who are seeking specialized and comprehensive evaluation and treatment of ADHD. This clinic was designed to use a structured, team-based approach to offer a range of treatment options for patients with ADHD. Patients who desire education about lifestyle changes, psychoeducational resources, and psychotherapy options in addition to pharmacotherapy are the best fit for this clinic. Additionally, patients will be successful with this clinic if they are willing to follow recommendations and guidelines offered by this clinic. Of note, this clinic is not offering psychoeducational/psychodiagnostic testing or accommodations (the latter may potentially be discussed with your provider but should not be an expectation).

Adult ADHD Clinic Team Members

Role	Credentials	Duties
Psychiatrist or Psychiatric Provider	MD, DO	Medication management and consultation
	NP, PA, MP	
Psychologist	PhD, PsyD	Psychological assessments
Nurse	LPN, RN	Drug screenings, communications
Pre-screen Evaluator	LMSW or Doctoral interns	Pre-enrollment orientation, pre- enrollment screening, resource management, scheduling
Medical assistant	Medical assistant	Scheduling, administrative tasks, vitals

Enrollment Procedures

1. Referral. Patients must be referred from an Ochsner provider to the ADHD Clinic.
2. Recruitment. You will be contacted with information about our ADHD Clinic process.
3. Reply to Recruitment Message. Please indicate your interest in moving forward with the ADHD Clinic along with your scheduling preferences.
4. Appointment 1: Pre-Screening Intake. Patients who meet inclusion criteria will be scheduled for a pre-screening with the case manager to review informed consent, psychosocial history, and clinic guidelines.
5. Appointment 2: ADHD Evaluation Intake:
 - a. Initial Evaluation. Patients will attend an initial evaluation with the psychiatrist.
6. Additional Appointments (as needed):
 - a. Psychological Testing. Patients may be referred to psychological testing with a psychologist if diagnostic clarity and standardized testing is needed. This may incur an out-of-pocket expense.
7. Diagnosis and Enrollment. Patients who are diagnosed with ADHD will be enrolled in the ADHD Clinic and agree to adhere to the informed consent and clinic guidelines.
8. Treatment. Patients will be offered treatment based on their needs, which may include pharmacotherapy, psychotherapy, psychoeducational groups, or other resources.
 - a. Drug Screening. Patients will be required to complete a drug screening prior to being prescribed stimulant medication, if indicated by their treatment plan. This may incur an out-of-pocket expense.

Inclusion and Exclusion Criteria

Inclusion Criteria

- In-state residence
- Internal referral from within Ochsner Health
- Willing and able to attend in person appointments per regulations
- Evidence of significant distress and impairment related to potential ADHD symptoms
- Willingness to adhere to ADHD Clinic informed consent and guidelines (including those outlined by state and federal regulations)
- Desire for comprehensive evaluation and treatment
- Absence of exclusion criteria

Exclusion Criteria

- Some insurances or self-pay options may be excluded
- Out-of-state residence
- Active substance abuse, hypomania/mania, or psychosis
- Other controlled medications or substances (i.e., pain medications, benzodiazepines, THC, etc.)
- Severe psychopathology (including but not limited to severe depression and anxiety)
- Patients with cardiac history may be excluded from stimulant medications without clearance from cardiology or other appropriate specialty
- Patients older than 65 may not be treated with stimulant medications if there are serious medical comorbidities

Evaluation & Treatment

Adult ADHD Clinic

Ochsner Department of Psychiatry

Informed Consent

1. **Confidentiality.** All information is kept confidential within Ochsner Health. There are exceptions to confidentiality that are required by law. We have a duty to report any information if you are a danger to yourself or someone else, or that a dependent child or adult is being abused or neglected. You can view Ochsner's privacy policies online: <https://www.ochsner.org/patients-visitors/privacy-policies/ochsner-privacy-policy>.
2. **Partnership Agreement.** All patients admitted to the Adult ADHD Clinic agree to the Partnership Agreement with the Health Care Team of the Department of Psychiatry and Ochsner Health. This agreement fosters a collaborative environment of care and comfort with behavioral expectations, and will be signed separately in a separate document.
3. **Comprehensive Treatment.** Patients understand the Adult ADHD Clinic offers comprehensive treatment for symptom management. There should be no expectations for assistance with accommodations or disability.
4. **Voluntary Participation.** The Adult ADHD Clinic model is not the best fit for every patient. Please remember that engagement in treatment and services with the ADHD Clinic is voluntary. You may terminate services in the Adult ADHD Clinic at any time.
5. **Research and Quality Improvement.** Archival data from treatment may be used for research and quality improvement purposes. If archival data from your record is used (e.g., number of sessions attended, treatment outcomes, questionnaires, assessment data, etc.), all identifying information will be removed and your confidentiality will be protected. You may be asked to participate in additional research projects, which would require a separate consent form. You may refuse to participate in additional research without penalty.
6. **Attendance.** Evaluation and treatment in the Adult ADHD Clinic requires consistent attendance to appointments and guidelines to promote best practices. You must cancel at least 24 hours in advance or it will be considered a late cancellation or no-show. If there are multiple absences demonstrating inconsistent attendance, you may be asked to terminate treatment in the clinic to allow for another patient on the wait list to attend.

7. **Compliance with Regulations.** Compliance with DEA and state and federal regulations is required when stimulant medications are prescribed. Stimulant medications are considered a controlled substance and have additional regulations to promote safety and avoid misuse. Patients receiving stimulant medications from the ADHD Clinic will be required to attend in person appointments, attend regular appointments to maintain prescriptions (every 3 months), take medications as prescribed, and avoid distributing their medications to others. Medication changes require an in-person appointment. Patients will not change their dosage without consulting their psychiatrist.
8. **Continuation.** A goal of the Adult ADHD Clinic is to successfully treat patients to move towards routine and established medication management. Patients enrolled in the Adult ADHD Clinic understand that success can be maintained in this way, and understand this process allows our clinic to continue treating new patients effectively.
9. **Termination Criteria.** Patients will be terminated from the Adult ADHD Clinic if there is non-adherence to the informed consent, inclusion criteria are not fulfilled, and exclusion criteria apply. Inclusion criteria include in-state residence, internal referral, willingness to comply with guidelines and regulations, diagnosis of ADHD, and desire for comprehensive treatment in the Adult ADHD Clinic. Exclusion criteria include out-of-state residence, lack of internal referral, severe psychopathology or high-risk conditions, and unwillingness to comply with guidelines and regulations.
10. **Limitations.** The Adult ADHD Clinic is not built to manage high-risk conditions or crises (i.e., substance abuse, psychosis, severe cognitive issues, suicidal or homicidal ideation, non-suicidal self-injury, etc.). Please do not call or use MyOchsner messaging when in a high-risk or crisis situation. If you have an immediate and severe crisis, please call 911, go to an emergency department or urgent care, or call a crisis line from the Adult ADHD Clinic Resource guide.

Acknowledgement and Consent:

I have read and understood the above information, and any questions I had about the content were answered to my satisfaction. I give my informed consent to receive evaluation and treatment in the Adult ADHD Clinic at Ochsner Health.

Patient Signature: _____

Date: _____

Ochsner Patient and Health Care Team Partnership Agreement

This partnership agreement is entered into between

(Name of Patient or
Patient Representative/Relationship to Patient)

("You" or "Patient") and

(Physician)

for purposes of setting forth expectations required to foster an environment of care and comfort. The expectations of both the patient and Ochsner health care team are as follows:

- (1) Ochsner and your health care team are committed to providing the best possible care to you and to doing so compassionately. Every patient has the right to expect this level of care in an environment of mutual respect.
- (2) Your Ochsner health care team (physicians, nurses, social workers, therapists, technologists, etc.) is committed to communicating with you in an open, respectful manner as to your health and progress.
- (3) Ochsner is committed to providing its patients an environment which is as safe and secure as possible.
- (4) It is expected that both your Ochsner health care team and you will work together cooperatively to achieve the common goals of healing and comfort.
- (5) It is expected that you will participate willingly in your care plan.
- (6) Ochsner has Zero Tolerance for the following conduct by its patients or visitors:
 - (a) Any acts or threats of physical violence or aggression or comments, even those of a joking nature, about such acts or threats;
 - (b) Use of or possession of explosives, firearms, other weapons, controlled substances, or alcohol;
 - (c) Intentional damage to hospital property, or the property of other patients, family, staff;
 - (d) Comments, slurs, personal insults, or the like that a reasonable person would view as demeaning, disparaging, degrading, harassing, or intimidating;
 - (e) Repeated shouting, use of swearing, rudeness; or
 - (f) Any behavior that, according to your providers, interferes with their ability to care for you.

(7) It is your responsibility to:

- (a) To remain respectful with your care team including all clinic staff and/or employees to ensure they can best meet your care needs.
- (b) To accept your physician's treatment plan as a recommendation to provide with the best possible outcome, according to standard clinical practice.

Ochsner and your health care team expect you to refrain from such behavior described above. Anyone who violates the Ochsner Zero Tolerance policy after signing this Partnership Agreement, including you as our patient and your families and friends visiting you, will be subject to the appropriate consequences, depending on the circumstances of the individual case and including, but not limited to: (1) intervention by Ochsner Security or local law enforcement agencies; (2) restriction of visitation; (3) transfer to another facility; (4) discharge otherwise; or (5) termination of the provider-patient relationship.

Patient/Patient Representative, Please Initial:

1. _____ I have read and understand the above-listed behavioral expectations. I also understand that failure to meet these expectations will subject to the appropriate consequences, depending on the circumstances of the individual case and including, but not limited to: (a) intervention by Ochsner Security or local law enforcement agencies; (b) restriction of visitation; (c) transfer to another facility; (d) discharge otherwise; or (d) termination of the provider-patient relationship.

2. _____ I have received a copy of this unsigned Partnership Agreement.

Patient/Representative Signature: _____ Date: _____

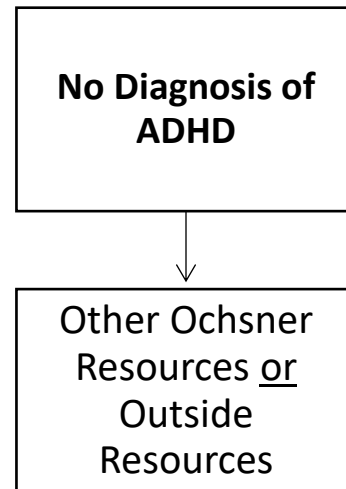
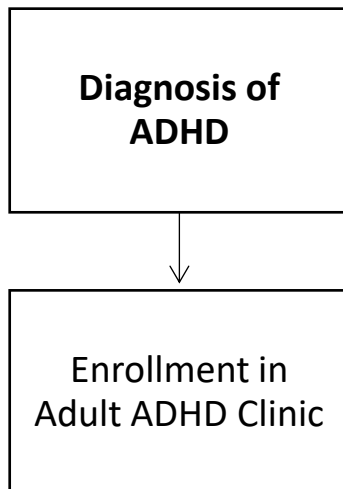
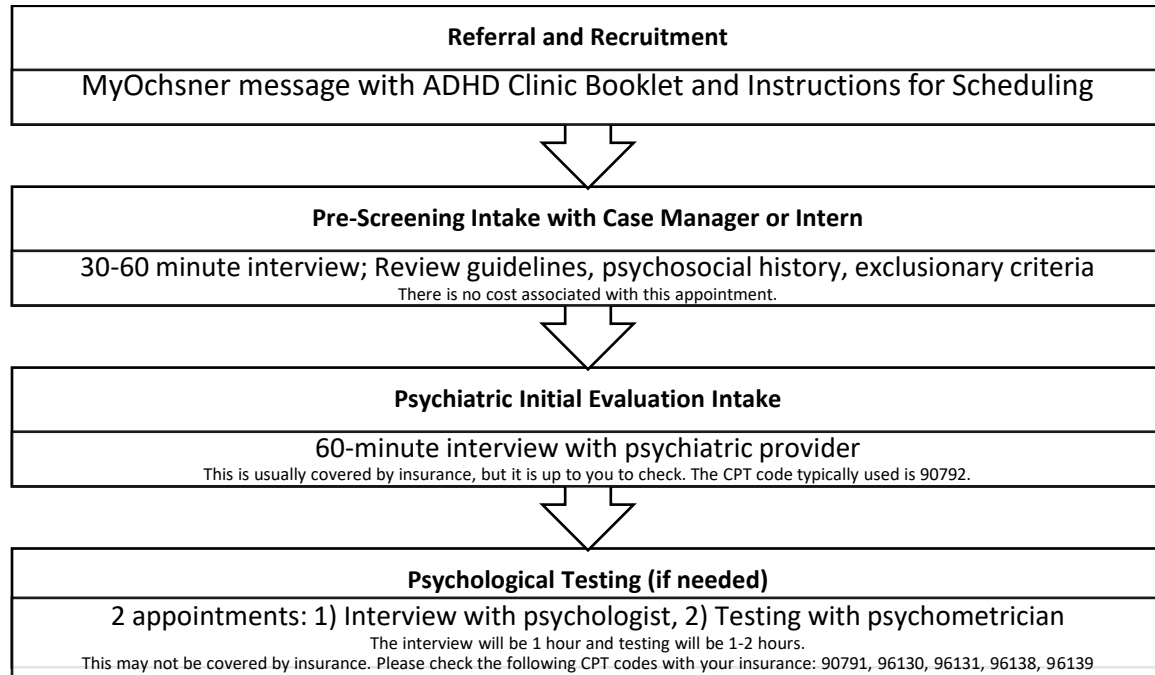
Provider Signature: _____ Date: _____

Witness Signature: _____ Date: _____

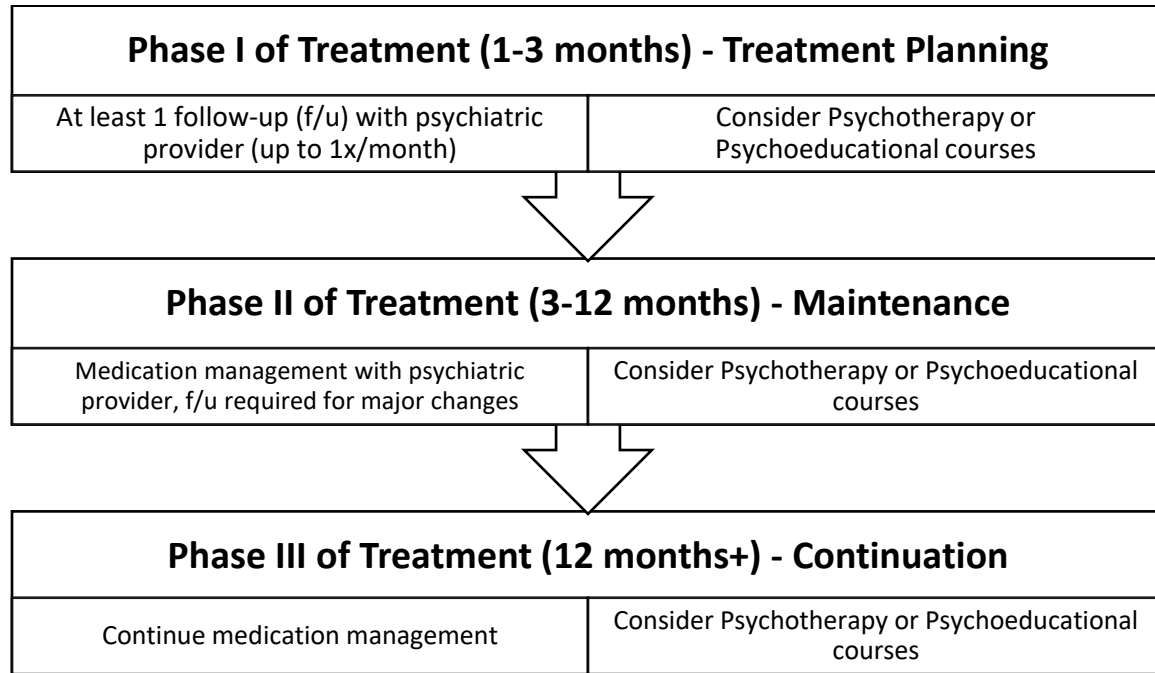
Witness Signature: _____ Date: _____

***This document does not replace the patient's bill of rights which can be found at:
<https://www.cms.gov/ccio/resources/regulations-and-guidance/>

Adult ADHD Clinic Evaluation Process



Adult ADHD Clinic Treatment Process



Stimulant medications require f/u every 3 months.

After 1 year, stimulant medications require visit with prescribing provider (MD, NP, PA).

Termination Criteria

Patients may be terminated from the Adult ADHD Clinic due to any of the following items:

- Exclusion criteria arise
 - Out-of-state residence; Active substance abuse, hypomania/mania, or psychosis; Other controlled medications or substances (i.e., pain medications, benzodiazepines, THC, CBD with THC >1g per week, etc.); Severe psychopathology (including but not limited to severe depression and anxiety)
 - Medical use of THC and CBD may be considered after consultation by the team. Additional guidelines may be provided for these cases.
- Non-adherence to Adult ADHD Clinic Informed Consent
 - Non-attendance to treatment plan
 - Too many late cancellations or no shows
 - The Adult ADHD Clinic will follow DEA and state and federal regulations, as well as the Department of Psychiatry policies per Patient Advocacy and Patient Relations
- Non-adherence to Ochsner Partnership Agreement
 - Threatening, aggressive, offensive, or combative language or behaviors towards Ochsner staff and patients
- Non-adherence to DEA and state and federal regulations (if prescribed stimulant medication)
 - Unwillingness to attend in person appointments
 - Unwillingness to attend regular appointments required to maintain prescription
 - Dosage changes without consulting your provider (i.e., taking 2 pills rather than the 1 prescribed)
 - Distributing medication to anyone but yourself
 - Positive drug screening for other controlled medications or substances

When possible, patients will be provided with advanced notice in writing to caution them about the potential for future termination. Any termination will be discussed by the Adult ADHD Clinic team to ensure adherence to guidelines.

Resources

Therapy Options at Ochsner

Psychoeducational Courses

The case manager can help facilitate referrals for you to our psychoeducational courses. These courses are offered for free in virtual and/or in person formats at the beginning of each month, and are facilitated by the Ochsner Psychology Doctoral Internship residents.

- Sleep 101
- Depression 101
- Stress Management 101

Psychotherapy

Short-Term Psychotherapy with CBT (STeP Clinic)

- The STeP Clinic offers three months of continuous psychotherapy using the CBT model. Please ask your psychiatric provider to place a referral for Intake Coordination.

Brief Evidence-Based Psychotherapy with manualized protocols (BEBP Clinic)

- The BEBP Clinic offers manualized treatment for specific diagnosis. Please see our website for treatment offerings: <https://www.ochsner.org/services/brief-evidence-based-psychotherapy>. If you are interested, please ask your psychiatric provider to place a referral for Intake Coordination.

Long-Term Supportive Psychotherapy

- There is currently a wait for long-term psychotherapy at Ochsner. Please ask your psychiatric provider to place you on the wait list (ATHER).

Resources Outside of Ochsner for ADHD

ADHD Evaluation and Treatment

Search Psychology Today: <https://www.psychologytoday.com/us>

Psychological Assessments:

- Brennan Behavior Group (504-833-6730)
- Jefferson Neurobehavioral Group (504-780-1702)
- Garden District Mental Health (504-207-1525)

Medication Management:

- Crescent City Psychiatric (504-229-2107)
- Integrated Behavioral Health (504-322-3837)

NOLA CHADD:

- <https://www.chadd.net/chapter/519>, nolachadd@gmail.com

ADHD Coaching

About ADHD Coaching: <https://chadd.org/about-adhd/coaching/>

Local Resources:

- Adela Baker, PCAC – Mind Coach NOLA: <https://www.mind-coach.com/contact>
- Kimberly Putnam Coaching: <https://kimberlyputmancoaching.com/>

ADHD National Resources

ADDA (Attention Deficit Disorder Association):

- Virtual Peer Support Groups: <https://add.org/adda-virtual-programs/>

Psychotherapy Outside of Ochsner

Local Resources

- LSU Behavioral Health
LSU Behavioral Health Center: (504) 412-1580
- CBT NOLA
Address: 4904 Magazine St, New Orleans, LA 70115
Phone: (504) 383-3815
www.cbtnola.com
- Integrated Behavioral Health of NOLA
Address: 400 Poydras, Suite 1950
Phone: (504) 322-3837
You can email for an appointment at: Appointments@ibhnola.com
- Walk and Talk Nola Professional Counseling
Address: 315 Metairie Road, Suite 300, Metairie LA, 70005
<https://walkandtalknola.com/>
Dr. Bridget McKinney, 504-952-2079 or bmckinney@walkandtalknola.com
Dr. Leslie Culver, 504-905-4331 or lculver@walkandtalknola.com
- DBT
DBT New Orleans <https://dbtneworleans.com/>
DBT Nola <https://dbtnola.com/>
- Jefferson Neurobehavioral Group
<http://www.jeffersonneuro.com/>
- Psychotherapy Associates
<https://www.neworleanspsychotherapy.com/index.html>
- Atlas Psychiatry
<https://www.atlaspsychiatry.com/>
- Sexual Trauma Awareness and Response (STAR)
<https://star.ngo/>

Local low- to no-cost or reduced fees

To obtain more local mental health referrals in New Orleans, dial 211 or visit 211.org.

- Jewish Family Service of Greater New Orleans
<http://jfsneworleans.org/>
(504) 831-8475
- Trinity Counseling and Training Center
<https://www.trinitynola.com/page.aspx?pid=785>
(504) 522-0276
- Celebration Hope Center
<http://celebrationhopecenter.org/>
(504) 833-4673
- Family Service of Greater New Orleans
<http://fsgno.org/>
(504) 822-0800
- NAMI New Orleans
<https://namineworleans.org/support-and-education/support-groups/>
<https://namineworleans.org/behavioral-health-services/#CPST>
NAMI Mental Healthcare Navigation Team
(504) 896-2345 or (504) 228-2246
gladys@namineworleans.org

Crisis Support

If you are having an emergency, please call 911 or visit your nearest Emergency Department or Urgent Care.

Local Hotlines:

- Cope Crisis Line
(504) 269-COPE
Free, confidential crisis counseling, suicide prevention, and information and referral services 24/7.
- Metropolitan Crisis Response Team
(504) 826-2675
Team is available 24/7 in Orleans, Plaquemines, and St. Bernard Parishes.
- Jefferson Parish Human Services Authority
(504) 823-5123 or (504) 349-8833
Crisis line for Jefferson Parish
- Crisis Transportation Service (NOPD-CTS)
Call 911 and ask for a crisis unit. There are two teams available (between 12 pm - 12 am) to provide crisis intervention and transportation to local hospitals. This service is offered jointly by NOPD and the Office of Health and Hospitals.
- Ochsner Anywhere Care
<https://www.ochsner.org/ochsner-anywhere-care>

National Hotlines:

- National Suicide Prevention Lifeline
(988) 273-8255
Free and confidential 24/7 support, information, and resources.
- NAMI
(800) 950-NAMI
This line can be reached Monday through Friday, 9 am to 5 pm CST.
- Crisis Call Center
(800) 273-8255
Call the Crisis Call Center or text CARE to 839863 for 24/7/365 crisis support.
- Suicide.org
(800) 784-2433

Call the hotline to receive 24/7 crisis support and to learn about resources in your area.

- Crisis Text Line (volunteer help)

Text HOME to 741741

Crisis counselors are trained volunteers and not professionals, and can provide support but not medical advice.

- National Hopeline Network

1-800-784-2433

<http://hopeline.com/>

- Rape, Abuse, and Incest National Network (RAINN)

1-800-656-4673

24-hour Chat: online.rainn.org

24-hour Chat (in Spanish): ohl.rainn.org/es

- The Trevor Project (LGBTQ)

1-866-662-4357

<http://www.thetrevorproject.org/section/get-help>

- Treatment Referral Hotline (Substance Abuse)

1-800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>