

Our Mission:
Improve access
and outcomes
for patients with
ADHD
symptoms
through
conservative,
individualized
treatment.

Our vision is to be the
preeminent treatment center
for attention deficit
hyperactivity disorder for adults
in the Central New York
region.

SUNY Upstate Attention Deficit Hyperactivity Disorder (ADHD) Clinic for Adults

A conservative model of treatment.





What is ADHD in adulthood?

Attention Deficit Hyperactivity Disorder is a cluster of persistent behaviors that make completing tasks difficult and fall into two broad categories – remaining focused, remaining still.

ADHD begins in childhood; however, it is not always recognized and treated. It is associated with reduced school and professional performance which makes diagnosing adults more complicated.

Every diagnosis begins with a timeline of when symptoms appeared and how the environment (i.e., teachers, parents, peers) reacted. The best diagnostic indicator for ADHD is history, not screening or test scores.

Another challenging aspect of ADHD is the presence of other mental health conditions. Anxiety and depression are most common and can be either caused by ADHD or mimic its symptoms.

Receiving a diagnosis as an adult often brings up complicated emotions such as grief and regret over lost opportunities, relief at finally understanding ongoing struggles, or even anger over symptoms being overlooked for so long.

Effective treatment can be life changing.

What kind of treatment do we offer?

Treatment begins with a structured interview – one that delves into your social, emotional, and academic history, possibly with a family member present who can provide perspective on childhood behaviors. Screening items and tools are utilized, but not definitive, in assessing a diagnosis of ADHD.

From this conversation, our providers recommend a comprehensive individualized treatment plan that could include any combination of:

- Psychotherapy
- Coaching
- Supportive measures at school or work
- Medication

When prescribing, our clinic employs a conservative approach utilizing non-stimulant medication as first-line treatment to reduce the amount of controlled substances (i.e., Adderall, Concerta, Vyvanse) necessary for effective ADHD symptom management.

If you are already on stimulant medication, we strive to optimize symptom management to your satisfaction with the least amount of medication necessary.

If necessary, your provider may recommend a collaborative referral to a specialized ADHD therapist in the community.

Contact Us

SUNY Upstate Adult ADHD Clinic

600 East Genesee Street
Syracuse, NY 13210

315-464-2689 or 315-464-3265

Specifically mention “ADHD Treatment” when you call.