YOU CAN DO IT, PLLC
PSYCHOTHERAPY

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Clinical Director & Founder

ADHD Evaluations for Children, Teens, and Adults

New York Referral Partners

You Can Do It, PLLC provides comprehensive ADHD evaluations for children, teens, and adults in New York, with fast, accommodation-ready documentation for schools, colleges, testing agencies, and employers. Our evaluations distinguish ADHD from the conditions that can mimic it, and produce thorough written reports with diagnostic impressions, clinical recommendations, and documentation suitable for schools, providers, and support teams.

Why refer to YCDI

- Evaluations for children, teens, and adults
- Reports completed in 2-3 business days
- Documentation for IEPs, 504 plans, college, testing, and workplace accommodations
- Distinguishes ADHD from anxiety, depression, trauma, autism, and learning concerns
- Written report shared with the individual, family, and referring provider
- No referral required; families can contact us directly
- In-person in Midtown Manhattan & NoMad; virtual across New York State
- Bilingual: Spanish-speaking clinicians available
- Accepts Cigna; self-pay options available

What the evaluation includes

- Structured clinical interview
- Developmental, academic, and functional history
- Symptom review across home, school, and work
- Evidence-based ADHD rating scales, including the Conners, Vanderbilt, Brown Executive Function, and Adult ADHD Self-Report (ASRS) scales
- Screening for co-occurring concerns such as anxiety, depression, and learning differences (PHQ-9 and GAD-7)
- Collateral input from parents, teachers, or providers
- Diagnostic impressions when appropriate
- Written report with clinical recommendations and next steps

2–3
business days
report turnaround

All Ages
children - adults

How to refer a patient

Referrals can be made by phone, email, or through our secure scheduling portal. Please include the individual's name, contact information, age, and the reason for referral, such as school support, testing accommodations, workplace, or diagnostic clarity. Families may also contact us directly; no formal referral is required.
We coordinate scheduling and share the written report with the referring provider upon completion.

Phone (551) 241-9437 Email berenice@youcandoitnyc.com Schedule

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