

## Overview

### 30-Day Action Plan and Quick Start

Here are two step-by-step strategies to help you get started confidently, build momentum quickly, and gain everything you need to begin marketing, conducting, and billing for adult ADHD evaluations.

The **30-Day Action Plan** is a detailed, step-by-step roadmap designed to bring you up to speed in adult ADHD evaluation. It guides you through preparing your systems, working with the manual, building skills, and beginning to accept referrals so you can conduct full evaluations within 30 days or less.

The **Quick Start Plan** is for psychologists who already have established practice systems and a solid foundation in ADHD and psychological evaluations. This streamlined option helps you order essential tools, set up your first evaluation, and begin offering services right away—while continuing to study and master the full Adult ADHD Specialist Model.

Both plans are outlined below in detail. Even if you choose the Quick Start, it is recommended that you work through the 30-Day Action Plan as well to ensure no steps are overlooked.

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