

CONTROLLED SUBSTANCE POLICY

(PLEASE READ CAREFULLY)

The safety and care of our clients is our number one priority!

Controlled substances are prescribed sparingly in this practice in an effort to keep you safe. They are also highly regulated by the Drug Enforcement Agency (DEA). Our prescribing of such medications is monitored, and providers are held accountable for prescribing practices. State laws require that additional measures be taken when prescribing controlled substances. We want our clients to know how seriously we take the prescribing of these types of medications.

A **controlled substance** is generally a drug or chemical whose manufacture, possession, or use is regulated by a government, such as illicitly used drugs or prescription medications that are designated by law.

Many of the medications prescribed for ADHD, Anxiety, and Insomnia are drugs that are considered controlled substances. Some examples in each category include;

ADHD Medications:

- Focalin (Dexmethylphenidate)
- Ritalin (Methylphenidate)
- Adderall (Dextroamphetamine / Amphetamine) or (Amphetamine Salt Combo)
- Vyvanse

Anxiety Medications:

- Xanax (Alprazolam)
- Ativan (Lorazepam)
- Valium Diazepam)
- Klonopin (Clonazepam)
- Tranxene (Clonazepate)

Insomnia Medications:

- Ambien (Zolpidem)
- Restoril (Temazepam)
- Lunesta (Eszopiclone)
- Bellsomra (Suvorexant)
- Sonata (Zaleplon)
- Rozerem (Ramelteon)

It is the expectation of this practice that the controlled medication will be **taken as prescribed** and ***not***

self-adjusted. *This means you will not increase or decrease your dose or stop taking it without talking to your prescribing provider.*

Self-adjusting prescribed psychiatric medications can be dangerous and can lead to seizures, or death. Mixing these controlled medications with other substances such as alcohol, narcotics (pain pills), muscle relaxers, or other controlled substances can also lead to death.

Self-adjusting controlled substances will be considered non-compliance. This type of non-compliance will result in discharge from our practice, as it places a huge liability on our ability to safely manage your care.

CONTROLLED MEDICATIONS WILL NOT BE REFILLED EARLY. It is your responsibility to take them only as prescribed. Insurances will also not pay for them to be filled early. Please do not call the office asking for them to be refilled early.

CONTROLLED MEDICATIONS WILL NOT BE REPLACED. It is your responsibility to make sure that your medication is kept in a secure place to prevent loss or theft. If you report to our office that your controlled medication(s) has been lost, misplaced or stolen, it will not be replaced.

Monitoring of controlled substances is maintained through the Prescription Drug Monitoring Program. As is required from providers, we obtain, review, and monitor Prescription Drug Monitoring Programs in various states. This includes monitoring for multiple controlled substances prescriptions, multiple providers, usage of multiple pharmacies, and any activity that could be suspicious for misuse. We work closely with pharmacies, as they will often call us if they suspect misuse.

We expect full disclosure from you on any controlled substances you obtain from other sources (even the Emergency Department) while under our care. If it is identified that this information has been hidden or omitted by you, it is grounds for immediate discontinuation of any controlled substances or any type of medications prescribed by our providers as well as possible immediate dismissal from _____.

Changes in your dosages of controlled substances will not occur between scheduled appointments, nor will they be adjusted before your current prescription is due to be refilled.

If you come to our practice already on controlled substances from another provider, that does not mean that we will automatically assume these same or even similar medications. Our providers reserve the right to complete their own assessment and make treatment recommendations based on their professional judgment. Our practice does not prescribe exceedingly high doses of controlled substances and we are not obliged to assume such from other providers. If it is felt that such a medication could benefit you, you will be tapered down to a dose that is considered safe or placed on another alternative medication that may not be a controlled substance.

Clients will be asked to obtain either a Urine or Blood drug screen prior to any controlled substance being prescribed. Random such testing is also obtained at different intervals throughout treatment. Completion of such screens is ultimately the personal and financial responsibility of the patient these medications are prescribed for. Such screens help to determine the presence or absence of controlled substances. Testing negative for prescribed controlled substances or positive for additional controlled or illicit substances not prescribed by our providers will be considered a breach of the controlled substance policy and grounds for immediate discontinuation of the drug prescribed and/or from the practice.

We appreciate your assistance in this matter, as we take this policy very seriously. These types of drugs are addictive and have a high rate of misuse/abuse. In addition, many of these

medications are intended for short-term use only. It is our goal to keep you, our client, as safe as possible.

Updated 6/1/2023

Client's Printed Name: _____

Client's Legal Representatives Name: _____

If the client is a minor / has a guardian:

Parent / Guardian Printed Name: _____

The CLIENT MUST sign the consent if they are able to do so. The only exceptions are if the client is a minor, or has a legal document giving permission for someone else to sign on their behalf.

_____	_____
Client / Clients LEGAL Representative / Parent or Guardian Signature	Date