

Controlled Substances Policy

Controlled substances are medications that are federally classified as having a higher potential for addiction and misuse. All clients receiving controlled substance prescriptions will have their profile checked regularly on a state pharmacy database to ensure that they are not receiving controlled substances from multiple prescribers. We will go over a controlled substances contract, which is required for receiving prescriptions from me. Depending on the client situation and history, I may require initial or random drug screening.

Examples of benzodiazepine medications, commonly used for anxiety, are Valium, Xanax, and Ativan. In rare situations, I may prescribe benzodiazepines on a regular basis for up to three months during certain life crises or acute mental health events. Apart from this, I only prescribe benzodiazepines on a very occasional, as-needed basis. For people taking opiate medications like Vicodin, Percocet, or methadone, I do not prescribe benzodiazepine therapy due to an FDA warning about drug interactions. I also do not prescribe benzodiazepines for clients who use illegal drugs, misuse prescription drugs, or drink alcohol beyond the recommended daily allowance. If you have been on regular benzodiazepines for a while, we will examine non-benzodiazepine options for anxiety treatment, with the goal of *slowly* tapering you off your current benzodiazepine medication.

Stimulants are a gold-standard, evidence-based treatment for ADHD. If it is medically and psychiatrically appropriate for someone to be on stimulant medication, I am happy to provide ongoing prescriptions. I do not prescribe stimulants to people that use illegal drugs, misuse prescription drugs, or use marijuana regularly (evidence shows us that the cognitive effects of THC can be constant with regular use.) I do not exceed manufacturer dosing guidelines for stimulants. Please note that it is rare for me to prescribe stimulants to someone who has had significant problems with addiction in the past. In this case, or if it is my client's preference, I turn to non-stimulant options for ADHD, of which there are multiple.