



## A Note About Controlled Substances

At our first initial appointment, we want to journey alongside you, acknowledge your concerns, and develop an exceptional treatment plan that works especially for you. Sometimes, we don't always start with medication first. We value you and all that you bring to the table. It is important to discuss the risks and benefits that come with them. These include any types of medications regulated by the federal government because of their potential for abuse or addiction, and how they might interfere with other substances/medications you take.

Your safety and well-being is our top priority. It is our office policy that we are not required to start or refill prescriptions for stimulants (such as adderall, concerta), sedatives/benzodiazepines (such as valium, ativan, ambien) or other controlled substance medications.

In many instances, an annual urine drug screen is required before initiating certain prescriptions for controlled substances and then annually to maintain them. Another requirement is for 1 in-person visit at least one time every 6 months to 1 year. There can be exceptions to this rule. This can be discussed further during the intake appointment.