



## Centerstone Controlled Substance Agreement

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Patient Name

DOB

Client ID

I understand that my prescriptions for controlled substances are monitored and regulated by state agencies. I also understand that these medications can be addictive and/or often abused. To prevent problems in my controlled substance, record, I agree that:

- **No early refills.** I will not overuse or share the medicine and understand that it cannot be refilled early. Even if the pills are lost or stolen.
- **Only receive and change controlled prescriptions at office visits.** I will keep regular office visits and only receive refills at the office. If I am unable to keep an office visit I will provide one-week notice for refills of controlled substances to allow time to check the state database. If I think I need to increase or change a controlled prescription, I will schedule an office visit rather than trying to make changes on my own or by telephone.
- **The Pharmacy that you choose is the only location you will get medication from.** There will be no calling to get medication sent to another pharmacy or transferring of prescriptions.
- **Your pharmacy is \_\_\_\_\_ and you will only obtain medication from this pharmacy.**
- **Do not obtain from other MDs.** I will alert Centerstone before filling prescriptions for the same type of controlled substance or other controlled substances (see list below) unless it is part of a hospital stay.
- **Refill limitations.** Controlled scripts and their refills expire six months after they are written.
- **Dangerous interactions.** Benzodiazepine medications can be lethal, especially when combined with alcohol or opiate medications (see list below).
- **Drug screens and out-of-state pharmacies.** Controlled substances will show up on urine drug screens. I agree to random drug testing and pill counts to make sure that I am taking my medicine like I am supposed to. I understand that my prescription may only be filled in Tennessee and will not be transferred over state.
- **0 tolerance for threatening behavior.** I understand that harassing, threatening, abusive or hostile behavior toward Centerstone staff (in person or over the phone) will not be tolerated and may result in restrictions and/or termination.
- **Concurrent treatment:** I will continue to participate in other treatments as recommended by my provider such as therapy, life skills, group. Failure to do so may result in termination from medical services.

I have read and understand the above rules. I have had a chance to ask any questions I may have. I agree to follow these rules and understand the consequences of not doing so.

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Signature

Witness

Date

### Examples of controlled substances

Benzodiazepines: Alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), clorazepate (Tranxene), diazepam (Valium), flurazepam (Dalmane), lorazepam (Ativan), midazolam (Versed), oxazepam (Serax), quazepam (Doral), temazepam (Restoril).

Stimulants: Methylphenidate (Ritalin, Concerta, Metadate, aptensio, quillivant), dexmethylphenidate (Focatin), amphetamine salts (Adderall, mydayis), dextroamphetamine (Dexedrine, Vyvanse,)

Sleep medicines: eszopiclone (Lunesta), zaleplon (Sonata), zolpidem (Ambien, Edluar, Intermezzo).

Opiates: Buprenorphine, codeine, hydrocodone, hydromorphone, fentanyl, meperidine, morphine, tramadol, oxycodone, OxyContin.



# Benzodiazepine Prescriptions

## A Change in Centerstone Practice

A benzodiazepine ("benzo") is a class of medication that is used in the treatment of anxiety, insomnia, alcohol withdrawal and sleep disorders. Some of the commonly prescribed drugs included in this change are Klonopin, Lunesta, Restoril, Xanax, Ambien, Valium, Ativan, Sonata and Librium.

We at Centerstone care about your physical and mental well-being. Due to the growing body of medical evidence regarding the risks of benzodiazepines and sedatives, Centerstone is beginning steps to transition most clients off these medications to safer substitutes. We will soon begin using alternative options.

This practice has been reviewed by Centerstone medical providers and administration, and we are in agreement that it is in your best interest to decrease the use of benzodiazepines. The details and duration of the reduction (which may take longer for some clients) is between the client and their provider. The reduction plan will be individualized and based on medical safety protocols. Alternative treatment methods will be used during this process to make you comfortable, taking into account how you feel at each step. There are many resources and treatment options.

Recent research shows the dangers of short-term and long-term benzodiazepine use include:

- Physical and psychological dependence and withdrawal
- Increases in falls and fractures (33% of elderly persons suffering hip fractures die within a year)
- Memory issues, poor focus and concentration
- Sleep impairment
- Worsening of anxiety and depression over time
- Motor vehicle accidents
- Acute respiratory failure
- Impairment similar to driving with a blood alcohol level between 0.05% and 0.08% (driving with an alcohol level greater than 0.08% is illegal) due to delayed response and reaction times
- Death (especially when combined with opioids, other sedatives, alcohol)

There is no standardized schedule for decreasing benzodiazepine use, so please understand this is a highly individualized process with frequent check-ins with your Centerstone medical provider.

Let's start the conversation...

### About Centerstone

Centerstone is a nonprofit health system specializing in mental health and substance use disorder treatments for people of all ages. Services are available in Florida, Illinois, Indiana, North Carolina, and Tennessee through the operation of outpatient clinics, residential programs, school-based services, telehealth, and an inpatient hospital. Centerstone also offers specialized programs available nationwide for the military community, as well as services for children, including therapeutic foster care. Centerstone's Institute provides guidance through research and technology, leveraging the best evidence-based practices for use across our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.

