

THE SALUDA COUNSELING SERVICES CENTER, INC. CONTROLLED SUBSTANCE PRESCRIPTION POLICY

The Saluda Counseling Center (TSCC) understands that in order to treat certain mental health diagnoses such as anxiety disorders, sleep disorders, or attention disorders may require the prescription of controlled substances such as stimulants (Schedule II Controlled Substances) or benzodiazepines (Schedule IV Controlled Substances). Substances are placed in their respective schedules, also called medication classes, based on whether they have a currently accepted medical use in treatment in the United States, upon their relative abuse potential, and upon likelihood of causing dependence when abused.

SECTION 1. Risks of Misuse

TSCC may prescribe a controlled substance medication if it is determined that it is medically necessary for treatment. If these drugs are misused there are dangerous risks to the patient such as: possible dangers of accidents, seizures, accidental overdoses, and toxic effects such as when these medications are used in large doses, mixed with alcohol, marijuana and illegal drugs, and even medications prescribed for blood pressure, pain, and allergies. This is not an exhaustive list but is meant to provide examples.

These medications, when misused, can interfere with the metabolism of other medications and cause potentially dangerous effects.

SECTION 2. Prescriptions, Refills, and General Treatment Practices

In an attempt to prevent risks of misuse, the following policies will be followed if a patient is provided with a controlled substance prescription:

1. Controlled substances will not be prescribed or refilled on weekends. A 48-hour notice is required to obtain the records, call the pharmacy, or write the prescription for any medication, and this cannot be done on the weekend. **See Medication Refill Policy for additional information.**
2. If a sedative drug is needed in addition to a controlled substance medication, a non-controlled medication will be prescribed.
3. Losing two prescriptions or repeated requests for early refills may result in a patient being discharged from the practice. **See Administrative Medical Support Protocol Policy for additional information.**
4. If there is evidence of overuse, misuse, failure to keep appointments, or an inability of a patient to control their use, no further prescriptions for controlled substances will be given. Instead a non-controlled medication may be prescribed to prevent potential withdrawal symptoms.