

CONTROLLED SUBSTANCE POLICY

Stimulant medications are federally controlled substances because they have the potential for abuse, dependence, and withdrawal. Skycloud Mental Health conducts a thorough evaluation prior to the prescription of a stimulant medication and prescriptions are *not* issued after the first visit.

A thorough evaluation for ADHD includes obtaining past records, interviews with family members and/or others in the patient's life, multiple visits, and sometimes collaboration with other providers.

Skycloud Mental Health's policy is that we may check a urine drug screen prior to starting medication for new patients or new prescriptions. We may also check urine drug screens on a random basis.

Refills must be approved by your provider for each request. When you are 7 days away from being out please reach out to Skycloud Mental Health via your patient portal or phone (call or text our practice at 503-694-3381).

Prescriptions for stimulants will only be filled if you agree to this consent form.

With consenting to start this medication, you are agreeing to the following:

- 1) All patients taking stimulant medication will require once monthly appointments. Patients will need to have a blood pressure cuff and scale at all appointments to take vital signs and check weight (exceptions may be made for patients with eating disorders).
- 2) You will take the stimulant as prescribed and not change the dose without approval from the prescribing provider. Refills will not be provided outside of appointments unless there are exceptional circumstances. If there is a recurrent pattern of early refill requests, your provider may stop the stimulant.
- 3) You will notify your provider if you are being prescribed other controlled substances (i.e. opioids, benzodiazepines, sedatives, etc.). It will be up to your provider whether stimulants may be prescribed concurrently with these medications or the dose may be changed due to the risk of adverse side effects.
- 4) Lost or destroyed medication may be replaced only once. Your provider may replace stolen medication if you can present a police report of the theft and this will only be done once. For any further losses, the stimulant may be tapered and discontinued.
- 5) You will not use illegal drugs. In the event that illegal drug use is suspected, your provider will stop prescribing the medication.
- 6) You consent to the cannabis policy.*
- 7) You consent to periodic random urine samples for drug testing. If the urine drug screen is not obtained in the time frame requested by your provider, your provider will stop prescribing the stimulant.
- 8) You consent for your provider to coordinate care with the primary care physician and other specialists involved in your care when requested.
- 9) You will not obtain stimulants from other sources. If there are multiple sources of stimulants, your provider will stop prescribing the stimulant.
- 10) Your provider may choose to stop prescribing the stimulant if you fail to follow their advice, if you are having or are at high risk for major side effects, fail to keep appointments, or if it is determined that the stimulant is no longer safe, helpful, or necessary.
- 11) You must obtain a home blood pressure cuff and scale and track your blood pressure and/or weight if instructed by your provider.

PLEASE NOTE THAT THIS AGREEMENT WILL REMAIN IN EFFECT IF YOU TRANSFER TO A DIFFERENT PROVIDER AT SKYCLOUD.

***MARIJUANA USE AND STIMULANT POLICY**

If you are receiving a stimulant for attention-deficit hyperactivity disorder (ADHD), we do not allow more than **minimal** marijuana use.

Minimal marijuana use is defined by using marijuana in any form **≤1 per week**. Frequent use is defined by using marijuana in any form multiple times (**≥2 per week**).

Decreased concentration is a well-established side effect of frequent marijuana use based on psychiatric research. If you use marijuana frequently, it is impossible to tell if your decreased concentration is due to marijuana use or due to ADHD.

Stimulant medications are controlled substances and approved for the treatment of ADHD. Therefore, we will not prescribe a stimulant if there is a chance of decreased concentration from marijuana use and not from ADHD.

1. A negative urine drug screen (UDS) is required before starting stimulant treatment.
2. UDS will be required periodically and/or randomly during stimulant treatment. Your provider will also conduct substance use assessments with you.
3. If a UDS is requested, you have 7-10 days to complete it from the time you are informed by Skycloud Mental Health via patient portal message. If the portal message is not read or you do not have a Patient Portal account, we will leave a voicemail. It is your responsibility to check your voicemails in a timely manner. If your mailbox is full and multiple attempts are made to contact you, your treatment provider may hold stimulant treatment.
 - We recommend you wait at least 5-7 days after your last marijuana use before you obtain the UDS.
 - If you complete it after 10 days from when you were informed, it will be considered a red flag and will be taken into consideration as part of your substance use disorder assessment.
 - If you refuse to obtain a UDS, your clinician can stop stimulant treatment at any time.
- If the UDS result is positive for tetrahydrocannabinol (THC) (a substance found in marijuana), you will have 7-10 days to repeat the UDS.
- If the repeat UDS is negative and/or your clinician does not suspect a substance use disorder, you will likely resume treatment as usual but it is at the discretion of your treatment provider. If the repeat UDS is positive and/or a substance use disorder is suspected, your clinician can pause or end stimulant treatment at any time.
- A stimulant prescription can be paused or stopped at any time by your treatment provider if there is suspicion for substance use disorder or medication diversion.

I understand and agree to both the Stimulant Policy and Marijuana Use & Stimulant Policies.

Patient Signature _____ Date _____