

# Medication Management & Controlled Substances Policy

Sunflower Mountain Mental Health (SMMH)

*Effective Date: January 1, 2025*

## Purpose

This policy ensures the safe and compliant prescribing, monitoring, and management of **controlled substances** at Sunflower Mountain Mental Health (SMMH). The policy aligns with **DEA, Medicare, Medicaid, and Colorado state regulations** while safeguarding patients from misuse, dependency, and diversion.

## Controlled Substance Prescribing & Compliance

SMMH providers will prescribe controlled substances only when:

- **Medically necessary and appropriate** for the patient's condition.
- **In compliance with DEA Schedule II-V regulations.**
- **Supported by thorough clinical documentation**, including history, diagnosis, and treatment plan.
- **Within safe prescribing limits**, as determined by FDA guidelines and clinical best practices.
- **In adherence to Colorado's Prescription Drug Monitoring Program (PDMP).**

## Patient Responsibilities & Informed Consent

Patients prescribed controlled substances must:

- Sign the **Controlled Substance Policy Agreement** before receiving a prescription.
- Disclose all medications (including over-the-counter and supplements).
- Use only one **designated pharmacy** unless explicitly authorized by their provider.
- Store medications securely to prevent **loss, theft, or misuse.**
- Not share, sell, or alter medications under any circumstances.

## Prescription Monitoring & Safety Protocols

To ensure responsible prescribing, SMMH providers will:

- Conduct **routine PDMP checks** before prescribing.
- Require **follow-up appointments** for medication renewals.
- Limit prescriptions to **30-day supplies** unless medically justified.
- Require **urine drug screening and random pill counts** as needed.

- Assess for potential **drug interactions, misuse, or dependency**.

## Controlled Substances & Additional Requirements

While this policy applies to **all prescribed medications**, additional restrictions and monitoring protocols exist for **controlled substances** (Schedule II-V medications), including stimulants, benzodiazepines, and opioids. Patients prescribed controlled substances must also adhere to the **Controlled Substance Management Policy**, which includes:

- Controlled medication agreements and patient responsibilities.
- Prescription Drug Monitoring Program (PDMP) compliance.
- Random drug screening and refill limitations.

## Refill Policy

- Controlled substances **will not be refilled early** unless there is a documented medical necessity.
- Refills require an **in-person or telehealth visit**, unless otherwise approved by the provider.
- Patients are responsible for scheduling follow-up appointments **before running out of medication**.

## Prohibited & High-Risk Medication Practices

SMMH **does not routinely prescribe**:

- **Long-term benzodiazepine therapy** (except in rare, justified cases with structured taper plans).
- **Concurrent prescriptions of benzodiazepines & opioids** due to high overdose risk.
- **High-dose stimulant prescriptions** beyond FDA-approved limits.
- **Multiple controlled substances in combination** unless clinically necessary.

## Medication Misuse & Termination of Care

SMMH reserves the right to discontinue controlled substance treatment if:

- Patients **fail to comply** with medication agreements.
- **Urine drug screening shows inconsistencies** (e.g., missing prescribed medications or detecting unreported substances).
- **Multiple providers prescribe the same controlled substance** without provider knowledge.
- The patient engages in **diversion, misuse, or illegal distribution**.

## Emergency Medication & Lost Prescriptions

- Lost, stolen, or damaged medications **will not be replaced** without clear documentation (e.g., police report).
- Emergency refills **will be considered on a case-by-case basis**.

## Medication Disposal Requirements

- Patients should dispose of **unused or expired medications** following **FDA disposal guidelines**.
- SMMH encourages use of **DEA-approved medication disposal sites**.

## Compliance & Monitoring

- **Annual provider training** on controlled substance prescribing and DEA regulations.
- **Regular audits of prescribing patterns** to detect potential misuse.
- **Random patient monitoring**, including drug screenings and prescription history reviews.

---

*Last Updated: March 2025*

For further assistance, please contact SMMH at **(719) 679-5022** or visit [www.sunflowermountainmentalhealth.com](http://www.sunflowermountainmentalhealth.com).