

Frequently Asked Questions: Use of Sedative, Hypnotics, Anxiolytics and Psychostimulants in Specific Integral Care Client Populations Policy

1. **What is the new policy?**

Starting January 1, 2017, Integral Care will no longer prescribe sedatives, hypnotics, anxiolytics, benzodiazepines, barbiturates, opioids, opiate narcotics and psychostimulants to our clients. Exceptions to the prescribing policy will include some medications for clients 18 or younger and some medications for clients going through medically-supervised detox in Integral Care's residential programs.

This policy applies to all Integral Care clinics, including Psychiatric Emergency Services. This policy is also in line with other mental health authorities.

2. **Why did Integral Care make this change?**

There is an urgent health crisis facing our country. Since 1999, opioid overdose deaths have quadrupled. Between 2005 and 2011, almost a million visits to emergency rooms involved benzodiazepines, opioid pain relievers and/or alcohol.¹ In 2010, over 1 million people abused stimulants.² The research on the risks associated with these drugs as well as the lack of evidence for the drugs' overall health benefits spur Integral Care to make these changes. As is well-noted in medical literature, benzodiazepines, especially in combination with certain other medications, often prove to be unsafe. Studies have also found statistically and clinically significant associations between sedatives, hypnotics, and anxiolytic drugs and mortality.

Integral Care's goal in this prescribing change is to reduce the risk of overdose, abuse and death for our clients.

3. **How will Integral Care support clients through this transition?**

Integral Care staff received special training and will work closely with our clients to transition them to medications that are safer and still effective. Clients will be monitored by their medical team throughout the transition.

4. **Does this policy apply to all Integral Care clinics?**

Yes. This policy applies to all Integral Care clinics, including Psychiatric Emergency Services.

5. **Who should I contact if I have a question about the policy?**

Contact Medical Director Dr. Craig Franke at craig.franke@atcic.org or (512) 445-7750.

6. What specific medications will be impacted by this policy?

Generic Name	Brand Name
Alprazolam	Xanax
Chlordiazepoxide	Librium
Clonazepam	Klonopin, Klonopin
Clorazepate	Tranxene
Flurazepam	Dalmane
Oxazepam	Serax
Temazepam	Restoril
Triazolam	Halcion
Zaleplon	Sonata
Zolpidem	Ambien
Estazolam	ProSom
Dextroamphetamine	Adderall
<i>Exceptions for Detoxification</i>	<i>Exceptions for Detoxification</i>
Lorazepam	Ativan
Diazepam	Valium

¹ SAMHSA DAWN (Drug Abuse Warning Network)

² National Institute on Drug Abuse