

Gulf Coast Mental Health Benzodiazepine Policy

Tranquilizers are a substance often used to treat anxiety, tension, or fear and include the benzodiazepine class such as Xanax, Klonopin, and Ativan to name a few. Gulf Coast Mental Health is revising our prescription policy for these drugs.

Gulf Coast Mental Health providers, if prescribing any benzodiazepine will be at the discretion of the provider, and provided there are no contraindications to prescribing to the client for acute use only. Examples of contraindications could be past or present misuse of benzodiazepines, or other substances including alcohol, opiates, stimulants, or barbiturates. If a benzodiazepine is prescribed, random drug testing will be done to ensure compliance and safety for the client. In general, benzodiazepines will not be provided for longer than 3 months.

Gulf Coast Mental Health clients who have been taking benzodiazepines long term will be tapered off over a period of approximately 1-3 months at the discretion of the provider. If a client requires more time to taper off or closer monitoring in tapering off, the mental health center may refer those clients to a detox program. Those clients who have been utilizing benzodiazepines for long term coping will be offered alternative pharmacologic strategies as appropriate, counseling, and other coping mechanisms to support overall health and wellness.

We, at Gulf Coast Mental Health appreciate you trusting us with your mental health care needs. We strive to offer our clients the highest quality and most effective clinical care.

Name: _____

Date: _____