



Controlled Substance Notice

Please be advised that Dr. Claudia Cruz (DNP, PMHNP-BC) will not prescribe controlled substances on a long-term basis (including continuing medications given by other providers, regardless of duration). Pertinent controlled substances include medications that fall under the following categories:

- Benzodiazepines- examples include: lorazepam (Ativan), alprazolam (Xanax), diazepam (Valium), clonazepam (Klonopin), etc...
- Sedative Hypnotics- examples include: zolpidem (Ambien), eszopiclone (Lunesta), temazepam (Restoril), etc...
- Stimulants- examples include amphetamines (Adderall, Dexedrine, Vyvanse, etc...) and methylphenidate (Ritalin, Focalin, Concerta, etc...). Stimulant medication will only be prescribed to those who have a formal diagnosis verified through a previous psychological evaluation (actual testing with a licensed psychologist). Results of psychological testing must be readily available. If there is no formal diagnosis and Dr. Cruz suspects a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD), she will make a referral for testing to confirm.

The only exception to the “Controlled Substance Notice” is buprenorphine (Suboxone). Buprenorphine will only be prescribed for patients who have successfully completed an Intensive Outpatient Program (IOP) and are not currently on any other narcotic medications, alcohol, or illicit substances.

For prospective patients who are on or interested in the above medications, Dr. Cruz is still very happy to see you to offer you other non-controlled substance alternatives to manage your condition. If Dr. Cruz is compatible with your current choices, welcome and thank you for entrusting her with your psychiatric care.

Patient or Guardian Printed Name and Signature

Date