

## **NSM Restricted Medications List**

If a participant is taking a restricted medication, they must be under the care of a medical team and will require a doctor's note explaining the reason they need to take this medication and the name of the physician and health care team that will continue to be caring for them. NSM is a sober living facility and performs random drug tests in addition to the baseline drug testing upon intake. If a prescribed medication will show up on a multi panel drug test, the physician or pharmacist must communicate that with both participant and staff. Any medication not taken according to its prescribed purpose or dose will be considered an abuse of prescription or nonprescription medication. All anti-depressants and anti-psychotic medications are allowed under the care of a physician.

### Restricted Medication List

- Benzodiazepines e.g., Valium, Ativan etc.
- Sedatives or Sleeping medications e.g., Zopiclone, Serax, Restoril, etc.
- Barbiturates e.g., Phenobarbital, Seconal, etc.
- Amphetamines e.g., Ritalin, Dexedrine, Benzedrine
- Diet pills
- Energy Pills e.g., caffeine pills, ephedrine etc.
- Opioids, Synthetic Opioids/Narcotics e.g., Kadian, Morphine, Tylenol #1, 2, 3, etc. (other than Suboxone and Methadone)
- Medications or mouthwash containing alcohol
- Any Cannabis products or medications containing cannabis natural or synthetic
  - \*\*Antihistamines, Decongestants, Anti-cough medications, nonprescription pain killers, muscle relaxants, gravol, or other medications with a high potential of misuse.

\*\*These medications may be taken on an as needed basis, we ask that if they are taken that this is to be discussed with Case Workers to ensure accountability as well as to monitor and encourage further medical treatment as there may be a potential underlying health reason that needs to be addressed.

Methadone and Suboxone are approved under medical management and according to safe storage protocols.