



# Welcome to Intensive Health's PSS Program

Dear Intensive Health patient,

Intensive Health has launched an exciting new Peer Support program. Each patient receiving buprenorphine (Suboxone, Subutex, Zubsolv, Sublocade) will be assigned a peer support specialist (PSS) to help you on your recovery journey. This will meet the requirement for a behavioral modification program outlined in Kentucky state regulations. Counseling is still available for patients who need it and is recommended but no longer required. Your PSS will be able to meet with you in office at the same time as your provider visits and can also follow up and be a contact point for you when you aren't in the office, if you are struggling or need some assistance, or just need a touch point to check in. Patients who have a longer period of sobriety (one year or greater) will only be expected to interact with a PSS monthly.

In addition to outlining behavioral modification programs for buprenorphine patients, Kentucky regulations and guidelines also address random pill counts and drug screens for patients receiving any controlled substance from this office. These drug screens are generally witnessed and must be accompanied by a pill count in the office. Unfortunately, emailing a picture of your pills does not meet this requirement. While we were able to call patients in less frequently with COVID restrictions, we are now starting to do these again. **You will be called in randomly at least twice per year. You must be present for these pill counts and drug screens. If you do not come in, if you do not return the phone call, or if you fail the pill count or drug screen, your treatment plan could change.** This could mean increased frequency of visits, additional requirements such as counseling, more frequent drug screens and pill counts, or even discontinuation of your medication. It is very important that you come in for these.

## What does this mean for me?

- If you are prescribed a controlled substance, you will be called at least twice per year for random pill counts and drug screens and must come in for these. This is a requirement.
- If you receive buprenorphine, you will have a peer support specialist to assist in your care and be expected to interact with them on a regular basis (defined by your medical provider and your PSS).
- Counseling continues to be recommended but is no longer required for all patients. You may be referred to counseling if your medical provider feels this is appropriate.

Please let your provider know if you have any questions, and thank you for receiving your care at Intensive Health!

Please sign to acknowledge you have received this information.

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_