



# Controlled Substance Monitoring



**Call 855-99-MCCMH (855-996-2264) for a screening and referral to treatment.**

**If you or someone you know is experiencing a mental health or substance use crisis, call the 24/7 MCCMH Crisis Line at 586-307-9100.**

## Promoting safe medication use

A controlled substance is a medicine or drug that is watched closely because it can be misused or people can become addicted to it. Medicines like opioids, stimulants, and depressants are all examples of controlled substances.

Controlled substances can help people when they are used the right way, but they can be dangerous if they are used incorrectly. Even though people can misuse them, the risk is lower when they take them exactly the way a doctor tells them to.

If your provider decides that a controlled substance is the best option for your care, MCCMH has steps to help keep you safe and healthy during your treatment.



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



## MAPS

When a controlled substance is prescribed, MCCMH checks the Michigan Automated Prescription System (MAPS). This system shows if you are getting controlled medicines from other doctors. It also lists your past prescriptions so we can understand your risk and help keep you safe.

## Controlled Substance Monitoring

In addition to checking MAPS, MCCMH follows a Controlled Substance Monitoring (CSM) process. This helps lower the risk of addiction, misuse, or overdose.

Our CSM process is designed to meet each person's needs, but it usually includes:

- In-person appointments and phone calls
- Urine testing for medications and substances
- Support for the treatment of substance use disorder (if identified)

How often you have monitoring appointments will be decided by your MCCMH provider, and the schedule may change during your treatment if needed. Your doctor will be updated about your visits, and MCCMH will work with them to make sure your care is well coordinated.

MCCMH offers prevention, treatment, and recovery-focused care for people in Macomb County experiencing substance use challenges.

Substance use disorders can affect people of any age or background. This condition is common, and it can return over time. It can be serious, but it can also be treated, and many people do recover. There are many resources available to support individuals and families. Our team uses proven methods to reduce risky behaviors and help people build strength and healthy coping skills.

