Medication Conversation Prep - Concept brief

Understand the idea behind medication conversation prep and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan wants to discuss available medication support for recovery.

The idea

Medication decisions belong in collaborative care with a qualified prescriber.

An ordinary example

Jordan wants to discuss available medication support for recovery.

What this can look like

List questions about treatment options, access, side effects, and follow-up without changing medication independently.

Check the fit

Which questions would help you make an informed decision with your prescriber? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

Which questions would help you make an informed decision with your prescriber?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A08-1