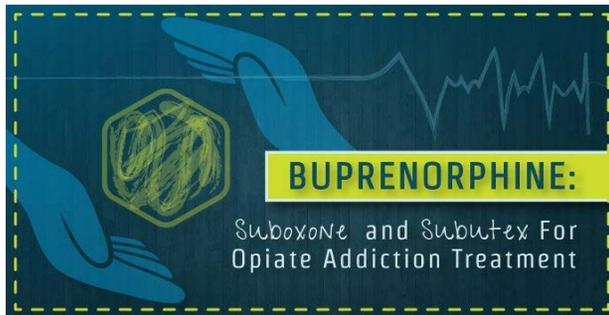


## Risks

While taking Buprenorphine, use of the following drugs can increase your risk of accidental overdose:

- \* Benzodiazepines (Ativan, Valium, Xanax, Klonopin, Restoril)
- \* Alcohol
- \* Sedatives/Hypnotics
- \* Tranquilizers
- \* Other drugs that slow down your breathing

Buprenorphine must be kept and locked in a safe place away from children.



Source: <http://guidetowellness.wikidot.com/>

## Resources

**Anthem Blue Cross/Medi-Cal Transport**  
877-931-4755

**California Health and Wellness Transport**  
\*Call three (3) days in advance for Taxi,  
gas vouchers or bus tickets  
877-658-0305

**WellSpace Health (Residential)**  
916-921-6598

**WellSpace Health Outpatient Programs**  
North (Strategies for Change): 916-473-5764  
Central (J Street): 916-313-8433  
South (Strategies for Change): 916-395-3552

**Our goal is to support you in finding  
long-term and stable recovery.**



*Achieving regional health through high  
quality comprehensive care*



- Ambulatory Care
- Patient Centered Medical Home
- Behavioral Health

californiahealth+



04202018



## MEDICATION ASSISTED TREATMENT PROGRAM (MAT)

***BUPRENORPHINE***  
***For Opioid Addiction***

**ADDICTION IS A CHRONIC  
PROGRESSIVE, RELAPSING DISEASE  
THAT CAN BE TREATED**

Our team of certified drug and alcohol counselors and licensed medical providers has the training and experience required to help individuals understand and overcome their addiction to opioids. We provide individualized treatment, where we assess the client in all areas of their life as well as their struggles with opioid use. We help to identify each client's strengths in order to help them reach their goals. We pair behavioral therapy with medication to help with the management of cravings.

**wellspacehealth.org**

## Medication Assisted Treatment (MAT)

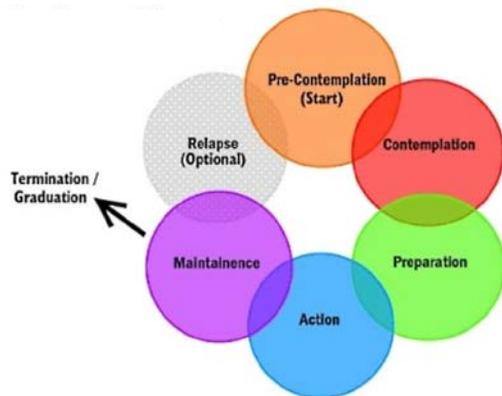
At **WellSpace Health**, we offer Medication Assisted Treatment (MAT) with Buprenorphine along with group counseling and behavioral health therapy.

The program is meant to treat opioid dependency and addiction, while promoting healthy lifestyles in recovery.

Some patients are on this medication for only short periods of time. Others remain on it for years or even lifelong. This helps to prevent relapsing.

Buprenorphine works by suppressing cravings which enables a person to engage in therapy, counseling, and other support to achieve long-term positive changes and addiction remission.

We work together with the patient to create an individualized plan to ensure support through induction, maintenance, and relapse prevention.



Source: Stages of Change  
"Transtheoretical" Model

## PROGRAM STRUCTURE

**Refill/Stabilization Appointments:** Every new patient is initially started on a short prescription of Buprenorphine, such as a 7-day supply, with or without refills. This gives our team the opportunity to see the patient frequently in the early weeks of their recovery so that we can give the patient plenty of support. Medication will be refilled at these appointments. Group and individual sessions will also give the team an opportunity to make sure that the treatment plan for long-term recovery support is effective or if the treatment plan requires re-assessment and adjustment.

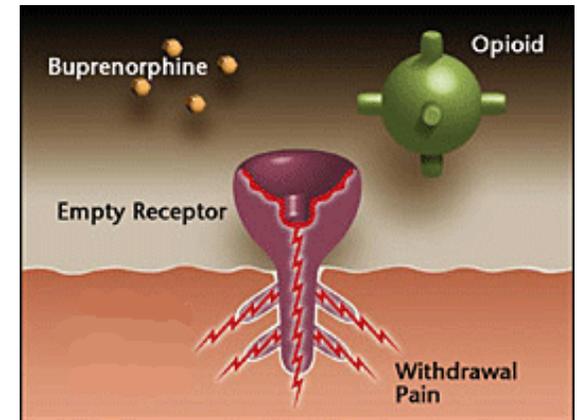
**Individual Appointments:** Additional sessions with the doctor or behavioral health counselor will be scheduled based on assessed need and requests.

**Maintenance Visits:** Once stabilized on the correct dosage; treatment agreement adherence is established; behavioral health and treatment (recovery) needs have been identified and are in place; the patient will be scheduled for routine visits with their Buprenorphine prescriber.

**Relapse:** Addiction is a disease and we understand that relapse can occur. If this does happen we will work with the patient to provide closer follow-up and case management until the patient is stable. Relapse includes resumption of use of alcohol, benzodiazepines, methamphetamines and/or opioids.

**Outpatient Group Schedule:** Group is twice a week. Mondays & Fridays 1p-2:30p; Tuesdays & Thursdays 10a-11:30a or 1p-2:30p; Wednesdays & Thursdays 5p-6:30p. [Individual sessions available as needed.]

## OPIOID RECEPTOR



Source:  
<http://www.helpmegetoffdrugs.com/buprenorphine>

**Buprenorphine** attaches to the opioid receptors and binds to them partially, enough to suppress withdrawal and cravings, and just enough not to cause euphoria or a "high". It pushes off other opioids from the receptor. This is why the patient must be in moderate withdrawal to begin Buprenorphine to prevent more intense symptoms from occurring.

**Opioid Agonists:** Drugs that bind and cause the opioid effect such as Heroin, Oxycodone, Norco, Vicodin, and Methadone.

**Opioid Antagonists:** Drugs that block and reverse the effects of opioids. Narcan (Naloxone) is an antagonist that is used to reverse opioid overdose. Your Primary Care Provider (PCP) will prescribe Narcan for you. Your PCP will assure you have a prescription and clear directions how to use this life saving medication.