

## HELP IS HERE.

The consequences of untreated addiction can be tragic for the individual, family and community. Tahoe Forest Hospital District (TFHD) has implemented a **Medication Assisted Treatment (MAT)** program to help people suffering from opioid addiction.

Opioid addiction is a **chronic disease** like heart disease or diabetes. A chronic disease is a medical condition that can last for a person's entire life. However, by managing the addiction, a person can regain a healthy, productive life.

**Most people cannot just walk away from addiction. They need help.**

**Medication Assisted Treatment** stops the use of the problem drug. It helps them get through withdrawal and cope with cravings.

MAT addresses the underlying issues that trigger inappropriate drug use and helps people move into healthy addiction free lifestyles, also called recovery.



10121 Pine Avenue, Truckee, CA 96161  
tfhd.com | (530) 587-6011

## TAHOE FOREST HEALTH SYSTEM

# MEDICATION ASSISTED TREATMENT *for Opioid Addiction*



## FACTS:

**Addiction is a disease.** It cannot be cured, but it can be managed with medication, counseling, and support.

**The goal of Medication Assisted Treatment is to recover from addiction.** It does NOT replace one addictive drug with another. It provides a safe, controlled level of medication to overcome the use of a problem opioid.

Examples of opioid medications include:

- **Codeine** - an ingredient in some cough syrups and in one Tylenol® product
- **Hydrocodone** - Vicodin®, Lortab®, or Lorcet®
- **Oxycodone** - Percocet®, OxyContin®, or Percodan®
- **Hydromorphone** - Dilaudid®
- **Morphine** - MSContin®, MSIR®, Avinza®, or Kadian®
- **Propoxyphene** - Darvocet® or Darvon®
- **Fentanyl** - Duragesic®
- **Methadone**

# MEDICATION, COUNSELING & SUPPORT

**Medication-Assisted Treatment (MAT)** is one way to help those with opioid addiction recover their lives. There are three, equally-important parts to this form of treatment to help people recover:

- **Medication**
- **Counseling**
- **Support from family and friends**

## Medication

The most common **medications** used in the treatment of opioid addiction are **Buprenorphine** and **Methadone**.

**Buprenorphine** is dispensed at treatment centers or prescribed by certified medical providers and is available at TFHD.

Buprenorphine tricks the brain into thinking it is still getting the problem opioid. The person taking this medication feels normal, not high, withdrawal does not occur, and cravings are reduced. Buprenorphine is administered when the patient experiences withdrawal symptoms (*see list on far right*).

**Methadone** is dispensed only at specially licensed treatment centers.

People can safely take treatment medication as long as needed — for months, a year, or several years.

Many people in treatment relapse one or more times before getting better and remaining drug free. Each relapse is a setback, but it does not mean failure. People who relapse can continue with treatment and achieve full recovery.

## Counseling

Counseling is an important part of Medication-Assisted Treatment. Through counseling, people learn why the addiction occurred, the problems it has caused, and what they need to change to overcome those problems.

Counseling can provide encouragement and motivation to stick to treatment. It can teach coping skills and how to prevent relapse. And, it can help people learn how to make healthy decisions, handle setbacks and stress, and move forward with their lives.

## Support

It is very hard to go through recovery alone. **Support from family and friends** is very important. Love and encouragement can help a person make the decision to enter treatment and stick with it.

# Opioid OVERDOSE PREVENTION Medication – Naloxone (Narcan)

Naloxone, commonly called Narcan, is a medication used in MAT to reverse opioid overdose. When you are prescribed opioids, you have the right to have a Naloxone prescription from your medical provider.

Narcan is a nasal spray and can be used by a non-medical professional to reverse an overdose caused by opioids.

If you suspect you or someone you know is having an overdose, call 911 immediately.

Even if you use Narcan on someone, you still must call 911 to get the patient the proper medical care.

## What Does An Opioid Overdose Look Like?

- Confusion
- Seeming “drunk”
- Vomiting
- Pinpoint pupils
- Extreme drowsiness
- Unable to wake
- Very slow/irregular breathing or other breathing problems
- No breathing
- Blue or clammy skin
- Loss of consciousness



# DIRECT REFERRALS to the MAT Program

Direct referrals to the program can be made through the Internal Medicine/Cardiology clinic at **(530) 582-1212**.

# EMERGENCY DEPARTMENT (ED) Bridge Program

Anyone who is opioid dependent and wants to get off opioids should be considered for Buprenorphine. Starting Buprenorphine in the safe environment of the Emergency Department provides immediate withdrawal relief when patients are experiencing moderate withdrawal symptoms without causing euphoria or sleepiness.



Patients will receive the appropriate medication and be referred to our outpatient MAT program for coordinated care.

## Opioid Withdrawal Symptoms

- Yawning and other sleep problems
- Sweating more than normal
- Anxiety or nervousness
- Muscle aches and pains
- Stomach pain, nausea, or vomiting
- Diarrhea
- Weakness