



Methadone Assisted Recovery
Who is Suitable for Opioid Substitution Therapy?




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What is Methadone Assisted Recovery

- Methadone is one treatment option for people physically dependant & addicted to opioids –Methadone Assisted Recovery is Methadone used in conjunction with counselling
- Recovery based program - focus on recovery and although there are harm reduction components the overall focus is on recovery
- Role of Methadone in recovery – a tool to aid in the recovery process – stops withdrawal & craving this allows people to focus on recovery




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What are we Treating?

Physical Dependence:
 A state of adaptation that often includes tolerance and is manifested by a drug class specific withdrawal syndrome that can be produced by abrupt cessation, rapid dose reduction, decreasing blood level of the drug, and/or administration of an antagonist

Dependency – individuals who have become physically dependent on a substance– physical dependency on opioids is not, by itself, diagnostic of addiction




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What are we Treating?

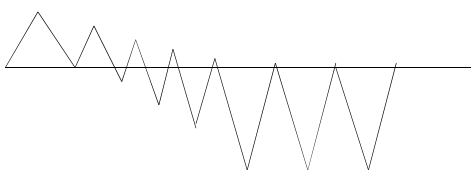
Tolerance – individuals who have developed a need for an increase in substance use over time - in order to have the same effect– the occurrence of tolerance to opioids, in and of itself does not imply addiction

Tolerance:
 A state of adaptation in which exposure to a drug induces changes that result in a diminution of one or more of the drug's effects over time

The region of the CNS where tolerance is thought to occur is anatomically and functionally separate from the brain pathways related to addiction



Tolerance



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What are we treating?

Addiction defined:
 A primary, chronic, neurobiological disease, with genetic, psychosocial, and environmental factors influencing its development and manifestations. It is characterized by behaviours that include one or more of the following:

Addiction characterized by the 4 C's

- Impaired control over drug use
- Compulsive use
- Continued use despite harm
- Craving



What are we trying to accomplish?



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Methadone Goals

- Cessation of opioid use.
 - Often treating polysubstance use.
- Stabilization in care.
 - Short-term goal of Methadone Assisted Recovery is to prevent withdrawal & craving for opiates –focus on assessment and medical stabilization
- Increasing engagement in recovery activities.
 - Long-term goal of Methadone Assisted Recovery is to establish / re-establish healthy living –a process that the client actively participates in – a comprehensive & individualized process



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Client Centered Assessment

- Individuals access MAR in a variety of ways
- We listen to what is important to the client, and outline what they can expect from MMT and the expectations of the program.
- Using motivational interviewing we establish goals that are determined in a collaborative way, with a plan for achieving those goals.
- We practice harm reduction through a strength based, recovery oriented approach.



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Purpose of Assessment

- Collect history in order to do treatment and recovery planning.
- Current and past history of drug use and treatment
 - Physical history – HIV / Hep C, asthma, COPD, pregnancy etc.
 - Mental health history – any psychiatric diagnosis or involvement and ongoing treatment.
 - Social health history – family use history, children, relationship status, housing etc.
 - Legal involvement – charges pending (what might impact treatment)



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Purpose of Assessment

- The addiction counselor gathers information and potential treatment planning to provide to the physician.
- The physician assess the client to confirm suitability for methadone treatment
- During the assessment process the counselor is able to build trust and rapport with the client.
- Get a sense of logistical / practical issues relating to methadone (pharmacy)



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Criteria for Treatment


- The client must want to be treated – first and foremost – the patient's life and the patient's recovery – the client must be a willing participant
- Dependency and addiction must be established – accomplished through physical evidence, urinalysis testing, use / recovery history and collaborative reports
- Attempts at abstinence – through formal or informal means
- Required to do an ECG, bloodwork, urine drug screen.



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Methadone and Pregnancy

- Pregnancy is prioritized
- Purpose: to create a stable environment throughout the pregnancy and to improve maternal and neonatal outcomes
 - Decreased exposure to blood borne diseases
 - Decreased risk of premature labor, low birth weight, miscarriages and stillbirths
 - Improved nutrition, and ability to make healthy lifestyle changes
 - Engagement in addictions counselling



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THANK YOU

HAVE A GREAT DAY AND
ENJOY THE REST OF THE
CONFERENCE



