

Safety

Do NOT take these medications with MAT recovery therapy. Any of the following can increase your risk of accidental overdose:

- Benzodiazepines (such as Ativan, Valium, Xanax)
- Alcohol
- Sedatives or tranquilizers
- Other drugs that slow down your breathing

Side Effects

For dizziness: Stand up slowly.

Avoid constipation:

Drink more water and juice, eat food with fiber, exercise.

For sweating or hot flashes:

Shower often, wear layers.

Avoid sleep problems:

Take medication in morning, go to bed at the same time, avoid naps, no caffeine after noon, exercise.

Avoid nausea:

Take your medication after meals.

Manage mood swings:

Exercise, do fun things that don't involve the old drug lifestyle.

Resources

We provide many resources for patients throughout their recovery, including:

- Individual and group counseling
- Re-entry support and services for formerly incarcerated residents of San Francisco and Marin
- Guidance and classes on stress and pain management
- Resources and referrals to outpatient and in-patient treatment programs
- Case management services with our Licensed Clinical Social Worker

A journey of a thousand miles begins with a single step.

- Lao Tzu



Medication Assisted Treatment

Addiction is a disease that can be treated.

Our team is dedicated to supporting our patients in their recovery from opiate addiction through an integrated, patient-centered approach that includes Medication Assisted Treatment (MAT) with Suboxone and Vivitrol.

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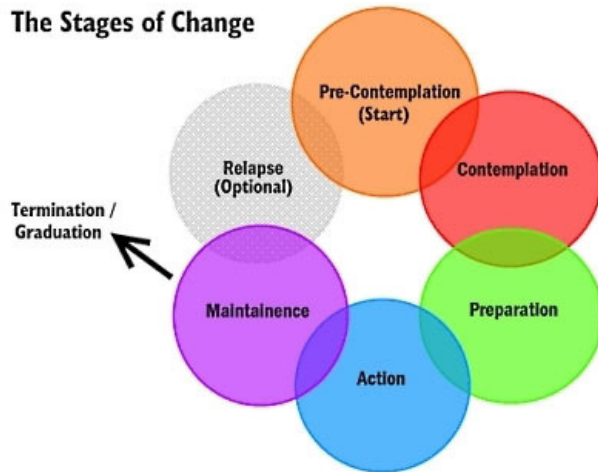
MAT Therapy

Medication Assisted Treatment

We offer MAT therapy for opiate addiction with Suboxone and Vivitrol. The MAT program has been designed to treat and support withdrawal and sobriety from opioids and alcohol.

Some people are on these medications for short periods of time, while others continue treatment for years or lifelong to prevent relapse.

The Stages of Change



We work with each person to develop an individualized plan to provide support through induction, maintenance and, even, relapse.

The Program

Prerequisites

Assessment with nurse:

Intake appointment with LVN/NP to assess client's needs and to tailor the program to best support recovery.

Medical clearance appointment:

Appointment with a doctor to discuss addiction and take screening bloodwork.

Program Requirements

2-hour induction appointment:

Meet with nurse and doctor while in withdrawal; take the first dose of medication under their supervision.

Weekly refill stabilization groups:

Meet with MAT staff (currently Fridays from 12:30-3:00 pm). Group receives education on a variety of topics and a 7-day medication refill.

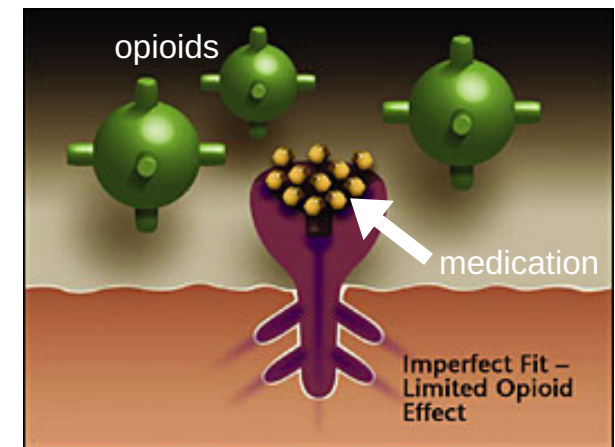
Post-stabilization refills:

After stabilization on medication with negative urine drug screens, follow up appointments can be less frequent and refills can be provided for longer periods of time.

How It Works

Suboxone

Suboxone combines Buprenorphine (an opiate agonist) with Naloxone (an opiate antagonist). Buprenorphine binds partially to the opioid receptors, enough to suppress withdrawal and cravings but not enough to cause a high. Naloxone (Narcan) blocks the effects of opioids and can reverse overdoses.



Vivitrol

As an opioid antagonist, Vivitrol attaches to the opioid receptors and prevents opioids from binding to the receptors. It effectively combats opiate cravings. If patients use an opiate while on Vivitrol, they would feel no effect.