



The mission of the corporation is to provide access to total health care services for all people, with an emphasis on preventive care and education, and with self-care and health maintenance being the end result. This will be achieved through effective program management, fully equipped medical facilities, and by the recruitment and development of highly qualified and dedicated health care professionals willing to serve the rural populations.

Suboxone Group Tips for Success:

1. Attend weekly group sessions and meet with counselor one on one, as needed.
2. Have a clear understanding of Suboxone Group rules and expectations by speaking with your doctor, counselor, or nurse.
3. Understand medication can be harmful if not taken exactly as prescribed and NEVER adjust dosage without the direction of your doctor.
4. Comply with all medication counts and random urine screens.
5. Only store medication in a safe place that is away from children and other family members.
6. Notify MVHC staff of any lost or stolen medication as soon as possible.
7. Notify MVHC staff of any return to opiate use immediately.
8. If I am, or become pregnant, I will tell my medical provider as soon as possible.
9. **Be advised that any lost or stolen medications will not be replaced.**

Mountain Valleys Health Centers

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Bieber, CA, 96009

Mountain Valleys Health Centers Suboxone Program

*Make the call today to speak with
our caring staff.*

Phone (530) 335-5457



Notice of Nondiscrimination
MVHC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Translation Services
ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Por favor, háganos saber cuando haga la cita que se necesita ayuda con el idioma.



Suboxone Program

In the interest of providing the best healthcare possible, MVHC is now offering Medication-Assisted Treatment, in which prescribed medications, along with ongoing behavioral health counseling and alternative therapies, help to suppress withdrawal symptoms and cravings, successfully leading to managing chronic pain in an “opiate-free” healthy way.

What is Suboxone?

Current research has shown that opiate use is an ineffective way to manage chronic pain symptoms. Suboxone is a medicine that, together with group and individual counseling, can assist patients who have become habituated to high levels of opiates. Suboxone is a very safe medicine, and the goal of the Suboxone Program is to have patients manage chronic pain through available alternatives and live “opiate – free.”

Where Do I Start?

Upon beginning the Suboxone Program, patients will contract with the behavioral health counselor/medical provider to make every effort to:

- Avoid substance abuse of any type.
- Take the medication as prescribed.
- Be accountable to Suboxone team members.

MVHC staff want our patients to succeed, and we will be there to help every step of the way.

The CDC and FDA both strongly support the development of new treatment options for patients in pain, especially treatments that do not have the same addictive features of traditional opioids. In an effort to respond to current medical research, MVHC developed our Suboxone Program to assist patients in eliminating opiate habituation.



Drug overdose deaths and opioid-involved deaths continue to increase in the United States. The majority of drug overdose deaths (66%) involve an opioid. In 2016, the number of overdose deaths involving opioids was 5 times higher than in 1999. From 2000 to 2016, more than 600,000 people died from drug overdoses. On average, 115 Americans die every day from an opioid overdose.

- U.S Center for Disease Control

Helpful Tips:

- Avoid alcohol and other substances.
- Take medications exactly as prescribed.
- Attend group and individual sessions weekly.
- Exercise daily.
- Maintain contact with provider and counselor and entire treatment team.
- Reward your successes.

**“Your Life is a
Canvas, and you are
the Artist.”
-Miguel Ruiz**