Medication Assisted Treatment

Program Requirements:

<table>
<thead>
<tr>
<th>Prescription</th>
<th>Group/IBH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 1 Induction (2 weeks)</td>
<td>Weekly</td>
</tr>
<tr>
<td>Tier 2 Early Treatment (12 weeks)</td>
<td>Weekly</td>
</tr>
<tr>
<td>Tier 3 Stabilization (12 weeks)</td>
<td>Every other week</td>
</tr>
<tr>
<td>Tier 4 Maintenance (6 months to 1 year)</td>
<td>Once a month</td>
</tr>
<tr>
<td>Tier 5 Maintenance</td>
<td>Once a month</td>
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</tbody>
</table>

You can graduate from each tier by providing negative urine drug screens and adhering to your group and/or scheduled appointments with IBH.

Relapse: If during treatment there is a relapse, you’ll return to Tier 2 level of care and more support will be provided.

Appointments: It is very important that appointments are not missed. If you must miss, please call to reschedule ahead of time.

Drug test: Patients will be drug tested at every visit.

Have more questions?
Contact Us

Homeless Person Health Project (HPHP)
115 Coral St.
Santa Cruz Ca, 95060
831-454-2080
Nurse Jasmine 831-201-2485
Angelica Torres 831-566-9347

Watsonville Health Center (WHC)
1430 Freedom Blvd, Ste. C
Watsonville, CA 95076
831-763-8400
Alejandro Monroy 831-247-4193

Santa Cruz Health Center (Emeline)
1080 Emeline Ave, Building D
Santa Cruz, Ca 95060
831-454-4100
Nurse Marion 831-247-4922
Greg Goldfield 831-331-6048
Marissa Torres 831-421-1033
Adam Echols 831-400-6669

Health Services Manager
Danny Contreras 831-212-3498
Who we are?
We are a team of healthcare providers, addiction counselors, case managers, registered nurses, medical assistants, and behavioral health specialists dedicated to supporting our patients in their recovery from opiate addiction through an integrated, patient-centered approach.

Medication Assisted Treatment (MAT)
MAT is a whole person approach that provides effective treatment for opioid use condition. MAT combines FDA-approved medications to treat opioid use disorder along with counseling and behavioral therapy in the comfort and privacy of a medical office.

Some people are on this medication for short periods of time while others remain on it for years or even lifelong to prevent relapse. Buprenorphine suppresses cravings and allows people to get back to their lives.
We work with each person to develop an individualized plan to provide support through induction, stabilization, maintenance, and even relapse.

Is this the right treatment for me?
The intake appointment will help determine if you’re appropriate for this program.

How do I get started?
Step 1: Set up an intake appointment with one of our counselors. We will go over program requirements with you at this meeting. You will be asked to submit specimens for drug screen/blood tests.

Step 2: You will be required to start attending MAT group weekly. An appointment with a medical provider will be scheduled after you have completed group and lab test results are reviewed.

Health & Recovery Groups

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>2-3 pm</td>
<td>WHC (atrium)</td>
</tr>
<tr>
<td>Monday</td>
<td>10-11 am</td>
<td>Emeline (room #109)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2-3 pm</td>
<td>HPHP</td>
</tr>
<tr>
<td>Tuesday</td>
<td>4-5 pm</td>
<td>Emeline (room#109)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6-7 pm</td>
<td>Emeline (room#109)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>5-6 pm</td>
<td>WHC (atrium)</td>
</tr>
<tr>
<td>Thursday</td>
<td>5-6 pm</td>
<td>WHC (atrium)</td>
</tr>
</tbody>
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THE OPIOID RECEPTOR:

Buprenorphine is an opioid partial agonist that attaches to the opioid receptors and binds to them partially, enough to suppress withdrawal and cravings, but not enough to cause extreme euphoria or high. It also pushes off other opioids from the receptor, which is why if you are not in withdrawal and take it, it can make you sick.

Opioid agonists are drugs that bind to and cause the opioid effect. These include heroin, oxycodone, Norco, Vicodin, and methadone.

Opioid antagonists are drugs that block and reverse the effects of opioids. Narcan is an antagonist that is used to reverse heroin overdoses. Narcan can save lives. Your primary care provider will prescribe you Narcan. We will discuss with you how to use and administer Narcan.