

Medication for Addiction Treatment (MAT)

PROGRAM REQUIREMENTS FOR PATIENTS

→ Attend scheduled appointments.



Medication refills will be given at the time of your clinic visit.

→ Please call the clinic at _____ to:

- Reschedule appointments
- Change your phone number, address, or pharmacy
- Report any changes in medications, surgical needs, or hospitalizations



When a MAT clinic staff calls to follow-up with you, you should call back **within 24 hours** and be ready to attend clinic **within 48 hours**. Failure to call back is a **violation of your patient contract**.

→ Your treatment plan will change if you have **2 or 3 drug tests that are positive** for opioids **within 1 month**.

→ Your treatment plan **may change** if there is evidence of misuse of other drugs or alcohol.

CLINIC APPOINTMENT POLICY

→ You will **visit with your treatment team** at least **once every 3 to 4 months**, when your provider and you deem appropriate.



You **must keep your appointments** at the clinic and with your other providers. This is an important part of your treatment plan.

→ Please **arrive to the clinic on time**. If you arrive late, your appointment may need to be rescheduled.

→ If you cannot keep an appointment, **please call** the clinic. Missed appointments without a call to the clinic may result in a change in your treatment plan.

RANDOM CALLBACK POLICY




Patients who receive treatment with buprenorphine/naloxone may receive random **phone calls** from the clinic and be asked to come in for a **urine drug test** and **medication count**.

Medication-Assisted Treatment *(continued)*

- Patients should:
 - Return calls as soon as possible
 - Come to the clinic within 24 hours of receiving a call
 - Understand that they may be asked to take a dose of medication while in the clinic
 - Keep the clinic informed of any changes in contact information (phone number, address, etc.)
- If you **do not come to clinic** following a random call-back, your healthcare team may make **adjustments to your treatment plan** that could include: shorter time between office visits, shorter prescriptions, and/or no refills.

COUNSELING POLICY

- Counseling and other peer-support services (including things like AA, NA, SMART Recovery, etc.) are an important part of the treatment plan. Medication alone usually does not address all factors of recovery. You will probably be **more successful combining medication and counselling**.
- You will be asked to **sign a form** that allows the clinic team to talk to your counselor and other people who take care of you.
- Your clinic team will ask you about how often you go to counseling and other support services.
-  If any medical provider recommends that you have a **psychiatric evaluation**, you must do so and follow the recommended treatment plan.
- **Counseling** can be done in many ways: group counseling, one-on-one appointments, and local programs (including halfway houses). Group counselling with others who are using the same medication may be helpful.
- **Recovery is a process** that needs time and commitment. Even if peer-support groups such as AA and NA are not the right fit for you now, they may be later.
- Tips for support-group participation:
 - Do not compare your recovery with that of others
 - Get involved in the meetings (set up, clean up, make coffee, etc.)
 - Get a sponsor and/or make a connection with others in your group to help you meet your goals
 - Try different groups/meetings until you find the right fit; be patient
 - Local groups: _____

Medication-Assisted Treatment *(continued)*

BEHAVIOR POLICY



You have made a voluntary decision to participate in this program. **We are here to help you** and other patients in our clinic.



Therefore, we insist that patients do not:

- Deal drugs, steal, or participate in any other illegal or disruptive activities in or around the clinic or practice setting
- Bring guns, knives, mace, or other objects that can cause harm to the clinic
- Tamper with urine drug screens
- Act in a disruptive way toward others with loud and/or aggressive behavior
- Verbally or physically threaten anyone including clinic staff and other patients; aggressive behavior will result in immediate release from the program

MEDICATION ADMINISTRATION POLICY FOR BUPRENORPHINE/NALOXONE



You should take medication as prescribed.



You **should not take MORE** than prescribed without talking to your clinic team.



Once your dose is stable, you will receive a prescription with refills. Prescriptions **cannot be refilled more than 2 days early** because buprenorphine is a controlled substance.



You must **keep the clinic informed** of any changes in your pharmacy and sign the required release so that the clinic can speak with your pharmacist.



You must tell the clinic team about all **other healthcare professionals** caring for you and if you have any changes in your other medications including starting a new medication.



You must tell other healthcare professionals caring for you that you are receiving treatment through this clinic.



If you do not show up for clinic appointments or random callbacks, your prescription may be cancelled.





Medication storage/carrying:

- Keep medication in a safe place where it will not be lost, stolen, or destroyed; reports of lost/stolen/destroyed medication will be reviewed by the clinic team before prescriptions will be refilled
- Do not carry your medication with you
- Carry the emergency identification card on buprenorphine/naloxone at all times; give this card to a healthcare provider if you need medical treatment

Medication-Assisted Treatment *(continued)*

URINE DRUG SCREEN POLICY

- All belongings (coats, bags, etc.) will be left in the office or outside the bathroom door.
-  You must **NOT wash your hands** until your urine sample is handed to clinic staff.
-  You must **NOT flush the toilet** until your urine sample is handed to the gloved clinic staff.
- If the clinic team thinks your urine is questionable, you may be:
 - Asked to repeat the test immediately
 - Counseled by staff about the importance of urine testing and honesty to make sure that the clinic team can best help you
 - Referred to a higher level of care
 - Unable to receive a prescription refill or injection of extended-release naltrexone