Gateway Foundation

Carbondale Illinois
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Gateway Foundation Carbondale
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• Who we are and how we got here. MAT
• **Team evaluation/implementation:** admissions, nursing, psychiatry, counseling, nutritionist, primary care provider, family system/supports
• **Clinical Opiate Withdrawal Scale (COWS)**
• Comorbidity and evaluation, not one size fits all..
• **What does treatment look like? DBT, MBS, Seeking Safety, Family systems, Co-occurring..**
Buprenorphine/ Naloxone

• The role of pain management
• **Buprenorphine/ Naloxone:** (Suboxone, Bunavail, Zubsolv, Subutex)
  • Eases withdrawal from opioids, helps manage cravings for opioids. Available upon emergence of withdrawal symptoms
  • Our physician will talk with you about long term use of these products. You will discuss either tapering off slowly or maintenance with the doctor. If you elect maintenance, your counselor with assist in identifying a long term provider.
  • Most often dispensed in a film you tuck in your cheek for a few minutes or a tablet placed under your tongue until it dissolves.
  • We may also use clonidine or trazodone, depending on your symptoms.
Benzodiazepines

- **Benzodiazepines**: (Ativan, Librium, Valium, Librax, Serax)
- Treats symptoms of alcohol withdrawal and tremors. Assists with Benzodiazepine withdrawal.
- Helps manage blood pressure and reduce the anxiety as well as reduce the risk of seizures that may accompany alcohol/benzo withdrawal.
- Alcohol withdrawal can be scary and may require medications. Nursing will review your history, symptoms and make recommendations for the best medication.
- We may also use Gabapentina and clonidine, depending on your symptoms.
Naltrexone

- **Naltrexone**, available as a daily tablet or monthly injection (Vivitrol):
  - Helps prevent alcohol or opioid relapse by reducing cravings and inhibiting the effects of alcohol and opioids.
  - Cannot be used together with the buprenorphine products, but is used after completing a buprenorphine taper.
  - For use long term, oral naltrexone is a once-daily pill and Vivitrol is a monthly injection.
  - To receive the Vivitrol injection, you must be opiate free for at least 8 days. That means you must complete your buprenorphine taper 8 days before your shot. Additionally, the best time to receive the injections is up to a week before leaving treatment. Therefore, the best time to begin thinking about this medicine is very early in treatment. We suggest you speak with the doctor about these choices during your first visit.
naloxone injector/Evizo
Campral

• Campral (Accamprosate)
  – Used both to ease the symptoms of alcohol withdrawal as well as to suppress cravings long term.
  – Typically taken in 2-3 daily doses.
Role of Recreation
Finding Evidence Based Practice

- The need to for research
- Fiscal restraints and hurdles
- Comorbidity, and multiple MAT
- Geographic location, follow up, provider expectations
- Gender, and age
- Pain Management
What next? Here & there
Linkage and further supports

• Long-term residential is it viable?
• Halfway house
• Oxford Houses - http://www.oxfordhouse.org
• Imbedded MAT in IOP and other settings
• Role of AA, NA, Celebrated Recovery, Refuge Recovery
Follow up

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