

PROGRAM REQUIREMENTS

	Prescription	Group
Phase 1	Weekly	Weekly
Phase 2	Every other week	Every other week
Phase 3	Once a month	Once a month or provider visit

You can advance from each phase by providing negative lab screens and adhering to your group and scheduled appointments.

Relapse: While taking buprenorphine, there may be a return of emotions and sensations which can trigger a relapse. If there is a relapse during treatment, we will offer you more support and care and move you to a previous phase recommended by the treatment team.

Appointments: It is very important that you attend all of your appointments. If you must miss, please call to reschedule ahead of time.



This medication is a film that is placed under your tongue.

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

Prescriptions: Prescriptions will only be provided at group sessions or appointments with providers.

OTHER MATR PROGRAMS

Santa Ynez Tribal Health Clinic

90 Via Juana Lane
Santa Ynez, CA 93436

(805) 688-7070

Nurse Rose

(805) 694-2610

Santa Barbara County
Department of Behavioral
Wellness 24/7 Access Line: (888) 868-1649
Community Health Centers: (866) 614-4636
Aegis Treatment Centers: (805) 964-4795
Mission Harbor Behavioral
Health: (805) 874-5922

OTHER RESOURCES

Good Samaritan Recovery: (805) 346-8185
Good Heart Recovery: (805) 242-2175

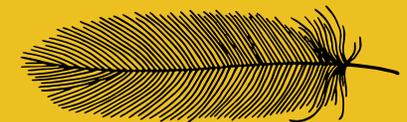
Find us on Facebook or Instagram
@samalasobriety to stay updated with our
events and programs.



Santa Ynez Tribal Health Clinic



YOU



Medication Assisted Treatment & Recovery

Treating Opioid Use Disorder
using best practices and integrated patient care

WHO ARE WE?



We are a team dedicated to supporting our patients in their path to recovery from opioid use disorder through an integrated patient-centered approach. Our team consists of healthcare providers, substance use disorder counselors, case managers, registered nurses, medical assistants, and behavioral health specialists.

MEDICATION ASSISTED TREATMENT & RECOVERY (MATR)



MATR is a whole person approach that provides effective treatment for opioid use condition and connects them to culturally grounded recovery plans. MATR combines FDA-approved medications to treat opioid use disorder along with counseling and behavioral therapy in the comfort and privacy of a medical office.

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

HOW DO I GET STARTED?

Step 1: Call and speak to one of our nurses.

The nurse will complete a brief screening and will schedule an intake appointment with one of our providers.



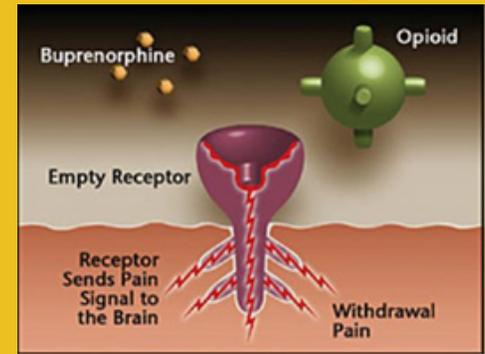
Step 2: During the **intake appointment**, we will go over program requirements and you will be asked to submit specimens for drug screen/drug tests.

Step 3: You will be required to start attending **MATR group circles weekly**. An appointment with a medical provider will be scheduled after you have completed group and lab test results are reviewed.



Group Topics include: Science of addiction, Wellbriety, Trauma, Triggers & Coping Skills, Mindfulness, Lapse vs. Relapse, Wellness and Self-care

THE OPIOID RECEPTOR:



Buprenorphine is a long-acting 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. While taking buprenorphine, other opioids will not get you high.

Some people are on this medication for short periods of time while others remain on it for years or longer to prevent relapse and manage pain.

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

Opioid antagonists are drugs that block and reverse the effects of opioids. Narcan is an antagonist that is used to reverse opioid overdoses. **Narcan can save lives.** You can get Narcan from our clinic - no questions asked.