

OPIOID TREATMENT

Which medicines treat opioid use disorder and addiction?

The medicines used to treat opioid use disorder and addiction are methadone, buprenorphine, and naltrexone.

Methadone and buprenorphine can decrease withdrawal symptoms and cravings. They work by acting on the same targets in the brain as other opioids, but they do not make you feel high. Some people worry that if they take methadone or buprenorphine, it means that they are substituting one addiction for another. But it is not; these medicines are a treatment. They restore balance to the parts of the brain affected by addiction. This allows your brain to heal while you work toward recovery.

There is also a combination drug that includes buprenorphine and naloxone. Naloxone is a drug to treat an opioid overdose. If you take it along with buprenorphine, you will be less likely to misuse the buprenorphine.

You may safely take these medicines for months, years, or even a lifetime. If you want to stop taking them, do not do it on your own. You should contact your health care provider first, and work out a plan for stopping.

Naltrexone works differently than methadone and buprenorphine. It does not help you with withdrawal symptoms or cravings. Instead, it takes away the high that you would normally get when you take opioids. Because of this, you would take naltrexone to prevent a relapse, not to try to get off opioids. You have to be off opioids for at least 7-10 days before you can take naltrexone. Otherwise you could have bad withdrawal symptoms.



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NORTH COASTAL REGION

Mission Treatment Services, Inc.
1906 Apple Street, Suite 3
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SOAP MAT, LLC
3230 Waring Court, Suite A
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SOUTH REGION

Acadia [San Diego Treatment Services]
1155 Third Avenue
Chula Vista, CA 91911
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CENTRAL REGION

Eldorado Community Service Center
1733 Euclid Avenue
San Diego, CA 92105
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Progressive Medical Specialists, Inc.
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Acadia [San Diego Health Alliance, Inc.]
7545 Metropolitan Drive
San Diego, CA 92108
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EAST REGION

Acadia [San Diego Health Alliance, Inc.]
234 North Magnolia Avenue
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WHAT ARE OPIOIDS?

What are opioids?

Opioids, sometimes called narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid.

A health care provider may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some health care providers prescribe them for chronic pain.

Prescription opioids used for pain relief are generally safe when taken for a short time and as prescribed by your health care provider. However, opioid abuse and addiction are still potential risks.

What are opioid use disorder and addiction?

Opioid abuse disorder means you are not taking the medicines according to your provider's instructions, you are using them to get high, or you are taking someone else's opioids. Addiction is a chronic brain disease. It causes you to compulsively seek out drugs even though they cause you harm.

What are the treatments for opioid use disorder and addiction?

Treatments for opioid abuse disorder and addiction include:

- Medicines
- Counseling and behavioral therapies
- Medication-assisted therapy (MAT), which includes medicines, counseling, and behavioral therapies. This offers a "whole patient" approach to treatment, which can increase your chance of a successful recovery.
- Residential and hospital-based treatment.

Clients receiving services through County of San Diego contracted SUD programs are treated with equality, in a welcoming, nondiscriminatory manner, consistent with applicable state and federal law. Client fees are waived for Medi-Cal eligible persons participating in Medi-Cal certified services (except for required share of cost). No services will be refused due to a client's inability to pay.

Programs are organized by region but services may be sought at any location.

Pregnant women and intravenous drug users have priority admission to recovery and treatment programs

www.sandiegocounty.gov/hhsa/programs/bhs

www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/dmc_ods.html

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www.livewellsd.org

Behavioral Health Services

3255 Camino Del Rio South

San Diego, CA 92108

(No services provided at this location)



DIRECTORY OF OPIOID TREATMENT PROGRAMS