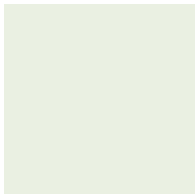
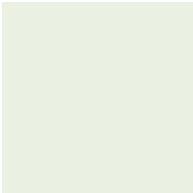


OPIOID DEPENDENCY PROGRAM



CLIENT HANDBOOK



Alberta Health
Services

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Welcome to the Opioid Dependency Program (ODP)


We hope this booklet will answer many of your questions about the program. Read it carefully.

Purpose of the program

Opioid Agonist Treatment (OAT) including Methadone, Suboxone, Kadian and other medicines are well-researched treatment options for people dependent on opioids. Opioids are a family of drugs that include drugs derived from the opium poppy (such as morphine, codeine and heroin) as well as man-made painkillers (such as Demerol® and Percocet®).

ODP staff understand how difficult it is to recover from addiction. You will be treated with respect and dignity while you are here.

Once you are on the right dose of OAT medicine, you should not experience cravings for opioids or symptoms of physical withdrawal. You should not experience any euphoric effect (feeling high on an opioid replacement therapy). OAT can help you take control of a difficult drug dependency, improve your health and enjoy a stable life. For some people, it will serve as a way to get off of drugs entirely.



Treatment involves getting you on the dose of OAT medicine that is right for you. You will also have a team that may include a physician, nurse practitioner, addiction counsellor, mental health therapist, social worker and others who can assist you in working on your goals for recovery.

Your Opioid Dependency Program (ODP) team understands how difficult it can be to recover from addiction. You will be treated with respect and

dignity while you are in any of our facilities.

The ODP team

The ODP team works closely with community pharmacists, physicians and addiction recovery programs to provide you with comprehensive care and support.

The ODP prescriber's role

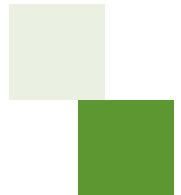
You will be assessed by an ODP physician or nurse practitioner when you first enroll in the program, and you will see someone from the ODP team, such as Case Manager, on an ongoing basis to make sure you are on the right dose of OAT medicine.

The ODP prescribers are also available to provide assessment to determine whether a dosage adjustment is indicated.

We encourage you to have your own family doctor, as the ODP team is only involved in the OAT medicine treatment plan. The ODP physician or nurse practitioner are available to consult with your other doctors to address other health care concerns.

Counselling

The ODP team is here to help you develop a treatment plan, set recovery goals and connect you to other programs and services to support you in your recovery. They can also support you to receive medicine coverage, and healthcare services if these are barriers to accessing services. Please contact your ODP primary contact or Case Manager to discuss counselling options in your






community or through the program.

Our service is **confidential**, and we will not give out information about your treatment or any personal information without your written consent. However, under certain circumstances, Alberta Health Services staff are bound by law to release confidential information without your consent.

These circumstances include:

- Child, Youth and Family Enhancement Act (formerly called the Child Welfare Act)
- Public Health Act
- Fatalities Inquiries Act
- Protection for Persons in Care Act, for the purpose of complying with a subpoena, warrant or order issued by a court
- Civil Court
- Criminal Court
- Compelling circumstances where disclosure will avert or minimize an imminent danger to the health or safety of any person
- For your safety, in Alberta physicians are required to document treatment services in the Provincial medical record (NetCare)



We are also required to report information on your OAT medicine prescription to the College of Physicians and Surgeons' Triplicate Prescription Program.

Risk of poisoning

There is a risk of poisoning if you take other drugs, such as other opioids, sedatives or alcohol, while on OAT medicine. While deaths are rare, they are almost always due to combining your OAT medicine with other drugs. Therefore, you need to let us know about any other medicines that you are taking.


Taking prescribed/over-the-counter medicines

Some prescription drugs can also be dangerous if you take them when on OAT medicine. There is a risk for poisoning if you take other depressants, such as other opioids, sedatives or alcohol, while on OAT medicine.


Ask ODP staff about any prescriptions before they are filled and ask about over-the-counter medicines before you take them so we can talk about potential risks. We need copies of any prescriptions you get from other doctors, and we may need to contact those doctors to discuss other medicines you are on, including any pain medicine.

Using recreational drugs

Many people on OAT want to stop using other mood-altering drugs, too. If this is your goal, ODP staff can support you through counselling or refer you to addiction treatment programs, such as detox, day programs or residential treatment centres.



There is a risk of poisoning if you take other drugs, such as other opioids, sedatives or alcohol, while on OAT medicine



If you continue to use non-prescribed substances, we will support you to stay on the program as long as you are receiving benefit from treatment. However, safety on OAT medicine remains a priority. If the ODP physician or nurse practitioner has concerns regarding your safety on the program, they will discuss this with you and changes to your care may be required to address any safety concerns.

Other risks

For people who are not used to taking opioid drugs and have not developed a tolerance to them, a single dose of OAT medicine can be fatal. If a family member or friend takes your dose, they could die. It is very important that you keep your OAT medicine away from the reach of children, or anyone else who could have access to it and might accidentally use it.

Pregnancy

OAT used during pregnancy has been shown to reduce health risk and is a safe treatment option for both mother and baby. Treatment can be started at any point during pregnancy. However, it is very important that ODP staff know if you are pregnant or might be pregnant.


We will provide you with information about OAT medicine and pregnancy. We can also help you get a referral to an obstetrician/gynecologist, if needed.

Changes to your dose of OAT medicine


The first weeks on the program involve getting you on the dose of OAT medicine that is right for you. The right dose is when you are experiencing a decrease in your cravings or withdrawal and no drowsiness.

You will be started on a low dose, which will be gradually increased. We are cautious because of the risk of poisoning during this stage. We want to make sure you are safe. You may experience some discomfort while your dose is being adjusted to a therapeutic level; this is to be expected. If you are experiencing side effects from the medicine, you may be asked to come to the clinic more frequently so we can adjust your medicine or dosage, so try to be patient.

You may request an increase or decrease in your dosage by discussing your symptoms with the ODP prescriber. The clinic prescriber will need to review your request and write a new prescription. The ODP prescriber may also request an appointment with you to discuss the dosage change.



You can request changes to your dose in person, or by contacting ODP prescriber.




For more information regarding your medicine dosage, contact your prescriber.

Getting your OAT medicine

Here's how it works:

For “in-person” ODPs

- You may be required to come to the clinic Monday to Friday until you are stabilized on your medicines.
 - Virtual Opioid Dependency Program (VDOP) initial assessments are completed via Telehealth or Zoom.
 - Once you are on the right dose of OAT medicine, you can be transferred to a community pharmacy, where you can then receive all of your of OAT doses.
 - Virtual ODPs instructions will be given concerning virtual appointment times and frequency of virtual contact.
 - Virtual ODPs utilize community pharmacies from the start of your dosing regimen.
 - Clients enrolled with the VODP have their initial prescription sent to their community pharmacy with clear instructions for initiating their dose and follow up timelines.
- 


- The ODP Clinics are closed on statutory holidays, however, you can consult with the pharmacist if you have questions.
 - VODP is available 7 days a week, 8:00 am to 8:00 pm. Case managers are available from Monday to Friday 8:00 am to 4:30 pm. The clinic is closed on weekends and holidays.
- If you need to change pharmacies, you must advise the ODP team ahead of time.

We will attempt to work with you and your pharmacy to ensure no disruption in your treatment.

You are responsible for the daily dispensing fee for the OAT medicine and must pay your pharmacist in advance. This can be done with cash or some form of prescription coverage (e.g., Blue Cross, Alberta Works, Department of Indigenous Services Canada, Assured Income for the Severely Handicapped (AISH) and OAT Gap Coverage Program).

Missed doses

It is important to take your OAT medicine as prescribed. Any missed doses must be reported to ODP so they can be addressed. Inform your ODP if you are unable to attend for your dose and we will work with you to help prevent disruption of your care.



Carries are granted at the discretion of the ODP prescribers.

Carry-home doses

You may be granted carry-home doses (carries) according to the provincial OAT rules when:


- You are on a stable dose of OAT medicine.
- There are no safety concerns present.
- You have a stable home environment.
- You are in good standing with ODP policies.

Carries are granted at the discretion of the ODP medical prescribers.

If you require additional carries for travel, employment, illness or other emergencies, this needs to be discussed with the ODP medical prescribers. If you are not eligible for carries, it may be possible for you to get your dose of OAT medicine at a pharmacy near your destination.

You and your pharmacist will be advised if you are no longer eligible for carries.

Role of the pharmacist



Your pharmacist is an important partner in your treatment. Pharmacists will be provided with information regarding your treatment with ODP (e.g., we tell them if you are able to get new carried doses).

Pharmacists are not responsible for the decision about carried doses privileges. Any concerns regarding carries should always be discussed with ODP staff.

Lost, spilled or stolen OAT medicine

You are responsible for all carry-home medicine you receive. You also assume the risks when your carries are sent to your destination. Be sure to check that the lids are on tightly before leaving the pharmacy.

Always keep in mind how strong these medicines are, and that a single dose of OAT medicine taken by another person can be fatal. Children are especially at risk.

Lost, spilled or stolen OAT medicine will not be replaced. If your medicine is stolen, you should report this to the police.

Your community doctor

The ODP prescribers are available to help you with concerns relating to your OAT medicine and related health matters. Your general or other health issues should be managed by your community physician or health centre.

We encourage you to get your own family doctor. Our ODP prescribers will be pleased to provide consultation to your other healthcare providers.

Urine screening

Random urine screening is a tool we use to monitor your progress and assess your safety while in the program. Urine screening may be scheduled randomly by some ODP clinics. Once you receive notice to leave a sample (from either your pharmacist or ODP staff), you have until the following business day to do so.



Random urine screening is a tool we use to monitor your progress and assess your safety while in the program.

Talk to ODP staff if you have any questions or concerns about our urine screening procedure or your results.

Deciding to taper off OAT medicine

Tapering off OAT medicine is an important personal decision that should be carefully considered and then discussed with ODP staff. Some people try to taper off too early in their treatment and find themselves at very high risk for return to use. Successful tapering off OAT medicine is usually a long, gradual process involving planned reductions in your dose. Tapering off OAT is an individual process. It is essential to recognize that although a person may wish to be completely tapered off their OAT by a specific date, that goal may need to be revised and extended if that person begins to experience symptoms of withdrawal.

Leaving the program

We will support you to stay on the program as long as you are getting benefit from it. You may be gradually tapered off your medicine at the discretion of your medical prescribers and if OAT is no longer benefiting you.

On very rare occasion a client may be discharged from the program without being tapered off your medicine. This would happen only if your safety, or the safety of staff or others, is seriously threatened.

OAT medicine and the corrections system

If you have been remanded, tell the health services staff that you are receiving treatment

Bonnyville ODP

4902 – 50 Avenue
Room 201
Bonnyville, AB T9N 2H4
Phone: 780.826.8034
Fax: 780-826-8057

Calgary ODP

Sheldon Chumir Health Centre
2130, 1213 – 4th Street SW
Calgary, AB T2R 0X7
Phone: 403.955.3600
Fax: 403-297-4985

Cardston ODP

Cardston Health Centre
144 – 2 Street W
2nd floor,
Cardston, AB T0K 0K0
Phone: 403-653-5283
Fax: 403-653-5289

Edmonton and area

Edmonton ODP

10225 - 106 Street
1st floor,
Edmonton, AB T5J 1H5
Phone: 780-342-7810 (Intake)
Fax: 780-342-7826 (Intake)

Northgate ODP

9499-137 Avenue
2nd floor,
Edmonton, AB T5E 5R8
Phone: 780-342-7810 (Intake)
Fax: 780-342-7826 (Intake)

Sherwood Park ODP

9000 Emerald Drive
Sherwood Park, AB T8H 0J3
Phone: 780-342-7810 (Intake)
Fax: 780-342-7826 (Intake)

West Primary Care Network ODP

Meadowlark Health
and Shopping Centre
156 Street & 87 Avenue
Suite 124,
Edmonton, AB T5R 5W9
Phone: 780-342-7810 (Intake)
Fax: 780-342-7826 (Intake)

Fort McMurray ODP

Unit 120; 339 Powder Drive
Fort McMurray, AB T9K 0M4
Phone: 780-793-8339
Fax: 780-793-8341

Grande Prairie ODP

11333 – 106 Street
Grande Prairie, AB T8V 6T7
Phone: 780-833-4991
Fax: 780-833-4715

High Prairie ODP

5101 – 38 Street
2nd floor,
High Prairie, AB T0G 1E0
Phone: 780-536-2136
Fax: 780-536-2148

Virtual ODP

Box 1000
Ponoka, AB, T4J 1R8
Phone: 1-844-383-7688
Fax: 403-783-7610

For a complete listing of
treatment clinics for opioid
dependence in Alberta, visit
DrugSafe.ca.

For more information and to
find an addiction services
office near you, please
call the 24-hour Addiction
Helpline at 1-866-332-2322.