



Opioid Treatment Program

FAQs About the Program



Why did Caron decide to develop the opioid treatment program?

Those suffering from opioid addiction need a medically-driven treatment plan specific to opioid use disorders. The Caron Opioid Program is influenced by research-driven, evidence-based treatment approaches with a focus on science and solution driven care.

There is a common bond that opioid addicted individuals share. The design of the program is informed, in part, by feedback from current and past opioid addicted Caron patients. That feedback includes prioritization of the treatment components that worked best and kept them most engaged in treatment. It also includes the components that most helped their families.

What can patients expect from the program?

Caron's Opioid Treatment Program is designed to engage patients in finding their life's purpose and building a strong foundation to sustain their recovery. With that in mind, it's important to heavily address common opioid relapse indicators. These include cravings, stress, sleep irregularities, mood (depressive and anxiety symptoms), and the addictive culture that often comes with opioid addiction. The treatment team will also work with patients to discover or rediscover and develop a plan for achieving their vocational/educational/professional goals.

Who will benefit from the program?

The program is dedicated to adults ages 23-35, with opioids as their primary drug-of-choice (DOC) or as their secondary DOC if they have experienced tolerance and active withdrawal from opioids and/or have been impacted by an addicted opiate culture. Patients must be good candidates for Buprenorphine or Naltrexone MAT, at an appropriate dose to suppress opioid cravings and facilitate engagement in clinical programming.

What is included in the treatment that makes it unique?

Caron specializes in providing population specific treatment programs customized by our expert clinical team based on the individual needs of the patient. Unique components included in the Opioid Treatment Program are:

- **Medication Assisted Treatment**

The foundation of the program is Medication-Assisted Treatment (MAT) customized for each patient's needs and circumstances. Integrating MAT into the program is a necessity for those struggling with opioid addiction. The structure of inpatient treatment allows for

around the clock attention to ensure comfort during medically managed opioid withdrawal for patients who choose to start Naltrexone. This approach cannot be duplicated in an outpatient setting.

- **Technology supported components**

The opioid program leverages various forms of technology to assess, plan treatment, identify common opioid relapse predictors and monitor each patient's treatment plan. Additional assessments will measure physical and mental health indicators including cravings, anxiety, depression, and stress (measured at onset of treatment and throughout to monitor treatment protocol effectiveness), quality and quantity of sleep, and pain levels.

- **Dedicated unit**

Treatment will take place in a dedicated building with men also being housed in that building. Women participating in the program will be housed in the Chen Se Women's unit.

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How is the program staffed?

The program is staffed by a dedicated, specialty trained and certified multi-disciplinary team. Caron's Associate Medical Director, a Board-Certified Addiction Medicine physician, oversees the program and each patient's treatment plan. Other members of the team include a Clinical Supervisor, a Certified Addiction Registered Nurse, full-time Master's prepared Behavioral Health Therapists, a full-time Master's prepared Family Therapist, a full-time Psychologist, a Spiritual Counselor, Recovery Care and Wellness staff.

Will patients be drug tested?

Patients in the Opioid Program will have random urine drug screens one to two times weekly.

What support should the family expect?

Family therapy and education is a key component to all of Caron's programs. In the Opioid Treatment Program, each family works directly with a full-time, master's level dedicated family therapist who provides counseling in-person and/or by phone. The therapeutic approach is intended to care for the health of the family system. It is collaborative and systemic, involving the patient and family, as well as Caron staff and continuing care providers. Education is tailored to each patient's and family's specific

needs, with input from the program physician.

What if the family does not want to participate?

Caron works with patients and families to meet them where they are. If a family refuses to participate in the family education program, we will work with them via telephone to help understand the current dynamics and how the patient and the family system can best be supported.

What is the aftercare plan?

A long-term, multi-dimensional continuing care plan is established for each patient prior to discharge. The plans include ongoing care and supervision, monitoring patients for a year after they complete inpatient treatment. This service ensures that evidence-based treatment is delivered, and ongoing support is provided consistently to achieve positive, measurable results. The dedicated aftercare staff will aid patients and families in navigating long-term treatment and recovery. Staff will be available to provide information and resources for continuing care needs, such as how to deal with issues related to dental care and surgery that include the use of opiates, as well as other mood alternating substances.

At Caron we believe that MAT, given at the appropriate dosage and time frame that is prescribed in conjunction with therapy and structured aftercare, can give people a chance to enter a stable phase of recovery. Therefore, each patient's aftercare plan includes appointments with a clinician and a health care professional to continue appropriate MAT recommendations.

Is there a minimum treatment time commitment from me?

The minimum treatment commitment for the opioid program is four weeks. The average length of stay in the opioid program is four to six weeks.

For more information about
Caron Treatment Centers'
programs and services,
please visit

www.Caron.org,
call **800-678-2332**

or email

Admissions@Caron.org

