

UNITED  
COMMUNITY  
SERVICES, INC.



◆ **How Long Will I be on Methadone?**

◆ **Take Home Policy**

◆ **Let Your Voice Be Heard**

◆ **Please complete and return the attached survey.**

**Phone Numbers:**

**Donna: 280-4902**

**Nicole: 280-4903**

**Suzette: 280-4906**

**Dosing Hours:  
Monday-Friday 6:30-8:15**

**Saturday 7:00-8:15 AM**

**Is there something you would like to talk about with your counselor?**

**Your counselors are here for you!**

**Counselors are available  
Monday - Thursday:  
8:30 to 3:30**

**Friday: 8:30 to 10:30**

# Methadone Newsletter

October 2006



## How Long Will I Be on Methadone?

**A**s most of you know, Methadone Maintenance Treatment Programs (MMTP) represent the most successful means known today to treat individuals addicted to opiates. However, after the admission into a program comes the quick realization that getting off methadone may not be as easy as you might have initially thought. Some people expect to get on a methadone program, stabilize in a few weeks and then be off the program within six months. While possible, it is rarely the case. Instead, a good rule of thumb is to figure out how

many years you were opiate dependent and then expect to spend at least as long in the Program. During this journey, work as hard as you can to achieve sobriety: see your counselor regularly, attend support groups, establish a support system, drink methadone daily, establish your correct dose, and in doing so, earn the freedom necessary to make your treatment easier by being eligible for take home privileges.

Remember, your addiction may be lifelong, even after you are done with your Methadone Maintenance Treatment Program (MMTP). You will always have to remain vigilant to prevent relapse and continuously remind yourself to address your urges and avoid your triggers.

Starting right now to make your RECOVERY efforts count is the best advice you will ever get! Ideally discontinuing methadone is a purely voluntary decision based on the client's personal desire. Several important factors influence the successful discontinuation of methadone, including client's motivation, resources, support systems, and continued access to medical and mental health care. Leaving prematurely could result in relapse with serious harmful consequences.

Please discuss any thoughts about getting off of methadone with your counselor so that we may best assist you in your decision and offer the best solution for your ongoing recovery.

## Famous Quote . . .

*Insanity: doing the same thing over and over again and expecting different results.*

Albert Einstein

## How You Can

## Contribute

Creativity is a wonderful outlet in recovery. Show off your talent by sharing your creativity in the newsletter. If you have something of interest to share, a particular story, poem, art work, photographs, or story of achievement that you would like to submit, please submit it to Nicole either by leaving it at the front desk or placing it in the suggestion box addressed to Nicole.

**REMINDER: Get your water before going to the window. Drink your dose in front of the pharmacist. You must throw your cup away before leaving the window.**

## Take Home Policy

### "Don't Quit"

*When things go wrong,  
as they sometimes will,  
When the road you're trudg-  
ing  
seems all uphill, When the  
funds are low  
and debts are high,  
And you want to smile,  
but have to sigh,  
When care is pressing you  
down a bit,  
Rest, if you must—but don't  
Quit.*

*Life is queer with its twists  
and turns,  
As every one of us sometimes  
learns,  
And many a failure turns  
about  
When he might have won had  
he stuck it out;  
Don't give up,  
though the pace seems slow-  
You might succeed with an-  
other  
blow.*

*Often the goal is nearer than  
it seems to a faint and falter-  
ing man,  
Often the struggler has given  
up,  
When he might have cap-  
tured the victor's cup.  
And he learned too late,  
when the night slipped down,  
How close he was to the  
golden crown.*

*Success is failure turned  
inside out-  
The silver tint of the clouds  
of doubt-  
And you never can tell how  
close you are,  
It may be near when it seems  
so afar;  
So stick to the fight when  
you're  
hardest hit-  
It's when things seem worst  
that you mustn't Quit!*

~Author Unknown~

As many of you already know, the Substance Abuse and Mental Health Services Administration (SAMHSA) controls the Methadone Maintenance Treatment Programs (MMTP). Guidelines have been published that spell out the situations in which 'take-home' doses are to be allowed. Specifically, the Guidelines state that after the first ninety days, providing all urine samples are free of illicit drugs and alcohol, one take home in addition to Sunday's can be given. However, one other aspect of all of this is often overlooked by many clients. In order to get any take homes, it is expected that some measure of 'functional stability' has been achieved. What does this mean? Simply, it requires a client to be moving towards a 'normal' life-style. Criminal charges, family troubles, increasing financial concerns, unemployment ... all imply functional instability. On the other hand, if someone in the program is not just staying clean but repairing all the insults in their life, then take homes may be given. This means we would

expect that some effort is being made to either gain employment or go back to school, resolve any old criminal charges (including drivers license suspension), improve family relations and lastly to be making some kind of effort to improve themselves. So, when asking if you are eligible for take homes, do not assume that just because you have clean urines it is your right to have the take homes, take homes are a privilege. Rather, you gain the privilege of getting take homes providing your urine samples are not only clean but that some measure of functional stability has been achieved.

*"Take Homes are a  
Privilege"*

### Federal Time Guide- lines for take homes:

1-90 days: 1 (Sunday)  
3-6 months: 1 + Sunday  
6-9 months: 2 + Sunday  
9-12 months: 5 + Sunday  
12 + months: 13 days

**REMINDER: Your Account must be paid in FULL to receive any take homes.**

**WANTED**

## YOUR VOICE IS IMPORTANT TO US

Are there things you would like to see changed, added, improved, or different? Your input is important to us and we request that you take the time to help us to better help you. Please be sure to take the time to complete the survey form attached and return it to the clinic. You can return it to any staff member or place it in the suggestion box.

At any time you can submit a suggestion or comment to staff or place a letter in the suggestion box.

### Minimum Guidelines for Take Home Privileges:

- ★ Absence of recent abuse of drugs and alcohol, and positive for methadone
  - ★ Regular attendance at the clinic for dosing & participation in rehabilitative services.
  - ★ Absence of recent criminal activity
  - ★ Absence of serious behavioral problems at the clinic
  - ★ Stable home environment and social relationships
  - ★ Acceptable length of time in comprehensive maintenance treatment.
  - ★ Assurance that medication can be safely transported and stored by the patient for the Patients own use.
  - ★ Determination that rehabilitative benefits of decreased clinic attendance outweighs the potential risk of diversion
- Do you think you meet the criteria? Please place all requests for take homes with your counselor.

## Quality Improvement Client Questionnaire

We appreciate your honest and specific answers to these questions as they will assist us in better meeting your needs.  
**Please return to the suggestion box or any clinic staff.**

	Strongly Agree	Agree	Somewhat Agree	Somewhat Disagree
I feel heard, understood, respected, and treated fairly by all staff at UCS				
Comments:				
We address things, areas, and topics that I want to work on				
Comments:				
The services provided at UCS meet my needs				
Comments:				
I feel my dose is adequate for me				
Comments:				
I feel that staff are available for me and easy to access or reach				
Comments:				
The methadone program has helped me to achieve my goals				
Comments:				

1. What services would you like to see offered? \_\_\_\_\_  
 \_\_\_\_\_
2. What I like best about the services. \_\_\_\_\_  
 \_\_\_\_\_
3. What I feel needs changed or improved about the services offered (please be specific) explain: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
4. What I would like to see improved or changed with staff. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
5. Would you like to see groups offered? Yes/No What types of groups would you like to see offered or what topics would you be interested in? \_\_\_\_\_  
 \_\_\_\_\_
6. What would be a good time to offer groups? \_\_\_\_\_

Please write any additional thoughts, comments, observations, or suggestions that you have on the back.

**Thank you!**