

ADMISSION CRITERIA

The following criteria can help you decide if outpatient treatment is right for you or your loved one in our Suboxone Treatment Programs.

Client must present with a diagnosis of a substance use disorder.

Client must meet at least three of the following criteria for a diagnosis of substance dependence.

- Evidence of tolerance to an opioid drug
- Evidence of withdrawal from a opioid drug
- Substance is taken in larger amounts or over a longer time than controlling use
- Increased time spent in activities related to use (obtaining, using, recovering from drugs)
- Continued use despite knowledge of current physical/psychological problems due to use
- Social, occupational and/or recreational activities are given up or reduced due to use
- Unsuccessful attempts to stop using

Client must meet at least one of the following criteria for a diagnosis of substance abuse.

- Recurrent use with failure to fulfill major roles/obligations
- Recurrent use in situations that are physically hazardous
- Recurrent legal problems due to use
- Continued use despite interpersonal/social problems

EXCLUSION CRITERIA

- Client's needs are greater than services offered on an outpatient basis
- Client does not have a primary substance abuse diagnosis or is not at risk of developing one
- Client is not medically/psychiatrically stable
- Client poses a danger to self or others
- Client is currently on replacement therapy at an opioid dependence treatment facility
- Client is receiving outpatient substance abuse services at another facility



ABOUT ARBOUR HEALTH SYSTEM

Arbour Health System is the largest private behavioral health system in Massachusetts and includes Arbour-Fuller Hospital, South Attleboro; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; The Quincy Center; Arbour Counseling Services, with many locations throughout eastern Massachusetts; and Arbour SeniorCare.

ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.

03/14



SUBOXONE TREATMENT PROGRAMS



Easy Access to Quality Mental Health Services
www.arbourhealth.com



PROGRAM OVERVIEW

Arbour Health System's Substance Abuse Services continuum of care includes outpatient Suboxone Treatment Programs for patients suffering from opioid dependency or abuse.

If the client is a minor between the ages of 16-18, written parental permission is required. Program offerings may differ from site to site. For information or to schedule an evaluation, please call the Outpatient Center nearest you.

PROGRAM COMPONENTS

Protocol assignment is reviewed between the client and program physician prior to determination. The type and frequency of treatment outlined below are intended as a guideline for clinical decision-making. In practice, they are individualized and tailored according to need. Patients may be referred directly into the Maintenance program.

Suboxone Program Components based upon patients' needs include:

- Medication Management
- Individual Therapy
- Group and Family Therapy
- Structured Outpatient Addictions Programs (SOAP)
- Referral to Community Programs/Aftercare

PHASES OF TREATMENT

STABILIZATION AND MAINTENANCE

Protocol for Stabilization includes:

- Meeting with program physician no less frequently than twice a month to ensure proper dose and stabilization
- Attending individual and/or group sessions at a frequency and level of care consistent with medical necessity
- Providing toxicological sample weekly
- Stabilization is characterized by no withdrawal symptoms, minimal side effects, no uncontrollable cravings
- Moving to maintenance phase once stabilized and shows evidence of cessation of illicit opioid use for a period of two or more weeks, but usually no sooner than 8 weeks into treatment

Protocol for Maintenance includes

- Meeting with program physician generally once a month unless otherwise indicated
- Attending individual and/or group sessions at a frequency and level of care consistent with medical necessity
- Providing toxicological sample no less frequently than monthly

At any point during maintenance, a patient can decide to begin a tapering schedule. Factors to consider before initiating a taper include: stable housing and income, adequate psychosocial support, etc.

Tapering rate is determined between the patient and program physician and can be stopped at any point in the event that the patient experiences withdrawal and/or cravings and fears relapse.

OTHER COMPONENTS OF CARE

Family Intervention may also be part of services provided as part of Suboxone Treatment at select sites if needed.

LOCATIONS

AHS Outpatient Center locations offering Suboxone Treatment Programs include:

- Arbour Counseling Services, Allston
(617) 782-6460
14 Fordham Road, Allston, MA 02134
- Arbour Counseling Services, Jamaica Plain
(617) 390-1490
157 Green Street, Jamaica Plain, MA 02130
- Arbour Counseling Services, Norwell
(781) 871-6550
384 Washington Street, Norwell, MA 02161
- Arbour Counseling Services, Woburn
(781) 932-8114
500 W. Cummings Park, Woburn, MA 01801
- The Commonwealth Center, Brookline
(617) 232-0353
227 Babcock Street, Brookline, MA 02446

