



Alberta Opioid Dependency Treatment (ODT)



WHAT IS OPIOID USE DISORDER?

Opioid use disorder (OUD) is repeated use of opioids and being unable to stop using them without help. These can be prescription or non-prescription meds, or illicit (street drugs).

When overused or misused, they create dependency and can be life threatening.

A simple way of describing addiction is the presence of the

4 Cs:

- **Craving** • Loss of **Control** of the amount or how often you use •
- Compulsion** to use • Use despite **Consequences**



WHAT TREATMENT LOOKS LIKE

Treatment may include:

- Recovery housing (pre- and post-treatment)
- Intensive residential treatment (Rehab)
- Opioid agonist therapy
- Counseling and Support for patients and families

Remaining on OAT for at least 12 months of continuous treatment equals a much greater likelihood of remaining opioid-free after ceasing treatment.



RECOVERY AND STATISTICS

Recovery from any addiction is a personal journey that looks different for every patient.

51.2% reported never relapsing back into active addiction.

54.2% reported not experiencing any barriers to recovery

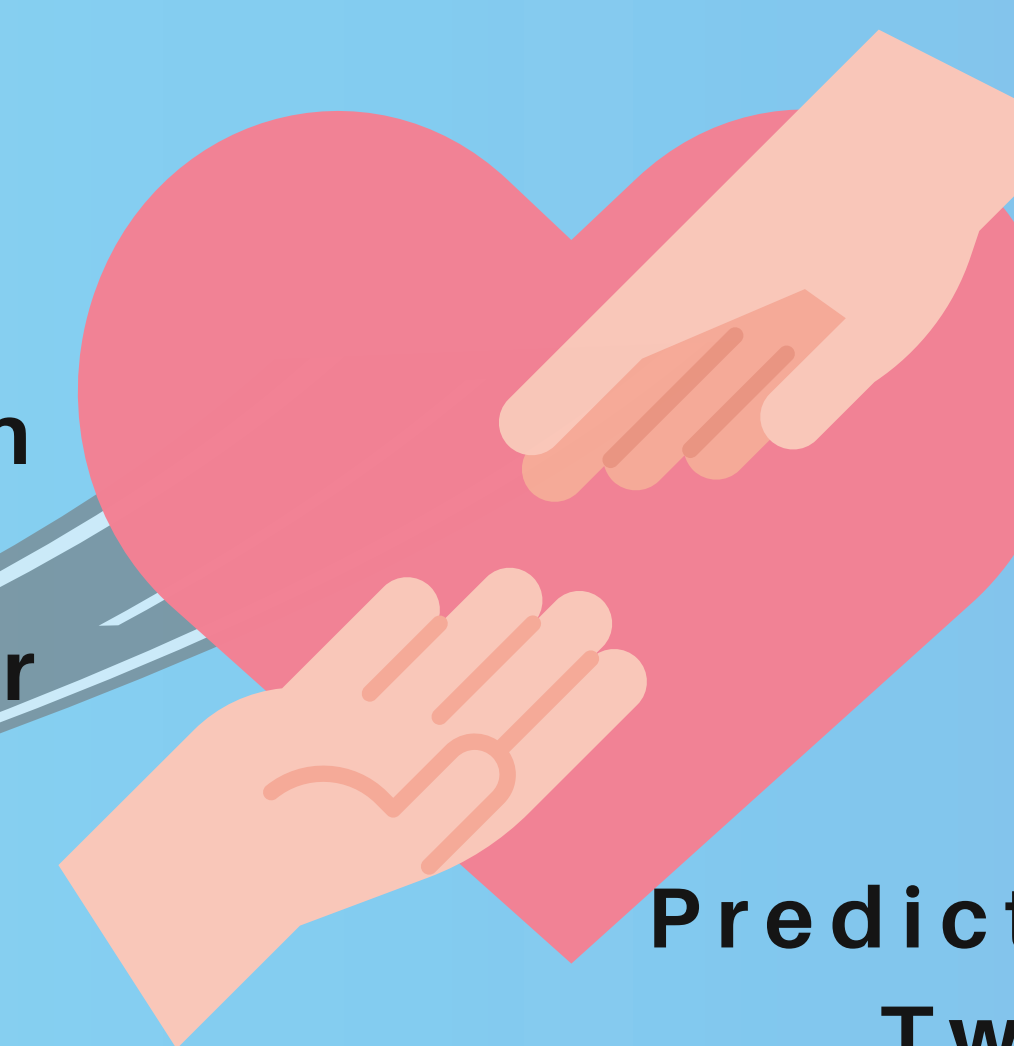
Of those who reported barriers to recovery:
54.9% believed their addiction was not severe enough

* Relapse can occur, and is a normal part of the process



WHO IS IT FOR?

Anyone suffering from addiction and has not been successful in controlling their misuse in other ways.



Prescribed + Predictable = Prevention

WHAT IS OAT?

(Opioid Agonist Therapy)
3P's:

- Prescribed medication
 - Prevents cravings
 - Predictable contents (ingredients used)
- Two main treatment options are methadone or buprenorphine

BENEFITS

HARM REDUCTION

People who feel supported are more likely to seek help.

REDUCES CRAVINGS

Helps manage withdrawal symptoms by binding to specific receptors in the brain that work with the body's natural painkiller (endorphins).

HELPS LOWER TOLERANCE

Not as much drug is needed to feel the "high" that opioids give.

LIVE A LIFE WITHOUT DEPENDING ON OPIOIDS
Once on a stable dose, some can stop taking other opioids all together.

DOSING

Suboxone is just one example being dosed at one dose every 24 hours to keep people feeling functional.

POTENTIAL RISKS/CONS

Demanding program that can restrict other aspects of life and freedom.

Treatment may go on indefinitely.

Overdose risk if combined with other opioids, alcohol or other CNS depressants.

Takes time to reach optimal dose that provides a stable feeling of wellness and comfort.
(with Suboxone this can be as short as 1-3 days)

Potential Barriers:

access, wait times, stigma, lack of support

References:

- <https://www.albertahealthservices.ca/services/odp.aspx>
- <https://vodp.ca/resources>
- <https://www.alberta.ca/opioid-response-options-for-care.aspx>
- <https://www.uvic.ca/research/centres/cisur/assets/docs/ost-patient.pdf>
- <https://calgarydreamcentre.com/statistics-on-addiction-in-canada/>
- <https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html>
- <https://www.albertahealthservices.ca/assets/info/hrs/if-hrs-spectrum-of-substance-use.pdf>
- <https://informalberta.ca/public/service/serviceProfileStyled.do?serviceQueryId=1077952>
- <https://www.cdth.ca/sites/default/files/es/es0335-programs-for-treatment-opioid-addiction-in-canada.pdf>
- <https://www.alberta.ca/assets/documents/narcotic-transition-services-fact-sheet.pdf>



WHERE TO START

Addiction Helpline
Help is available 24/7
1-866-332-2322

Alberta Virtual Opioid Dependency Program (VODP)
1-844-383-7688

The Digital Overdose Response System (DORS)
Free, discrete mobile app that helps prevent overdose deaths.
DORSApp.ca

Family Physician

Trusted family or friend



TRANSITION SERVICES

Focus on stabilizing, tapering and transitioning patients under expert medical supervision to evidence-based OAT medication on an outpatient basis.

Provides ongoing support & monitoring; health, safety & risk reduction; & links to community pharmacists

BE EDUCATED ON THE EFFECTS OF DRUG ADDICTION & THE RESOURCES AVAILABLE

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