

## FREQUENTLY ASKED QUESTIONS ABOUT MEDICALLY ASSISTED TREATMENT

### WHAT IS MEDICALLY ASSISTED TREATMENT?

Medically assisted treatment is personalized individual and group therapy combined with medication such as Methadone and Buprenorphine to eliminate cravings and withdrawals symptoms which can hinder an individual's recovery process.

### WHAT IS METHADONE?

Methadone is a synthetic, long-acting opioid prescribed by a physician for the treatment of heroin or prescription pain pill abuse. It is highly effective in reducing or eliminating withdrawal symptoms and the physical cravings associated with opiate abuse.

### IS METHADONE MEDICALLY SAFE?

YES. Nearly 40 years of research and clinical studies have demonstrated the unequivocal medical safety of long-term methadone treatment; there are no serious adverse effects.

### IS METHADONE A SUBSTITUTION OF ONE DRUG OR ANOTHER?

NO. Methadone is not a substitute for any opioids. It is prescribed by a physician to reduce or eliminate withdrawal symptoms and physiological cravings. Unlike prescription pain pills or heroin, it does not cause euphoric effects (i.e., getting "high") when used properly.

### DOES METHADONE IMPAIR MENTAL FUNCTION?

NO. Methadone has no adverse effects on intelligence, mental capability or employability. Methadone-treated patients are comparable to non-patients in reaction time and in their ability to learn, focus and make complex judgments.

### WHAT IS BUPRENORPHINE?

Buprenorphine is a medication used for the treatment of opiate addiction and dependence. Buprenorphine (Subutex) is used to suppress symptoms of opioid withdrawal, decrease cravings and block the effects of other opioids.

### HOW ARE PROGRAMS MONITORED?

Federal and state regulatory agencies monitor medication assisted treatment programs through on-site reviews. These programs are the most regulated treatment alternative in the U.S.



# Wichita

comprehensive treatment center

Wichita Comprehensive Treatment Center provides a combination of individual and group therapy alongside medically supervised methadone and buprenorphine (Subutex) treatment to individuals who are attempting to overcome an addiction to or dependence upon heroin or other opioids.

Methadone and buprenorphine maintenance treatment can help individuals to focus fully on our individual and group therapy programs without cravings and withdrawal symptoms that can negatively impact the rehabilitation and recovery process.

To be eligible for this type of treatment at Wichita Comprehensive Treatment Center, prospective patients must be at least 18 years old, and must have been addicted to or dependent upon opiates for a minimum of one year prior to seeking treatment.

**Wichita Comprehensive Treatment Center**  
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## UNDERSTANDING ADDICTION

It is generally accepted that chemical dependency, along with associated mental health disorders, has become one of the most severe health and social problems facing the United States.\* Each of us is born with a natural supply of endorphins—some are born with more, some are born with less. Each person maintains and utilizes these chemicals differently. Endorphins help us to feel good or bad, anxious or relaxed, by reducing pain and increasing pleasure. For healthy functioning, we need an adequate supply at all times.

Those individuals with fewer natural endorphins may find themselves drawn to chemicals. The continued use of these substances without appropriate medical supervision can lead to addiction. Chemical dependency is a brain disease in which the neurochemistry and receptor sites of the brain change, causing individuals to need drugs as much as they biologically need to eat and breathe.

Scientists suspect that genetic predisposal plays a role in making certain people more susceptible to this disease. Chemical dependency can be compared to other chronic diseases like diabetes. They will not go away on their own, and only get worse without proper treatment.

\* Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

## WICHITA OUTPATIENT TREATMENT PROGRAMS

### COMPREHENSIVE MEDICATION ASSISTED TREATMENT

Comprehensive Medication Assisted Treatment is highly effective in helping treat opiate dependency by utilizing individualized substance abuse therapies and combining them with physician-prescribed medication to relieve withdrawal symptoms, reduce the opiate craving and bring about a biochemical balance in the body.

Individuals who are battling an addiction often have more to overcome and work through than just their dependence upon a given substance or substances. The causes for addiction are not simply rooted in the physical act of consuming or injecting a drug; rather, there are several emotional factors that can contribute to the development of an addiction on the whole. For this reason, it is important for individual and group therapies to be incorporated into the treatment that a person receives for an addiction. Individual therapy is a method of treatment that involves a counselor and a patient who work together on a one-to-one basis. Group therapy is a therapeutic method that gathers patients together to

participate in sessions with one another. These sessions are typically small in size, and are led by one counselor. During individual and group therapy, the clinical staff utilizes evidence based practices such as Motivational Interviewing, Cognitive Behavioral Therapy, Rational Emotive Behavioral Therapy, and Relapse Prevention in order to assist patients in reaching their goals.

### MAINTENANCE TO ABSTINENCE

The goal of the Maintenance to Abstinence Program is to facilitate each patient's passage through the medication assisted treatment program to abstinence. Our professionals will work with patients from medication initiation, maintenance/stabilization of medication, and eventually to medically supervised withdrawal (MSW) of the medication, with the ultimate goal being abstinence from all illicit substances and opioid medications. The Maintenance to Abstinence Program is a comprehensive, long-term (approximately two years in length) treatment program, offering a realistic approach within an innovative level of care.

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