

Methadone treatment

Parkstad and Sittard-Geleen



Mondriaan



voor geestelijke gezondheid

What is methadone?

Methadone, just as heroin, belongs to the family of opiates, a group of powerful painkillers. Because of this connection methadone feels the same, depending on the amount, as heroin (being stoned, itching, dilated pupils etc.) Mondriaan provides methadone because it wants to keep in touch with the users of heroin on one hand and on the other hand to help you quit or stabilize the use of heroin with the following pro's and cons.

Pro's:

- Methadone works 24 to 32 hours and only has to be taken one time a day.
- It is pure and constant of quality and quantity.
- When you use methadone, you can keep taking the same amount. Instead of heroin, where you have to take more the longer you use it.

Cons:

- Methadone is just as addictive as heroin.
- The withdrawal symptoms (sweating, muscle pain, runny nose, stomach ache, insomnia etc.) start after one day of not using methadone and become at their heaviest after 5 to 7 days, they stop after approximately 2 weeks. The insomnia can take longer to clear out.



Warning!

- !** An overdose of methadone is possible, mostly when it's combined with heroin, alcohol, sleeping pills, cocaine or other substances.
- !** When children take methadone it can be life threatening, even with a small amount. Keep the methadone in a place safe from children. When a child has taken the methadone, please call 112 immediately!
- !** Driving under the influence of alcohol, drugs and medication is a violation of the law. When using methadone or heroin your responsiveness is slowed down. Most insurance company's do not pay for damage that has been made under the influence of substances and medication.



Effects:

Because methadone is similar to heroin the effects, besides counteracting the withdrawal symptoms, are also similar:

- Pain-killing and cough stimulus inhibiting;
- Drowsiness;
- Relaxation of the smooth muscles, such as the intestinal muscles (difficult bowel movements).

Side effects:

- Thirsty and sweaty;
- Nausea and vomiting;
- Difficult bowel movements;
- Itchiness and potential rash;
- Drowsiness;
- When using heroin or methadone your sexual interest and activity decreases.

There is a possibility of impotence or infertility. Women can have an irregular menstrual cycle or have no menstrual cycle at all. This does not mean they are infertile. If a pregnancy is unwanted, please keep using contraceptives.

When tapering off methadone there can be some effects that the methadone used to suppress. Such as:

- Insomnia;
- Nervousness;
- Toothache, etc.

In this case please reach out to your caregiver or addiction doctor.

When are you qualified for a methadone treatment?

You can apply for a methadone treatment when:

- You are registered and live in one of the following towns: Parkstad, Sittard-Geleen or Maastricht.
- You have a health insurance and are registered by a general practitioner (GP).
- You give permission to inform your GP or other health caregivers you might have.
- You are 18 years old or older.

After registration

Your GP has to sign you up at the Centrale Voordeur at Mondriaan. When this is done, you will receive an invitation for an intake at our location John F. Kennedylaan 301, Heerlen. Besides the intake conversation you will have:

- A medical investigation by an addiction doctor;
- An alcohol control using a BAC-meter;
- A urine test;
- A blood draw;
- An ECG.

After your intake appointment you will have a consultation, in this consultation we will let you know on which days, times en frequencies you can pick up your methadone. You will also get a case manager and a headcase manager assigned.

After your consultation and when you have received all information, you will sign an agreement in which you agree to the conditions of the methadone treatment.

The methadone provision is being handled using a methadone issue system.

For questions about methadone and/or medication you can reach us at our nursing consultation every Monday till Friday from 03:00 pm till 04:00 pm via T 088 506 7773.

For other questions or if you would like to speak to your caregiver you can call the secretary every Monday till Friday from 08:30 am till 05:00 pm via T 088 506 7700.

In some cases you will have to take a TBC- Examination. When the treatment with methadone is necessary, you can start in the same week. Unless there is a waiting list. You do need to comply to the rules that have been made with you. If the rules are not followed, your methadone will be lowered. We aim to have you connected to a case manager within a month.

When you stop using heroin you will get withdrawal symptoms. Using methadone will help stop these symptoms. Methadone is not a final means or a complete solution, it is a support to help you stop your heroin addiction. Methadone is intended to help you with the withdrawal symptoms of heroin.

Your caregiver from the unit Medische Zorg en Begeleiding can explain what your possibility's are in outpatient assistance, clinical treatments and social reception facilities in your region.

Medical examination

Every participant of the methadone program needs a medical examination two times a year. This will be executed by an addiction doctor, a nursing specialist or a nurse practitioner. You need to come to these appointments, if you do not come that could have consequences for your treatment. You will receive a new appointment.

What do we expect from you:

- You will participate with the examinations and treatments, as pre-arranged. You need to inform your case manager as fully as possible.
 - You will take the other participants into account and show compassion for their situation.
 - You will have a health insurance and the financial needs for the treatment costs.
 - You will ask questions when you need further information.
 - You will stick to the rules that have been made with you. When you can't come to an appointment you need to cancel it one workday in advance (24 hours).
 - You will bring a valid identification whenever you need to come to a Mondriaan location.
 - That the information you receive from other patients (in group sessions) are treated confidentially.
- You will stick to the house rules of Mondriaan, you can find these at every Mondriaan location. You also will stick to the rules of the methadone program.

Rules and behavior rules methadone program

1. The liquid methadone needs to be drunk at the day of provision under supervision of a nurse at the location of Mondriaan. When you have methadone tablets, you also need to take them under supervision of a nurse. Depending on the arrangements that have been made about the frequency, you possibly get some methadone to take at home.
2. The methadone will only be provided one time. When you lose it, it gets stolen or you have to vomit, you will not get a second round. In case of losing it or theft you have to declare it with the police.
3. When you miss 5 consecutive days, the methadone program will stop. When this happens the methadone will not be reduced, but will stop immediately. You can however ask for a new intake into the program.

4. For adjustments in the doses of your methadone, please make an appointment with our addiction doctor or our nurse practitioner. This appointment can be made via your case manager or secretary.
 5. For exceptions please contact us in advance at the nursing consultation.
 6. In some situations we make arrangements for urine controls. All rules around the controls will be put down in a contract. Urine controls will take place under supervision of a nurse.
 7. If the nurse will take note that you are under influence of drugs that make it irresponsible to take methadone, they will have the right to turn you down.
 8. The nurses may ask you to blow on the alcohol meter. The following rules will apply:

0,80 – 1,49‰: full methadone doses. You need to come back the following day to take another test.

1,50 – 1,99‰: half of your normal methadone doses. You need to come back the following day to take another test.

2,00‰ or higher: no methadone. You need to come back the following day to take another test.
- You can find extra information at the Mondriaan methadone locations.
9. The methadone will also be delivered at the police station if you participate in the methadone program. You will need to let the police know that you are in this program.
 10. Methadone will not be given to a third party (not to family either).
 11. If you are feeling so ill that you can't come to get your methadone yourself, one of the nurses will bring it to you at home. You do however need to call your GP on your first sick day. Our addiction doctor will decide when the at home methadone stops. Calling in sick will be possible everyday between 09.00 and 09.30 am via T 088 506 7773. Calling after 09.30 am is not possible.
 12. Mondriaan holds the right to stop the methadone at home at any time.

13. If you are going on vacation in the Netherlands, you need to contact your case manager at least 14 days in advance. This to make arrangements for your methadone. Vacations to the 'Schengen countries' need a 'Schengenverklaring', you need to contact your case manager at least 3 weeks in advance. With the 'Schengenverklaring' it is possible take your methadone with you on vacation. Your addiction doctor will request this declaration at the Volksgezondheid. For more information about the 'Schengenverklaring' you can ask one of the nurses. If you want to go on vacation outside the Netherlands and to a country that isn't joined in the 'Schengenverklaring', you need to contact your case manager multiple months before leaving. Ask for the leaflet '**Methadone and vacation**'.

14. During the methadone provision and in the direct vicinity of the Mondriaan location it is not allowed to:

- Use substances
- Deal substances
- Trade goods
- Use violence
- Be verbally aggressive and/or to threaten
- Steal or destroy goods
- Trade methadone or misuse methadone in any other way

15. When you are treated with methadone, you need to let the addiction doctor know about any other addiction related medication you are using (sleeping medication, tranquilizers, opiates). If you do not tell your addiction doctor, this may have consequences for your treatment.

16. When violating the rules/code of conduct, the sanctions policy comes into effect.

Unacceptable behavior

Respect and equality are important standards at Mondriaan. To maintain the good vibe and security we expect our staff, patients, visitors, family members and external relations to behave in a respectful manner, which leaves everyone in their value. Exceeding social norms is not excepted in society, so we do not except it at Mondriaan. This means that personal threats, physical violence, sexual intimidation and discrimination are not accepted. Having dangerous objects, theft, destruction, other crimes and (serious) violations that are forbidden by the law are not accepted at Mondriaan. Patients and visitors need to obey the different rules accompanied by the various Mondriaan locations.

The behavior undermentioned is seen as a violation and will get sanctioned:

- Destruction of property or employees of Mondriaan.
- Theft of properties of Mondriaan, patients, or employees while visiting one of the Mondriaan locations.
- Burglary in one of the Mondriaan locations.
- Verbale aggression, threats, discrimination of employees, or of other patients in and around the Mondriaan locations.
- Physical aggression or threats of physical aggression to employees or to other patients in and around the Mondriaan locations.
- Dealing drugs or other substances in and around Mondriaan locations.
- Using substances in and around Mondriaan locations. Except for the specific user areas.

Verbale aggression and/or

discriminating comments:

Name calling, offending, intimidating, discriminating comments about someone's religion, culture, color of their skin or sex.

Non-verbale aggression:

Spitting, kicking, attempt to hit, non-verbally threatening with physical aggression.

Threats:

Threatening with physical violence or with death against a person, their family or properties.

Physical violence:

Hitting, poking, biting, kicking etc.

Sanctions when you are in the methadone program:

General:

- When destroying property of Mondriaan or employees of Mondriaan you will be held liable by Mondriaan and will be requested to pay the damage. If there is a criminal act (burglary, destruction, physical abuse) Mondriaan has the right to report it to the police.
- If the crime is repeated, there can be a heavier sanction.
- If possible we will start with the least heavy sanction. If the violation was so bad that the heavier sanction will be given, this needs to be clearly motivated.
- The sanctions can be conditional.
- If there is a choice in determining the sanction, the heaviness of the offence is determinative.
- If the sanction is a pledge ban, this will be reported at the police station.
- Unless it says otherwise in the sanction, your care/treatment at Mondriaan will continue.
- If applicable, your care/treatment will continue with another case manager.
- The described sanctions are meant as a guideline to determine the sanctions of every individual situation.
- The case manager or head case manager is able, in special cases, to give a divergent sanction.

- You have the right to make use of the complaints procedure of Mondriaan, if you disagree with the sanction that has been given. Filing a complaint has no influence on implementing the sanction at that point.

Specific sanctions

1. A written warning, with a postponement of a heavier sanction under the condition that it won't happen again.
2. The methadone will be given at a place and time, decided by Mondriaan, for the duration of 1 up to 3 months.
3. The methadone will be given in an office of Mondriaan, at a time decided by us for the duration of 1 up to 6 months.
4. Exclusion from the methadone program at the location where the offence happened for the duration of 1 up to 6 months.
5. Exclusion from the methadone program at the location where the offence happened for the duration of 6 up to 12 months.
6. Exclusion from the methadone program and a pledge ban from Mondriaan for the duration of 1 up to 6 months.
7. Exclusion from the methadone program and a pledge ban from Mondriaan for the duration of 6 up to 12 months.

When given sanction 6 or 7 there will be a reduction in methadone intake first, following the scheme down below. This reduction will take place in another Mondriaan location, since you also have a pledge ban.

The following scheme goes into action during the reduction:

- Doses till 60 mg:
In 2 weeks.
- Doses between 60 mg and 80 mg:
In 20 days.
- Doses between 80 mg and 100 mg:
In 30 days.
- Doses above 100 mg :
In 40 days.

Description of the violation and the corresponding sanction

Abuse of methadone

- a. Taking the methadone with you instead of taking it when you get it.
First violation will be sanction 1.
Second time will be sanction 2.
Third time will be sanction 3.
- b. Selling or giving your methadone to others.
First violation will be sanction 2.
Second time will be sanction 3.
Third time will be sanction 4.
- c. Stealing the methadone.
First violation will be sanction 3.
Second time will be sanction 4.

Threatening, aggression against employees

- a. Verbale aggression. Depending on the heaviness of the violation there will be sanction 3 or 4. When repeated there will be sanction 6.
- b. Physical violence. Depending on the heaviness of the violation there will be sanction 6 or 7.
- c. Physical violence with a weapon. Depending on the heaviness of the violation there will be sanction 7 or the manager will decide the sanction.

Threatening, aggression against patients

- a. Verbale aggression.
First violation will be sanction 1.
Second time will be sanction 2.
- b. Physical violence. Depending on the heaviness of the violation there will be sanction 2,3,4 or 5.
- c. Physical violence with a weapon. Depending on the heaviness of the violation there will be sanction 6 or 7.

Others

- a. If you fail to comply to the agreements that have been made (intake, evaluation, medical screenings).
First violation will be sanction 1.
When repeated there will be sanction 6.
- b. Use of substances, dealing or receiving of substances in or around Mondriaan.
First violation will be sanction 1.
Second time will be sanction 2.
Third time will be sanction 4.
- c. Destruction by aggression towards property of Mondriaan. Depending on the heaviness of the violation it will be sanction 3, 4, 5 or 6.

Mondriaan



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