

Excerpts from our Patient Handbook

in your treatment.

If you have questions or concerns, our staff will try to address them in a thorough and timely manner. It is our desire that your treatment is successful, and we are willing to be partners in conquering your addiction. To borrow a cliché phrase, let today be “the first day of the rest of your life”. Make it count!

INTRODUCTION:

There are many paths that lead patients to a facility like Southeast Georgia Treatment Center. They include dependence on prescription medications and/or street drugs (heroin, other opioids). You may have reached the point that your addiction is controlling your life and you are feeling bewildered and overwhelmed. Take heart – we are here to help you. If you are ready to receive help, your road to recovery will be somewhat smoother than if you were here because of pressure from family or friends. YOU must be ready, not them. Only then will you succeed, and only then by choice and steadfast commitment.

What is your goal? Patients have different ideas about their goals, as we have listed below:

- Regulate the amount of opioids taken (maintenance)
- Stop taking opioids temporarily in order to achieve a short-term goal
- Break drug dependence, whether prescription or street drugs, permanently
- Break dependency on street drugs, decrease dependence on methadone treatment, and then become completely drug-free (detoxification)

Whatever your goals are, studies have shown the following trends in patients receiving methadone treatment.

- People dependent on street drugs who receive methadone treatment are healthier and safer than those who do not.
- They spend less time incarcerated
- They are hospitalized less often.
- They are less often infected with HIV and Hepatitis
- They commit fewer crimes.
- Their lifespan is longer.

Studies have also shown that longer periods in methadone maintenance are better than shorter treatment periods. A better long-term outcome is affected when combined with the longer maintenance period and patient counseling. Longer maintenance periods also seem to confirm many, if not all, of the trends above.

SEGTC's methadone maintenance program is for patients who are opioid-dependent. Drugs in the opioid family include, but are not limited to, codeine, dilaudid, fentanyl, heroin, loritab, methadone, morphine, and oxycontin. It is not a program for other dependencies, i.e., alcohol, tobacco, benzodiazepines, or cocaine.
