

Excerpts from our Patient Handbook

Exceptions to Privilege of Confidentiality:

- Physicians, nurses, counselors and other licensed independent providers are legally required to report any case of suspected child abuse to the appropriate agency. In this event, all of your medical records, counseling notes, etc. will be turned over to the appropriate authorities for use in prosecution if a crime has been committed.
- If your “take-home” medication is lost or stolen, it must be reported to the police immediately, thereby resulting in the loss of confidentiality in regard to your treatment!

By reading and signing that you have read this handbook, you are acknowledging your understanding of the confidentiality practices of Southeast Georgia Treatment Center.

COUNSELING at Southeast Georgia Treatment Center:

- When you are admitted to an SEGTC treatment program, you will be assigned an SEGTC **POINT OF CONTACT** (POC). This contact person is usually a registered nurse. Your POC is your “first line of defense”. Please bring all requests to that person, including a need to be seen by the physician. It is required that all appointments be kept. Any absence must be noted in the patient’s record. Please call your POC if you are going to be late or completely miss an appointment. Once your admission process is completed, your POC will establish a meeting for you with a staff counselor.
- You should begin discussions with your counselor to address your goals and any treatment process issues.
- **You are required to meet with your counselor a minimum of once per week during the first four (4) weeks of your treatment and once a month afterwards unless otherwise indicated by SEGTC staff.**
- **You will be expected to participate in group counseling sessions as directed by your staff counselor.**
- You should share any significant problems regarding your home or work environment with your counselor so that you can work together toward some proactive strategies.
- The counselor will address your immediate concerns in an appropriate time frame.

Methadone, Your Medical Status, General Medical Care:

Methadone is a rigorously-tested, man-made opiate that is safe and effective for the treatment of narcotic withdrawal and dependence WHEN IT IS TAKEN IN THE PRESCRIBED MANNER, following a structured and individually-tailored program. Opioids release an excess of dopamine, the “feel good” chemical, in the body and this is why users get addicted. They become used to the rush of dopamine that continuously flows to the opioid receptor in the brain that changes their behavior.

Taken orally on a daily basis, methadone suppresses narcotic withdrawal for between 24 and 36 hours. Because methadone is effective in eliminating withdrawal symptoms, it is the basis for programs used for detoxification processes. Methadone reduces the craving associated with
