

Methadone Maintenance Treatment.

MMT isn't just used to treat people who are dependent on heroin. In fact, more and more people in Ontario turn to methadone after struggling with addiction to prescription painkillers.

A few years ago I got into trouble with drugs. It was a tough time – I was going through a nasty divorce and was very depressed. The good news is I got through it, thanks to counselling and methadone. Now I have a job and a good support system. My boss even covers for me when I have to pick up my take-home doses every week. It hasn't been easy, but I can honestly say things are looking up.
Kelly, on MMT for 2 years



I experimented with drugs in my late teens. Before I knew it I was hooked on pills and in way over my head. When I finally did seek help, I was told to quit cold turkey. Big mistake. Fortunately, I found a treatment that helped me: counselling and methadone. I've got my life back.
Catherine, on MMT for 4 years



It hasn't been easy getting the methadone I need to stay clean. I've hitchhiked through snowstorms and worse. One doctor thought I was just trying to get high. But I'm one of the lucky ones. Now I've got a clinic in my neighbourhood and I'm counselling teens.
Sam, on MMT for 3 years



“The perception of the scary client who doesn't get better simply isn't true. I can see changes in people very quickly after they start on the program”

Dr. Lisa Bromley
Sandy Hill Community Health Centre, Ottawa

Methadone maintenance treatment (MMT) is a safe and effective program for managing opioid addiction – a complex and serious health and social challenge.

Visit MethadoneSavesLives.ca and consider counselling clients on methadone in your addiction treatment program.

Methadone Saves Lives.ca

- Treatment
- Counselling
- Support

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Methadone Saves Lives.

Addiction Counsellors and Methadone Maintenance Treatment

- Treatment
- Counselling
- Support



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Opioid addiction: A real problem in Ontario

An estimated 30,000 people in Ontario have an opioid addiction. Dealing with this issue requires resources, patience and care.

While the roots of the problem are complex, the facts speak for themselves. This isn't just about heroin. The majority of people currently seeking treatment for opioid addiction are using prescription medications, obtained either legally or illegally. Many who experience opioid addiction are reluctant to seek help; those who do often fail to get the treatment and support they need.

Commonly misused prescription drugs

- **oxycodone** (e.g., Percocet, OxyContin)
- **codeine** (e.g., Tylenol #3, Tylenol #1)
- **morphine**
- **hydromorphone** (e.g., Dilaudid)
- **meperidine** (e.g., Demerol)



“Opioid dependence is a growing problem in our communities and our practices. As health professionals, we need to respond”

Peter Selby, MBBS, CCFP
Clinical Director of Addictions, CAMH

MMT: A proven method of care

Methadone maintenance treatment is a medically recognized pharmacotherapy that, when combined with counselling and other psychosocial supports, is the leading treatment for opioid addiction.

Methadone is a long-acting opioid that helps manage cravings and alleviates symptoms of withdrawal. That means people on methadone are less inclined to resort to risky or criminal behaviour in order to satisfy their addiction.

Methadone maintenance treatment helps clients return to healthy and productive lives.

“It is fundamental that methadone maintenance treatment be integrated into a wider scope of services”

Jean-François Martinbault
MMT Case Manager

“Naturally, communities are concerned about issues of open drug use that create unsafe neighbourhoods. Methadone offers a solution to these issues”

Rob Boyd, Director, Oasis Clinic, Ottawa

Is methadone right for my clients?

MMT is a viable and proven treatment for opioid addiction, but it's not for everyone. As with all treatments, clients need to be assessed to determine if it is the right treatment for them.

Working with clients on MMT

Methadone maintenance treatment prevents a person from going into withdrawal. However, it is critical that people are treated with a comprehensive approach. Counselling and case management can support people in accessing needed services, rebuilding social supports and developing alternative coping strategies.

There are a variety of treatment options for people with opioid addiction. In order to match the needs of your clients to the appropriate treatment, it's important to understand how methadone works, and who may or may not be suitable for this treatment. It's also important that you can convey the risks and benefits of methadone treatment to your clients and inform them about what is involved in methadone treatment.



Benefits of Methadone Maintenance Treatment

Since I started on methadone, I've been free of the crushing physical and mental burden of using illegal drugs. I feel better, I look better – I'm even playing hockey with my son again.

Tony, 36, on MMT for 6 years

My counsellor has been a solid force in trying to get to the bottom of my using. She never gives up on me. She makes me feel worthwhile, and her confidence in me really helps.

Bonnie, 49, on MMT for 2 years

The whole stereotype that surrounds methadone prevents so many people from getting involved. People need to know that methadone is okay, that it works.

Beth, 42, on MMT for 4 years

Methadone: FAQs

Will methadone make my clients high?

When given at a therapeutic oral dose, methadone does not produce the euphoric feeling of being high. If a client has an opioid addiction, methadone can help the person achieve stability and allow him or her to lead a normal life.

Isn't methadone just replacing one addiction with another?

Think of methadone as a potential treatment option – the same way you would consider any other medication. The right dosage, combined with support and counselling, eliminates physical withdrawal symptoms and allows clients to lead a stable life. Clients with an opioid addiction deserve treatment as much as any other client.

How long will my clients need to take methadone?

The length of time a client remains on methadone depends on the individual. Some clients may be able to taper off; others may remain in methadone treatment for many years.

Is methadone a cure for opioid dependence?

Methadone is not a cure; it is a safe and viable treatment option that should be considered by health care providers when determining the best course of action for their clients.

Are there other treatments for opioid addiction?

Yes, addiction counselling and support groups such as Narcotics Anonymous are options to consider. Buprenorphine (marketed as Suboxone in Canada) is another medication used in opioid substitution treatment.

Where can my clients find information about other mental health or addiction problems?

Visit www.camh.net for links to information.

Training and Support.

CAMH offers professionals an accredited course in MMT.

Opioid Dependence Treatment

Core Course

This 12-hour accredited course consists of:

- five self-directed online tutorials
- a one-day classroom course.

A comprehensive certificate program is also available and consists of the core course plus several electives.

Counsellors with an MMT caseload have access to consultation and ongoing support by calling:

Addiction Clinical Education Service
1 888 720-2227 or 416 595-6968 in the Toronto area.

Staff will assess your query and a consultant will return your call. Hours of operation: 8:00 a.m. to 4:00 p.m., Monday to Friday.

For information, support and resources, visit:

Methadone Saves Lives.ca