

COUNSELING:

The medication is only one part of the treatment. Buprenorphine (suboxone) works best if partnered with individual or group counseling and peer-based options, such as 12-Step Programs and Life Ring.

Each patient will meet with a counselor upon starting with Choosing Change.

HOW DOES BUPRENORPHINE WORK OR HELP?

Buprenorphine has unique properties that helps people:

- Lower their potential for misuse of heroin and other opioids.
- Decrease withdrawal symptoms and cravings for opioids.
- Increase safety and decrease risk of overdose.

A low dose of buprenorphine (suboxone) will be prescribed to you once your withdrawal symptoms begin. The dose will be increased appropriately under the care of your medical provider based on your needs.

HOW CAN I GET REFERRED TO CHOOSING CHANGE?

Call the Behavioral Health Access Line: **1-800-846-1652** or speak with your Primary Care Provider.

Once your referral is received, you will receive a call from the Choosing Change team by phone to complete an intake, discuss your needs further and schedule you for an in-person appointment.

CONFIDENTIALITY

You are protected by federal law. Everything you share with us is kept confidential. We encourage you to speak openly and honestly so that we can better support you with your individual needs



CHOOSING CHANGE CLINIC





WHAT IS CHOOSING CHANGE?

A clinic designed to support people with opioid use disorder. We provide treatment for people struggling with overuse of heroin or other opioids. We support patients with the development of treatment plans, medication, counseling and connections to recovery services.

We offer medication-assisted treatment using buprenorphine, also referred to as Suboxone. Buprenorphine is a medication that is effective in helping people reduce or stop their use of opioids, such as heroin or prescription painkillers.

Our program provides support to patients in a group setting through group medical visits. Upon entry into the program we will see you in group on a regular basis to support you in your recovery. You will also have a chance to meet with medical providers, recovery counselors and nurses one-on-one.



THE CHOOSING CHANGE TEAM INCLUDES:

- Doctors
- Family Nurse Practitioners
- Registered Nurses
- Mental Health Clinical Specialists (counselors)
- Community Health Workers
- Medical Assistants

The team will provide an integrated approach to assess your needs, assist in developing a treatment plan, support you with recovery so you can reach future goals of employment, stable housing, re-connection to family and increased social stability.

WHAT IS BUPRENORPHINE (SUBOXONE)?

- A prescription medication that is taken at home.
- It comes in a film or tablet that must be dissolved under the tongue, not chewed or swallowed.
- You must not have any opioids in your system prior to taking buprenorphine. The Choosing Change team will discuss this with you further upon intake.
- The medication does not cause a person to feel high. Most people who take it say that they feel "normal."
- It is an opioid that works differently than other opioids, such as heroin or morphine.
- It is a long acting medication and can be taken daily or injected monthly.
- Before you are given buprenorphine, an intake assessment will be completed by a Choosing Change staff member.

You can take buprenorphine for days, months or years depending on your own individual needs.

We are located throughout Contra Costa County at 5 health centers:

1. West County Health Center

2. Concord Health Center

3. George & Cynthia Miller Wellness Center (Martinez)

4. Pittsburg Health Center

5. Antioch Health Center