

ADDITIONAL SUPPORTS WHILE ON OAT TREATMENT

OAT is more effective when combined with other supports. Ask your doctor, nurse, or community service providers about:

- Getting a naloxone kit. Naloxone is a medication that can temporarily reverse the effects of an opioid overdose. It can save a life in an opioid overdose situation. Naloxone kits are available at pharmacies and through community services with harm reduction programs. For a full list of where to get free naloxone kits, visit <https://wecoss.ca/resource/opioid-poisoning-response-prevention>
- Local peer support groups and substance use counselling.
- Mental health services that can help you stay connected and stable.

For more information on local OAT services or mental health and substance use, visit:

- **WEC Connect**
https://wecoss.ca/wec_connect
- **The Windsor-Essex County Health Unit's "Get Help" page at:**
www.wechu.org/chronic-disease/get-help-substance-use.

Where To Get Immediate Help in a Mental Health or Substance Use Crisis

Mental Health & Addictions Urgent Crisis Centre

Walk-In Crisis Service (Ages 16+)

1030 Ouellette Ave., Windsor

- Services for individuals who require immediate assessment and support.
- Follow-up crisis counselling and referrals.
- Available 24 hours/7 days a week.
- 24-hour Crisis Telephone Line 519-973-4435

Erie Shores Healthcare Emergency Department

194 Talbot West, Leamington

- 24 hours/ 7 days a week

Windsor Regional Hospital - Ouellette Campus Emergency Department

1030 Ouellette, Windsor

- 24 hours/7 days a week



www.wecoss.ca

References available upon request.

Opioid Agonist Therapy Information (Suboxone, Methadone, Kadian)

FOR CLIENTS WITH OPIOID USE DISORDER



WHAT IS OPIOID USE DISORDER?

Opioid Use Disorder (OUD) is a health condition where a person has trouble stopping the use of opioid drugs, even when it causes problems in their life. This can include different types of opioids such as fentanyl, oxycodone, codeine, morphine, and heroin.

OUD is a complicated health issue that looks different for each person.

People with OUD might have a hard time with things, such as money or relationship problems, challenges at work or school, mental health problems or other substance use, or chronic (long-term) pain.



Who can get help with Opioid Agonist Therapy (OAT) treatment?

OAT treatment might be right for you if:

- You have had an overdose from using opioids.
- You often feel sick or uncomfortable when you stop using opioids (this is called withdrawal).
- Your opioid use is making everyday life harder – whether it’s hurting your health, mental health, or causing problems with work, school, money, or relationships with friends and family.

WHAT IS OAT?

OAT is a safe and helpful medical treatment option for people with OUD. “Opioid Agonists” are slow-release medications meant to reduce cravings and withdrawal from other opioids which are used long-term to support a person’s health and their recovery. Common OAT medications include Suboxone, Methadone, or Kadian (slow-release morphine).

Only a healthcare provider, like a doctor or nurse practitioner (NP), can diagnose an OUD and recommend OAT treatment. They will then decide which medication is right for you.

What are the key benefits of OAT?

OAT can support recovery by:

- Reducing withdrawal symptoms and cravings for opioids.
- Preventing opioid overdoses.
- Reducing drug use and related harms.
- Supporting daily life and functioning in work, school, family, and relationships.
- Improving your health and emotional well-being.

OAT is covered by both OHIP and the Ontario Drug Benefit program.

WHAT TO EXPECT ON OAT

BEFORE TREATMENT

You will meet with a healthcare provider to find the best option for you. Typically, medicines are either taken daily by mouth, or monthly by injection. At first, you may need to visit a pharmacy daily. Over time, many people can take doses home.

DURING TREATMENT

With OAT, most people feel stable and not high. Life can feel less stressful once withdrawal and cravings are reduced, and after a few weeks, it can become easier to focus on work, housing, family, or school.

Treatment length is different for everyone - some people stay on OAT for years.

What are the side effects and risks of OAT Treatment?

Talk to your healthcare provider if you also use alcohol or other drugs. It is safest not to mix OAT with other drugs because it can increase overdose risk and sleepiness. Common side effects of OAT include constipation, sweating, and drowsiness. Tell your provider if you feel sick, too tired, or have side effects.

WHERE TO FIND OAT TREATMENT IN WINDSOR-ESSEX

While family doctors and NPs may prescribe OAT to their patients, other options include:

- Hotel Dieu Grace Healthcare Community Withdrawal Management 519-819-7832
- Rapid Access Addiction Medicine, or RAAM clinics, provide OAT medications through self-referral and/or walk-ins
- Other “Addiction Medicine” clinics may require a referral from a healthcare provider or service worker

For a full list of current options to access OAT, talk to your healthcare provider, service worker or visit WEC Connect at www.wecoss.ca for more information.



SAFETY TIPS

- Always keep naloxone nearby in case of overdose.
- Never share your medication with anyone else.
- If you miss a dose, return to the pharmacy as soon as you can.

