

**Mentorship Group for Opioid Addiction
Treatment**

Session Guide

1. Start the session with something inspirational
 - a. e.g. quote of the day:
“continuous effort, not strength or intelligence, is the key to unlocking our true potential”- Winston Churchill
2. Opens up the session and encourage participation, questions to consider:
 - a. What has been working for you so far in terms of your treatment?
 - b. What hasn't been working for you, and how would you like to have it changed so you could get the most benefit?
 - c. Under what circumstances do you feel the urge to use? How do you overcome it?
 - d. How do you deal with stress?

- e. Do you have a social group/people you could rely on when you need someone to talk to?
- f. What do you hope to gain from this session?

24-36 hours in most opioid addicted patients.

Following detoxification with suboxone/methadone, patients should continue counseling and/or support groups as part of their recovery process.

General information for patients:

Suboxone consists of buprenorphine and naloxone. Buprenorphine is a partial opioid agonist, which prevents other opioids from binding to the opioid receptors in the brain. This helps patients by suppressing withdrawal symptoms and reducing cravings. Additionally, it helps patients to stay in treatment and reduce illicit drug use. Patients will be gradually tapered off suboxone as part of their detoxification treatment process, under the recommendations of their physicians.

Methadone is a full mu opioid agonist and is the most frequently used medication for opioid addiction treatment. With a long half-life and extensive bioavailability, a single dose helps to suppress withdrawal symptoms and opioid cravings for up to

Local treatment centers in Bangor, Maine

Acadia Hospital

268 Stillwater Avenue
Bangor, ME 04401
(207) 973-6100

**Penobscot County Metro
Treatment Center**

659 Hogan Road
Bangor, ME 04401
(207) 973-0400

Discovery House Bangor

74 Dowd Road
Bangor, ME 04401
(207) 947-6800