

# OPIOID ADDICTION & TREATMENT FACT SHEET

## WHAT IS OPIOID ADDICTION?

Opioid addiction affects people from all backgrounds. Problematic use of any opioid, including prescribed medications and street-based drugs, can lead to addiction.

The symptoms of opioid addiction are physical and psychological. Common signs of opioid addiction are intense cravings, difficulty controlling the amount and frequency of use, and withdrawal symptoms when use stops.

## HOW DO I KNOW IF I NEED TREATMENT?

If you think that substance use is causing problems in your life and you are unable to control your use, you may want to seek support.

## HOW TO GET HELP



Call ConnexOntario at 1-866-531-2600 or visit [www.connexontario.ca](http://www.connexontario.ca)



Talk to your health care provider.



Learn more:

- Ask people who experienced treatment.
- Check out the CCSA's [Drug and Alcohol Treatment Guide](#)

## TYPES OF TREATMENT

Opioid addiction treatment options vary in length, intensity and setting. A combination of approaches is often used. The two most common treatment options are medication-assisted therapies and addiction treatment counselling.

There is no 'one size fits all' approach to addiction treatment. Finding the service that makes the most sense for you depends on your personal circumstances. Seeking support from a trained addictions counsellor can help you explore your options.



### Outpatient/ Community-based

Stay in your home and go to an agency for services.

**Counselling:** Clients meet privately with a counsellor or in groups to develop skills and strategies for managing their substance use issues.

**Day/evening treatment:** Clients receive the same as residential treatment, but do not stay on-site.

**Case management:** An assigned worker provides ongoing assessment, monitoring, support, and referrals.



### Inpatient/Residential

Receive on-site care in a live-in facility or care home.

**Residential withdrawal management (detox):** A patient is monitored while a substance safely leaves their system.

**Short & Long-term:** Clients receive intensive live-in care for a period lasting a few weeks or several months.

**Recovery homes:** Individuals reside in a supportive, substance-free environment.



### Medication-assisted therapy

Take prescribed medication to prevent withdrawal and manage cravings.

**Methadone:** An opioid medication that prevents withdrawal and reduces cravings. Methadone is usually taken daily in the form of a fruit-flavoured drink.

**Buprenorphine (Suboxone):** An opioid medication that includes naloxone. The medication is taken orally as a tablet or patch dissolved under the tongue.

# If you are experiencing a substance-related crisis, call 9/11 or Four County Crisis at 705-745-6484

## LOCAL TREATMENT RESOURCES

Community-Based Services			
PROVIDER	SERVICES	COST	WAIT TIMES
<b>FourCAST</b> 130 Hunter St W #200, Peterborough 1-800-461-1909 <a href="http://www.fourcast.ca">www.fourcast.ca</a>	<ul style="list-style-type: none"> <li>• Counselling &amp; drop-in groups</li> <li>• Naloxone training &amp; dispensing</li> <li>• Needle exchange</li> <li>• Addiction supportive housing</li> <li>• Community withdrawal management</li> </ul>	Free	<ul style="list-style-type: none"> <li>• Same day intake</li> <li>• Varies by program</li> </ul>
<b>R.A.A.M Clinic</b> 159 King St. Suite 302, Peterborough 705-749-9708 <b>Hours:</b> Monday, Wednesday, Friday - 8am to 11am	<ul style="list-style-type: none"> <li>• Drop-in medical clinic</li> <li>• Prescriptions</li> <li>• Brief counselling &amp; referrals</li> <li>• Suboxone</li> <li>• Naltrexone</li> </ul>	Free	<ul style="list-style-type: none"> <li>• Walk-in</li> <li>• Same day</li> </ul>
<b>Canadian Family Health Collective</b> 888-928-8360 155 Hunter St E, Peterborough <a href="http://www.canadianfamilyhealth.ca">www.canadianfamilyhealth.ca</a>	<ul style="list-style-type: none"> <li>• Emotional Health Practitioners</li> <li>• Counselling</li> </ul>	\$135 - \$155 per session	<ul style="list-style-type: none"> <li>• Varies depending on practitioner availability</li> </ul>

Residential Treatment			
PROVIDER	SERVICES	COST	WAIT TIMES
<b>Canadian Health Recovery Centre</b> 1 844-539-2225 225 Lansdowne St, Peterborough	<ul style="list-style-type: none"> <li>• Residential programs</li> </ul>	\$22,487 for recommended 6 week program	<ul style="list-style-type: none"> <li>• Varies based on assessment &amp; availability of 1 of 22 beds.</li> </ul>
<b>OHIP-funded programs</b> 1-866-531-2600 <a href="http://www.connexontario.ca">www.connexontario.ca</a>	<ul style="list-style-type: none"> <li>• 24/7 access to information and referrals</li> </ul>	Free	<ul style="list-style-type: none"> <li>• Weeks or months</li> </ul>

Medication-Assisted Therapy			
PROVIDER	PROGRAMS	COST	WAIT TIMES
<b>Ontario Addiction Treatment Centre</b> 705-748-0995 215 Sherbrooke St, Peterborough	<ul style="list-style-type: none"> <li>• Methadone Maintenance Program</li> <li>• Suboxone</li> </ul>	OHIP and ODB coverage	<ul style="list-style-type: none"> <li>• Same day (24hr response) intake completed</li> </ul>
<b>Above and Beyond Recovery</b> 705-874-7948 296 Aylmer St N, Peterborough	<ul style="list-style-type: none"> <li>• Methadone Maintenance Program</li> <li>• Suboxone</li> <li>• On-site drug &amp; alcohol counsellor</li> </ul>	OHIP and ODB coverage	<ul style="list-style-type: none"> <li>• Same day (24hr response) intake completed</li> </ul>
<b>First Step Medical Clinic</b> 705-876-1000 191 Simcoe St, Peterborough	<ul style="list-style-type: none"> <li>• Methadone Maintenance Program</li> <li>• Suboxone</li> </ul>	OHIP and ODB coverage	<ul style="list-style-type: none"> <li>• Walk in</li> <li>• Same day</li> </ul>
<b>ACT Peterborough</b> 226 Charlotte St, Peterborough	<ul style="list-style-type: none"> <li>• Methadone Maintenance Program</li> </ul>	OHIP and ODB coverage	<ul style="list-style-type: none"> <li>• Same day</li> </ul>

## ONTARIO-WIDE RESOURCES

**Centre for Addiction and Mental Health**  
416 535-8501

**Ontario Poison Centre**  
1-800-268-9017

**Kids Help Phone**  
1-800-668-6868

**Telehealth**  
1-866-797-0000

Find more resources and information about opioids at:  
**[www.peterboroughdrugstrategy.com](http://www.peterboroughdrugstrategy.com)**

