

## Comments from PSD

*"My standard of life has improved tenfold. I am going to college, have a regular life and don't have to chase drugs or hang around the wrong people"*

*"Being from the lower 48, I can truthfully say this is the best clinic I've ever been in. All the Consumers are very helpful as well as the Consumer Advisory Council's role in making policy and helping the other consumers. I have the highest respect for PSD... Thanks."*

*" My wife gave me an ultimatum: quit drugs or get out of the house. I came to PSD and was surprised how well the program worked, and I'm still married. I'm working and saving money and doing great. Thanks PSD!!!"*

*" Life isn't without hope. With the proper help and guidance even we can have productive, fun and meaningful lives!"*

*"Thank You PSD for Helping."*

## **Methadone Myths & Facts**

**Myth:** It's harder to kick methadone than it is to kick a dope habit.

**Fact:** Stopping Methadone use is *different* from kicking a heroin habit. Some people find it harder because the withdrawal lasts longer. Others say that although it lasts longer, it is milder than heroin withdrawal.

**Myth:** Taking methadone damages your body.

**Fact:** People have been taking methadone for more than 30 years, and there has been no evidence that long-term use causes any physical damage.

**Myth:** Methadone harms your liver.

**Fact:** The liver metabolizes (breaks down and processes) methadone, but methadone does not "harm" the liver. Methadone is actually much easier for the liver to metabolize than many other types of medications. People with hepatitis or with severe liver disease can take methadone safely.

**Myth:** Methadone causes drowsiness and sedation.

**Fact:** All people sometimes feel drowsy or tired. Patients on a stabilized dose of methadone will not feel any more drowsy or sedated than is normal

# Project Special Delivery

*A Comprehensive Methadone Treatment Program and Harm Reduction Services for Drug Users and Their Community*

*PSD was developed by and for opiate users who want to eliminate their dependency on illegal narcotic drugs.*



710 3rd Avenue  
Fairbanks, Alaska 99701  
Phone: (907)452-4222  
Fax (907)452-8176

## The Program

This comprehensive Methadone Maintenance Treatment Program is Harm Reduction-based, stressing individual responsibility for healthier living, sustained behavior change through peer networks, individual and group counseling, case management and advocacy.

Harm Reduction is a set of strategies that encourage drug users to reduce the harm done to themselves and their communities by their drug use.

In allowing users to access the tools with which to become healthier, we recognize the competency of their efforts to protect themselves, their loved ones and their communities.

### ***“Any Positive Change”***

***Harm reduction is ego-building not ego breaking— the aim is to increase self-esteem, self-love and self-efficacy.***

Harm Reduction is based on acceptance and respect.

It is **NOT** an absence of rules or responsibilities.

### Who Is Eligible?

- People who are currently and have been addicted to heroin or other opiates for one year or longer are eligible for Methadone Maintenance.
- Pregnant women and injection drug users are given priority in admissions.

### How to Apply

1. Pick up an application packet at 710 3rd Avenue in downtown Fairbanks or call (907)452-4222 to have an application mailed to you.
2. Complete the application and return it to PSD. A staff member will review it with you.
3. Complete an assessment with a substance abuse counselor.
4. Document your history of addiction with medical or pharmacy records, statements from family members, or records from previous treatment programs.
5. A urine sample is required one week before admission. It must be positive for opiates.
6. Meet with a member of the PSD Consumer Advisory Council for orientation.
7. Methadone administration begins on the day of admission following a physical exam.

## More About the Program

### Fees

- Intake and treatment fees are due on the day of admission.
- PSD has a sliding fee scale for persons with low income.
- Medicaid and Insurance are accepted.

### Schedule

- Methadone dispensing: Monday through Friday 6:30 am—7:30 am. Saturday 10-11 am.
- Weekly individual and group counseling for the first 3 months.

### Basic Program Rules

- Violence or threats of violence will not be tolerated.
- Consumers who, in the best judgment of the program nurse, are intoxicated (drugs or alcohol) will not be dosed.
- All consumers and staff will sign and abide by a confidentiality contract.

### Staff

Our staff, made up of peers and professionals, reflect rich and diverse backgrounds from fields of medicine, social work and life experience with addiction. They create a nurturing atmosphere of patience, care and respect for the challenges that the recovering individual encounters.