

TAKE HOME PACKET REQUIREMENTS

New Directions Healthcare encourages all patients to earn the privilege of take homes. Below is the list of requirements that patients must meet to have take home medication.

Please remember take homes are a privilege that is given to those that meet the expectations and rules of the program.

Please read the statements below as well as this entire packet so you are certain you meet and understand the requirements of earning and losing the take-home privilege.

To have Take Home privileges, You must meet the following requirements:

1. Absence of recent abuse of opiates, fentanyl, benzodiazepine, or alcohol.
2. Regularity of attendance for dosing.
3. Absence of behavioral problems that put themselves or others at risk.
4. No recent history of medication diversion.
5. Assurance that take home medication can be safely transported and stored within the person's home.
6. Absence of factors considered relevant to the patient's safety and public health.
7. Must have Narcan prescription filled and instructed on use.

TAKE HOME PACKET RULES

Patients must adhere to the following rules to ensure continuance with Take Home privilege:

1. You must bring a locked box with a working lock and the key or combination lock at every pickup and return, your box will be opened in front of the nurse that doses you.

- Box must always be locked by either a key or combination lock
- Box must have clients name clearly written with a permanent marker
- Clients may not borrow/share boxes
- Clients must always keep box locked until in dosing room and in front of the nurse. After picking up new bottles the box must be locked before leaving the dosing area

2. You must always safely store bottles in the locked box (both empty & full)

- You must have original label on bottle and show no evidence of tampering.
- Bottles must be rinsed with water before returning to dosing nurses. If not rinsed you will be asked to leave line, rinse them, and then proceed to end of line.
- You are to store your own black marker in your box and black out personal information on label Once in the **dosing room and after bottles have been counted by the nurse**, not before.
- No bottles (phase/or specials) will be given to a client without a lockbox
- All empty bottles must be returned on your next dosing visit. If not, it is non-compliant and take homes may be revoked.
- Should you forget your bottles or missing a bottle when you present to the dosing window; your take homes may be revoked.

3. Your responsibilities:

- Purchase your own lockbox
- Put your name in box
- Safely store full/empty bottles in a locked box
- Carry a black marker in your lock box
- Make sure a proper working phone number is on file (We will only call one number listed in your profile for bottle counts). No working phone number may result in loss of take homes.
- Check daily for a voicemail from NDHC
- Make sure a voicemail is set up and a message can be left
- Maintain negative UDS (urine drug screen)
- Be current and up to date with counseling and provider visits
- Be current and up to date with all fees
- **Take home Phase individuals must be at the facility a ½ an hour before closing time.** (ex. 9:30am Monday – Friday, 8:30am on weekends and holidays) If you are not here by the listed times, you may not be given your take homes until the following day and again will need to be here at the above listed times.
- If you are **admitted into hospital**, all full take home bottles for those days in the hospital and empty bottles are to be returned to NDHC unaltered the next time you return to the facility.
- If you do not want to use the water provided in the dosing room, you may bring your own. You must pour your drink into the cup of methadone. There is NO leaving the dosing room to obtain water from the drinking fountain.

4. Your Bottles may be revoked for non-compliance if:

1. Your lock box does not have your name in it.
2. Your lock box does not lock or you do not have a key/combo
3. You are caught borrowing another client's box (both will lose your take homes)
4. You do not have the correct number of full/empty bottles to return
5. Your UDS is positive for illicit substances
6. You No Show a bottle count visit (loss of 60 day)
7. Your labels appear to have been tampered with including blackening out labels before nurse count or shows evidence of being peeled off and reapplied.
8. You are caught sharing/selling your bottles

CALL BACKS, BOTTLE COUNTS AND REMINDERS ABOUT TAKE HOME PRIVILEGES

Every client who receives take-home bottles will be subjected to a "Call Back/Bottle Count" at any time. A "Call Back" is when the program contacts you and informs you that you are required to present at the clinic the next day with all your bottles, empty and full between dosing hours.

All “Call Back/Bottle Counts” will be conducted by licensed medical staff to ensure that the medication has been taken as prescribed and that there has not been any tampering or diversion.

It is always the patient’s responsibility to provide the clinic with an up to date phone number. You MUST check your voicemail to ensure that you have or have not received a call from NDHC regarding a “Call Back”.

Staff will only call the first number listed in the file. No emergency contact will be called.

Bottle count expectations:

1. You will be called by NDHC staff the day before you are to appear for the count.
2. You will present during regular week or weekend dosing hours.
3. You will bring in all full and empty bottles in your lock box to be counted by the nurse.
4. You will **NOT** take your dose at home the day you are to present. That day’s dose will be taken in front of the nurse. Failure to take your dose in front of the nurses may result in a failed bottle count.
5. You will count your bottles in the presence of the nurse staff.
6. If you are leaving town, you must inform your counselor and the nursing staff **BEFORE** leaving and before receiving a call to come in for the bottle count. (Please note that you may be required to provide proof of being out of town).
7. You will be required to have a nursing assessment completed at each count.
8. You will be required to provide a UDS prior to entering the dosing room for the count. If there is a positive UDS your take homes will be revoked immediately.

Patients may lose their take home privileges if:

- Your take home bottles do not pass inspection,
- You do not meet your monthly counseling requirements,
- You engage in behavior that is determined not conducive to a safe, therapeutic and recovery atmosphere,
- You have outstanding fees/balance,
- You fail to provide urine drug screens as requested, test positive for illicit substances and/or alcohol,
- For any reason New Directions Healthcare determines the risk is greater than the benefit of take home privileges.

****REMEMBER****

Your take home bottles are prescribed for your use ONLY. It is important that you always keep them in a locked box to ensure it does not get into the wrong hands, especially if you have children. Again, please be aware that take homes are a privilege. NDHC reserves the right to revoke your take home privileges at any time.

IN CASE OF OVERDOSE

If you suspect that someone has overdosed on methadone, lay the person on his/her side in the recovery position and call 911 IMMEDIATELY. This is a life-threatening medical emergency that must be treated by medical professionals. This requires the person MUST go to the hospital for evaluation. Understand that a person may RE-OVERDOSE and must be medically supervised and hospitalized.

WHAT SHOULD I DO IF SOMEONE OVERDOSES?

- ✓ **IMMEDIATELY** call 911 and remain with the person.
- ✓ **Administer Narcan intranasally and support the persons breathing- start CPR if no pulse**
- ✓ **DO NOT** force the person to vomit.
- ✓ **DO NOT** make them take a cold shower.
- ✓ **DO NOT** inject salt water into their veins.

WHAT ARE THE SIGNS OF AN OPIOID OVERDOSE?

- ✓ Unresponsiveness
- ✓ Drowsiness
- ✓ Cold, clammy, bluish skin
- ✓ Reduced heart rate
- ✓ Reduced body temperature
- ✓ Slow or no breathing

WHAT MIGHT HAPPEN IF AN OVERDOSE IS NOT TREATED?

- ✓ **Brain damage**
- ✓ **Paralysis (temporary or permanent)**
- ✓ **DEATH**

New Directions Healthcare does not have to provide take home services to you; we choose to reward you as a client for all your hard work in your recovery. If you have any questions or concerns about your take homes, please do not hesitate to call the clinic to speak to a provider and/or nurse. We will be happy to assist you in any way we can. Together we can make your recovery a positive experience in which a person gets rewarded for their responsible behavior

If any of the previously mentioned rules are not followed or you are no longer in compliance with New Directions Healthcare program requirements, take home privileges may be revoked for an amount of time to be determined by the clinic's medical and clinical team. Additionally, NDHC's treatment team will decide when take home privileges will be re-instated.

I have received the **New Directions Healthcare** Take Home Packet and understand the guidelines of the packet.

Patient's Name: _____ **Date:** _____

Patient's Signature: _____

Witness: _____ **Date:** _____

Patient: accepted copy rejected copy **Patient's initials** _____