

COAT Program Rules

The following rules apply, but are not limited to:

- The long-term goal of treatment is to improve overall health and increase functioning by living a recovery-based lifestyle.
- Participants will keep and be on time for all scheduled appointments.
- Canceled appointments without seeing the physician may result in not receiving medication.
- Fees and co-pays will be collected during each visit.
- Medication will be taken as directed by the physician.
- Replacement prescriptions for lost or stolen medication are not provided.
- Mixing Suboxone® with other medications, especially benzodiazepines, can be dangerous and is forbidden.
- Filling any controlled substance prescription, without approval, will result in an immediate discharge.
- Participants will conduct themselves in a courteous manner and not deal, steal, or conduct illegal or disruptive activities in the clinic or pharmacy property.
- Participants will provide their own urine for random drug screens as requested. Tampering with, buying, selling, or otherwise procuring urine will result in an immediate discharge.
- Participants understand treatment is strictly confidential and violation of other participants' confidentiality may result in an immediate discharge.



Chestnut Ridge Center

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Operated by WVU Hospitals

Chestnut Ridge Center

Comprehensive Opioid Addiction Treatment (COAT)



Welcome to the Program

Welcome to the Comprehensive Opioid Addiction Treatment (COAT) Program. We believe strongly that healing from the disease of addiction takes time and much help. Many have experienced the struggle of attempting abstinence without success. Entering into a professionally supervised recovery program that includes medication, counseling and support has been proven to be a difference maker in maintaining wellness.

Before an individual can be considered for the COAT Program, he/she must complete a drug and alcohol intake evaluation. During the intake, individual history and needs will be considered. If the person is recommended for medication-assisted treatment, he/she will review and sign a program agreement and be given an appointment time.

All groups consist of two meetings: Medical Management and Therapy Sessions. Participants attend both meetings during each visit. In addition, participants are required to attend four community 12-step meetings per week. Participants understand that on-site, random urine screens will be conducted. Those screens may also be observed by appropriate clinic staff during any clinic visit.

Addiction program staff includes physicians, therapists, case managers, and medical assistants. These highly qualified staff members will work closely together so participants can get the most out of their treatment.

Medication-Assisted Treatment

One medication approved for the treatment of opioid dependence is Suboxone®. Suboxone® is a unique combination of two medications: Buprenorphine and Naloxone which work together to manage cravings and protect against abuse. At the right dose, Suboxone® suppresses cravings for opioids and eliminates withdrawal symptoms. The medication is a combination of two drugs that eliminates the high from opioids and has two mechanisms that protect against abuse of the medication.

Buprenorphine, the active ingredient in Suboxone®, works by strongly binding to opioid receptors in the brain. It attaches to the opioid receptors but only activates them partially, enough to suppress withdrawal and cravings, but not enough to cause extreme euphoria. Also, Buprenorphine binds so tightly to the receptors that if an opioid drug were to be taken while on the medication, it would “block” the drug from causing a “high”. Additionally, Buprenorphine has a “ceiling effect” that causes withdrawal at high doses and makes it very difficult to overdose on Buprenorphine alone. The ceiling effect and the blocking ability are what gives Suboxone® a favorable safety profile and helps lower the risk of overdose and misuse.

As Suboxone® Therapy Begins...

- A person may safely begin to use Suboxone® when he or she are in mild to moderate withdrawal.
- Buprenorphine (one part of Suboxone®) attaches to the same receptors as other opioids leave the person's system. Withdrawal of symptoms decrease within minutes of the administration of Suboxone® because it attaches to the same receptors. At this time, cravings begin to decrease.
- Buprenorphine firmly attaches to the receptors and blocks other opioids from attaching. With an adequate dose, buprenorphine has a long duration of action and doesn't wear off quickly.

Basic/Beginners Group: All participants entering the COAT Program must start in the Basic/Beginners Group. Participants will meet in this group once per week until they have 90 consecutive days without relapsing on any prohibited substance and/or alcohol. The participant must also demonstrate an active recovery lifestyle in order to graduate to the Intermediate Group.

Intermediate Group: All participants in this group meet twice per month. Participants will meet in this group until they have 365 consecutive days of abstinence from prohibited substances and/or alcohol. During this year, participants work actively on their recovery program. Consideration of medication need is part of each person's recovery plan, which is developed during an individual evaluation at 6 months.

Advanced Group: All participants in this group meet once a month. While participating in this group, the doctor, patient, and therapist will work closely together on clarifying long-term goals, including whether to maintain medication assisted treatment or begin a transition off the medication.

Pregnancy Group: All participants in this group are pregnant and must provide medical documentation of their pregnancy or be willing to have testing on site to verify pregnancy. Participants are required to sign a Release of Information for clinical staff to coordinate treatment with their OB-Gyn. This group assists in addressing the special clinical needs of women who are pregnant. Participants meet in group weekly, usually for the duration of their pregnancy.

Makeup Clinic: This appointment is offered to participants for missed clinic appointments which have been excused. Basic Groups are permitted to use this clinic once every 6 weeks, the Intermediate Group once every 3 months, and the Advanced Group once every 6 months.

All meetings take place at Chestnut Ridge Center Outpatient Services.