



MEET THE DAYSPRING LOGAN TEAM

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Dr. Barker received his bachelor's degree in biology from Brigham Young University. He received his medical degree from the University Of Chicago Pritzker School Of Medicine and completed his residency training in adult psychiatry at Dartmouth-Hitchcock Medical Center. Dr. Barker practices general psychiatry and has special experience in treating substance use disorders. In his spare time, he enjoys hiking, nature documentaries and making stone baked pizza.

➤ **WHAT IS THE DIFFERENCE BETWEEN EARLY RECOVERY AND SUSTAINED RECOVERY?**

Early recovery is usually within the first 90 days of treatment and recovery, which is considered a critical milestone in recovery. The first year abstinent is early remission and after one year recovery is considered sustainable recovery.

➤ **WILL MY INSURANCE COVER METHADONE MAINTANCE TREATMENT?**

Unfortunately, many insurances still do not cover medication assisted treatment. Insurance will usually cover buprenorphine and naltrexone medication assisted treatment if it is through a doctor's office.

➤ **HOW MUCH DOES OPIOID TREATMENT PROGRAM PARTICIPATION COST?**

Based on the cost of medication prices the Opiod Treatment Program will vary.



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DAYSPRING CLINIC LOGAN

TREATMENT & COUNSELING FOR SUBSTANCE USE





FAQ'S

➤ WHAT IS DAYSPRING?

Dayspring is Intermountain's program to assist patients on the road to recovery from addiction. We offer an intensive outpatient program that uses the 12-step methodology for recovery. This includes individual counseling, group counseling, and family counseling. We also offer specific treatment for opioid use disorder in our opioid treatment program. Using medication to control withdrawal symptoms and cravings, patients can focus on counseling, and rebuilding a life free of substance use.

➤ WHAT IS OPIOID DEPENDENCE?

Opioid dependence occurs when you can't stop using opioids even if you want to, you lose control of your behavior, experience cravings, and fail to recognize the problems occurring because of the use. It is a disease that can make long-

lasting changes on how your brain processes rewards, motivation, and memory. Like other chronic disease, opioid dependence often involves cycles of relapse and remission.

➤ WHAT IS METHADONE MAINTENANCE TREATMENT?

Methadone is a long-acting opioid medicine that is used to help treat an addiction to other opioids. Methadone maintenance treatment is one of three FDA approved medications for treating opioid dependence, and is considered a gold standard treatment. It is an opioid "agonist" medication, which means that it will occupy and activate the opioid receptors in the body. While it occupies these receptors, it reduces withdrawal symptoms and cravings for opioids by acting on the same areas of the brain as other opioids. Studies have shown the following benefits when methadone is used in the treatment of opioid use disorder:

- Patients do not experience the euphoria or "high" experienced with heroin use
- Patient tolerance level usually did not change, it was held constant
- Methadone relieved opioid craving and withdrawal, often described as a major factor in relapse, allowing patients to socialize and work like "normal"
- Methadone had minimal side-effects
- Methadone works best when combined with behavioral interventions

➤ HOW LONG DOES METHADONE MAINTENANCE TREATMENT LAST?

All treatment decisions are made by the patient with guidance from the treatment team and will be based on stability, previous attempts of tapering off the medication, family involvement and support, and lifestyle changes.

➤ HOW OFTEN DO I NEED TO COME INTO THE CLINIC?

Patients will need to attend the clinic daily for dosing in the beginning, but may earn take home medication doses as they progress through treatment. With good progress and after enough time in the program, patients can earn one month of take home medication doses at a time.

➤ WHAT SHOULD I TELL MY FAMILY AND FRIENDS?

Support from family and friends is highly beneficial to treatment outcomes. Helping family and friends understand the feelings and sickness that come with addiction as well as the healing effects treatment can provide can help them understand the need for treatment.