



Tobacco ♦ Alcohol ♦ Opioids

The **Amador Health Center Recovery Project** started services on December 1, 2018. With a five-year grant from SAMHSA/CSAT (*Grant for the Benefit of Homeless Individuals*), funding includes activities for harm reduction and SBIRT along with plans to expand and enhance clinical, counseling, and support services for people with alcohol and opioid use disorders (AUD/OD). Our primary medication assisted treatment (MAT) option is oral and injectable naltrexone. Unlike methadone or buprenorphine, naltrexone is not a narcotic and it is FDA-approved for both AUD and OUD. The first year of the GBHI Project is for alcohol use disorders.

Oral naltrexone may be administered by directly observed therapy (DOT) with supervised dosing in the clinic on alternate days or 3X/week or given as take-home medication. Injectable naltrexone (Vivitrol) is administered monthly in the clinic. The main exclusion criteria for naltrexone are the following: you must be off opioids for 7-14 days, you must not be pregnant or planning to become pregnant, you must not have severe liver disease or damage, you must be at least 18 years old, and you must not have an unstable mental health condition. It is also more effective if you have been off alcohol for 3-5 days. Chronic heavy alcohol use is generally defined as 5 or more drinks for males (4 for women) on 5 or more days in a given month. Excessive drinking is more than 14 drinks for a male or 7 for a female in a week.

The addiction recovery process works best when medication, counseling, and support are combined in a person-centered approach. Adjunctive therapies such as Acudetox (ear acupuncture) and *Movement As Medicine*, with physical activity assessment and education, are available also. In the near future relapse prevention classes and/or SMART Recovery® meetings online or in person onsite will be offered. All patients in the program receive case management services also.

The program is open to persons experiencing homeless (and at risk of) or housing instability, low income persons on/eligible for Medicaid, and others after evaluation for program enrollment. For more information, you may call the Amador Recovery Project helpline at: [575.395.6953](tel:575.395.6953) or visit the office in the AHC Annex, Suite D.

The collaborating agencies for the grant include: ALT Recovery Group, FYI, Inc., Mesilla Valley Community of Hope, the Dona Ana County Detention Center, the Dona Ana County Health & Human Services Department, and the NMDOH Southwest Public Health Region. All entities committed to improving the referral network for persons with substance use disorders (SUD).

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