To learn more about OAT contact 4directions@fnha.ca

**What is Opioid Agonist Therapy (OAT)?**

- OAT involves the use of medications to support those who are dependent on opioids to improve their mental, emotional, physical, and spiritual health.
- OAT medications help to manage withdrawal symptoms and reduce cravings for opioids.
- Quitting "Cold Turkey" or detoxing from opioids without medical support is not recommended as there is a high rate of relapse which can lead to overdose and death.
- OAT is recommended as a safe and effective treatment option over detox alone.

**Opioids include:**

- Heroin, Fentanyl, Morphine, Oxycodone, Hydromorphone (dilaudid) & Codeine.

**OAT Medications Include:**

- **Buprenorphine-Naloxone (Suboxone):**
  This medication comes in pill form and dissolves under the tongue. It is taken once a day and is often prescribed as a first option.

- **Methadone:**
  This medication comes in liquid form and is taken as a drink once a day. Methadone is the oldest form of OAT and is very effective, especially when Suboxone has not worked or cannot be taken.

- **Slow-Release Oral Morphine (Kadian):**
  This medication comes in a capsule filled with small pellets which is taken once a day. It may be prescribed when Suboxone or Methadone have not provided benefit and is most often used to treat severe OUD.

- **Sublocade**
  This medication is a long-acting formulation of Buprenorphine and is given as an injection once a month by a health care provider. A person needs to be stable on Buprenorphine/Naloxone for at least 7 days before switching to Sublocade. This may be an option for those who have limited access to a pharmacy.

**FNHA OAT Supports**

- Community education and stigma reduction
- Developing and strengthening relationships with local OAT prescribers and pharmacies.
- Supporting nurse prescribing of OAT.
- Support with OAT clinic fee subsidy.
- Support with medical transportation for individuals to access their medications.

A one-time OAT access grant of up to $15,000 to support the development of OAT programming

Scan the QR code to learn more about OAT supports available through the FNHA

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