

# THE VISION

The Complex Care Clinic (C3 Program) consists of a team of caring professionals dedicated to the recovery of our patients. We offer treatment for substance abuse including Opioid Use Disorder (OUD).

Treatment plans are individualized to address other substances of abuse as well (methamphetamine, alcohol, benzodiazepines, etc.). C3 is an integrated program that combines medical interventions with behavioral health support. Our goal for each patient is physical and emotional stabilization.

# TESTIMONIALS

“I did not believe a medication could take away my craving for Heroin or other opioids, it’s honestly a miracle”.

“I’ve been sober for six months and now have full custody of my child since participating in this program”.

“I have no desire to go back to Heroin. Buprenorphine has honestly saved my life. My only regret is not trying it sooner”.

“The team of providers always supported me even when I was ready to give up. I never felt like I was being judged”.

# PRICING

## **Supra Health C3 Program**

**Integrated services: \$300/month**

**Consultation Fee: \$150/hour**

## **Community Recovery Resources**

Progress House  
Intake Information: 530-626-9240  
Outpatient: 530-626-7252  
[progresshouseinc.org](http://progresshouseinc.org)

El Dorado County Drug & Alcohol  
530-621-6207

El Dorado County Mental Health  
(530) 621-6200

The Center for Violent Free  
Relationships  
(530) 626-1450  
[thecenternow.org](http://thecenternow.org)

Alcoholics Anonymous, Western Slope  
(530) 622-3500  
[www.WesternslopeD22.org](http://www.WesternslopeD22.org)

Sierra Foothills NA Helpline  
530-645-1635  
[www.sfana.org](http://www.sfana.org)

# THERE IS HOPE!

*Addiction is a manageable health condition*

## **Complex Care Clinic (C3)**

*Offering*

**Medication Assisted  
Treatment**



**Supra<sup>SM</sup> HEALTH**

5150 Fair Oaks Blvd, Suite 101-321  
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415.938.6325 – Phone  
888.412.3525 – Fax  
[email@suprahealth.com](mailto:email@suprahealth.com)  
[www.suprahealth.com](http://www.suprahealth.com)

# SAFETY

Taking Buprenorphine with any of the following may increase your risk of accidental overdose:

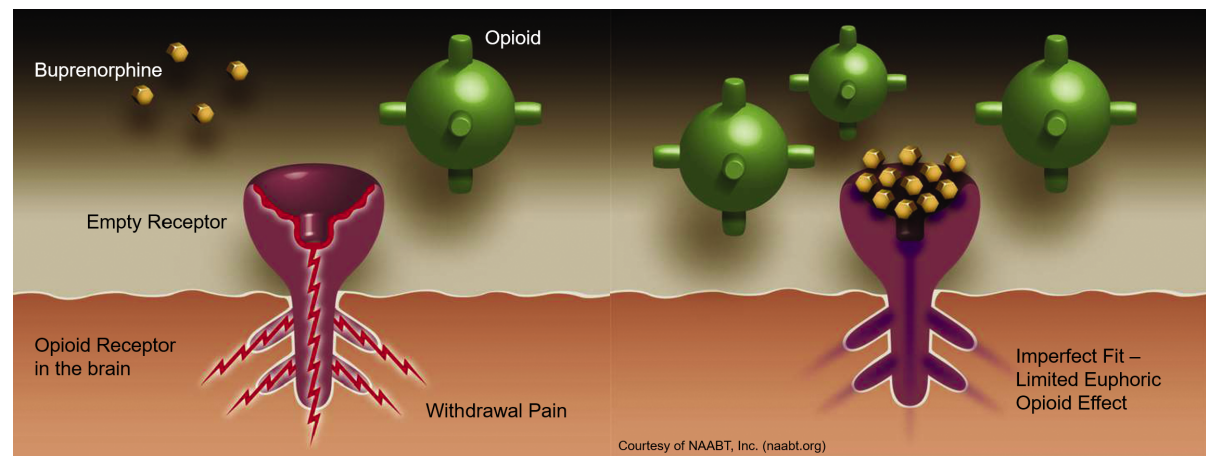
- Benzodiazepines (e.g. Ativan, Valium, Xanax, Klonopin, Restoril)
- Alcohol
- Tranquilizers
- Sedative/Hypnotics (e.g. Ambien)
- Other Drugs that slow down your breathing

Buprenorphine kept at home **MUST** be locked in a safe away from children.

## Access to Services

We focus on implementing best practices along with meeting and exceeding quality measures for patient care. These unique services are patient centered and focus on helping patients improve their own health.

We accept Medi-Cal, Medicare, Covered California™ Plans, and most private insurance. Uninsured patients may be eligible to receive a sliding fee discount based on family size and income.



## How it Works

Referral: From your Primary Care Provider

- Intake Screening: by one of our RN case Managers. This is to determine the appropriate level of care for the patient.

Intake **assessment**: During this visit, an RN case Manager will conduct a comprehensive assessment.

- Induction **appointment** (1-2 Hours): Patients meet with our medical staff and behavioral health staff to determine their level of withdrawal and what dose of medication is needed. Medication typically gets administered at this time.

Phase-**based** **appointments**: Each phase involves some combination of provider visits, group refill visits, individual therapy appointment and individual counseling for substance abuse.

- Post Stabilization Refills: Upon completion of our program, we work with our patients to determine the best course for aftercare. This might include remaining in our program, though on a less frequent basis (visits every 60 days or 90 days).

## Medications

Suboxone© (Buprenorphine and Naloxone): Buprenorphine partially binds to the opioid receptor, enough to suppress physical withdrawal from heroin and opiate pain medication. However, this medication does not create euphoria or a “high.” This medication also “blocks” other opioids from the receptor. Naloxone is a medication used to reverse symptoms associated with opioid overdose (e.g. respiratory arrest).

Vivitrol©: An injectable medication that lasts one month at a time. This medication blocks the opioid receptor, thus preventing opioids from binding. Vivitrol is administered after the patient has detoxed from the abuse/misuse of opioids. A health care provider should always closely monitor this regimen.

For more information Please visit:  
naabt.org and SAMHSA.gov