

## Opioid Assessment Clinic

The **Opioid Assessment Clinic (OAC)** at the Health Sciences Centre (HSC) offers consultation services for individuals with opioid use, abuse, or dependence. The role of the OAC is to provide assessment and treatment recommendations based on individual circumstances. The OAC liaises with the HSC Addictions Unit and community-based treatment programs to assist individuals to coordinate treatment plans. The OAC may make recommendations regarding prescribing but **does not take over prescribing opioids**.

### Referral Process

Physician referrals are requested, preferably from primary physicians/prescribing physicians. If a patient is prescribed opioids, referrals will only be accepted from the prescribing physician. Exceptions will be made for referrals from Emergency, providing that the ER physician has spoken with the prescribing physician and they are in agreement with the referral.

Referrals should outline the individual's medical history and current status, addiction history, current substance use, and prescribed medications. Referrals should include results from tests/consultations related to chronic illness, chronic pain, or relevant medical/psychiatric issues. Please enclose recent lab results including a comprehensive urine drug screen, CBC, glucose, urea, creatinine, AST, ALT, GGT, TSH, and any other relevant investigations. **Referrals must include the individual's contact information.**

**Referrals can be faxed to the Opioid Assessment Clinic at (204)787-3996.**

### Waitlist

The waitlist is highly variable. Typically, the wait time for assessment is approximately 3 months.

Priority is given to individuals who are pregnant and individuals who have already initiated treatment planning with a community addictions agency. For more information, please contact the Opioid Clinic Liaison, Talia Carter (Occupational Therapist) via phone at **(204)787-7625**.

### Treatment & Interim Options

Based on a comprehensive addictions assessment and a diagnosis of opioid dependence, the OAC recommends either **opioid replacement therapy (ORT, methadone or suboxone)** or **abstinence-based treatment** options. Recommendations may also include suggestions for treatment of co-occurring psychiatric disorders, and investigations or treatment of chronic pain issues.

Please note treatment options in the community have their own respective waitlists. While the individual is waiting for an appointment with the OAC, we strongly recommend they explore other resources:

- If the individual is abusing opioids obtained "off the street", they should self-refer to one of the **ORT clinics** in the city. Contact information for Manitoba clinics is included. Even if they are unable to get an intake appointment, they should place their names on the clinic waiting lists.
- They can also refer themselves to **community addiction treatment agencies** to initiate treatment planning (contact information also included). Individuals can attend mutual-help groups such as **Narcotics** or **Alcoholics Anonymous** for immediate support.
- For individuals with chronic pain and overuse/misuse of prescribed opioid medication, a Pain Clinic referral should be considered. We also recommend that if any investigations are required to rule out organic cause for chronic pain that these be initiated. If the individual is frequently seeking early refills, we suggest limiting the amount prescribed at any one time.
- Please order a comprehensive urine drug screen; results can be sent with the referral or forwarded upon receipt. A comprehensive drug screen has advantages over a street drug screen as it specifically identifies which drugs/medications a patient is or is not taking (occasionally a patient is prescribed medication but may not be taking it).

## Community Resources

**Manitoba Addictions Helpline**  
Central source for Adult Addiction Services

#1-855-662-6605

<http://mbaddictionhelp.ca>

River Point Centre drop-in @ 146 Magnus Avenue

If the patient is interested in **abstinence-based recovery and/or residential treatment** they may connect with treatment centres for more information while awaiting our assessment, for example:

### Addictions Foundation of Manitoba (AFM)

Winnipeg Men's	#204-944-6200
Winnipeg Women's	#204-944-6229
Selkirk	#204-785-2354
Brandon	#204-729-3838
Gimli	#204-642-5162
Ste. Rose	#204-447-4040
Dauphin	#204-622-2244
Thompson	#204-667-7312
Behavioural Health Foundation	#204-269-3430
Salvation Army Anchorage Program	#204-946-9401
Pritchard House (NACM)	#204-586-8395
St. Raphael Wellness Centre	#204-956-6650

If the patient is interested in **opioid replacement therapy** (methadone or suboxone) for treatment of opioid addiction, they should waitlist their name while waiting for an appointment. Clinics offering ORT include:

MOST AFM methadone clinic	#204-944-7070
Brandon AFM methadone clinic	#204-729-3854
CARI methadone clinic	#204-944-1766
OATS methadone clinic	#204-589-3999
Phoenix methadone clinic	#204-586-4357

**Pain Clinics** within Winnipeg include:

HSC Pain Management Centre	#204-787-3018
Pan Am Pain Clinic	#204-927-2609

**Narcotics Anonymous** (mutual-help groups) information available through:

Winnipeg Area	#204-981-1730
Brandon Area	#204-727-2601

Further information also available online regarding treatment programs and mutual-help groups.