

6. Indicators of stability



When key workers, doctors and others involved in your opioid treatment assess your level of stability or instability this is what they take into consideration:

Indicators of a client's stability

- Requirements of AOTS are complied with
- Appointments are regularly scheduled and attended
- Changes to dispensing arrangements are rare
- Has a GP
- No evidence of criminal activity
- No hazardous or harmful use of alcohol and other drugs
- Physical and/or mental health problems are well-managed
- Relationships with others, housing, employment/occupation etc. are stable
- Takeaways are managed responsibly

(This isn't a tick-list or in order of importance – you don't have to achieve each and every one of the indicators to be considered 'stable'. However, the more that apply to you the more stable you'd be considered to be.)

Indicators of a client's instability

- Hazardous or harmful use of alcohol & other drugs
- Engaging in or supporting criminal activity
- Signs of being intoxicated/stoned
- Evidence of intravenous drug use
- Methadone dosing is irregular (not turning up regularly for your methadone)
- Attendance at case management and medical appointments is poor
- Urinalysis and/or blood testing is avoided
- Behaviour is poor (aggressive, constantly argumentative, etc.)
- Frequently makes requests for changes to dispensing arrangements and/or replacements for lost/stolen doses
- Physical and/or mental health problems aren't well-managed
- Doesn't have or won't identify a GP
- AOTS' programme requirements aren't complied with

Also available:

1. Opioid treatment with AOTS
2. Facts about methadone
3. First methadone dose and stabilisation
4. Accidental overdose
5. Ongoing Opioid Substitution Treatment (OST)
6. Indicators of stability
7. Clinical tests: blood, urine, etc.
8. Restabilisation
9. Pharmacy dispensing
10. Changes to prescriptions
11. Holiday arrangements within NZ
12. Travelling overseas
13. Methadone takeaways
14. Shared Care with your GP
15. Thinking about coming off?
16. Involuntarily withdrawal
17. Pregnancy and opioid treatment
18. Methadone and medication interactions
19. Driving and OST
20. Finding a GP

Facts about buprenorphine (Suboxone®)

Suboxone® treatment with CADS

Need to know more?

If you need more information about the indicators of stability and instability, speak to your key worker or doctor.

How do you know if your drug use is a problem? Alcohol & Other Drug Use Continuum:

