

# METHADONE: FACTS AND FIGURES



## Frequently Asked Questions (FAQ)

### Isn't methadone treatment just replacing one addiction with another?

*Methadone is a maintenance medication, just like insulin is for some diabetics. Dosages, once stabilized, are rarely changed, whereas opiate addiction involves increasing tolerance over time. The slow onset and long duration of action reduce or eliminate withdrawal symptoms, but do not make people feel "high."*

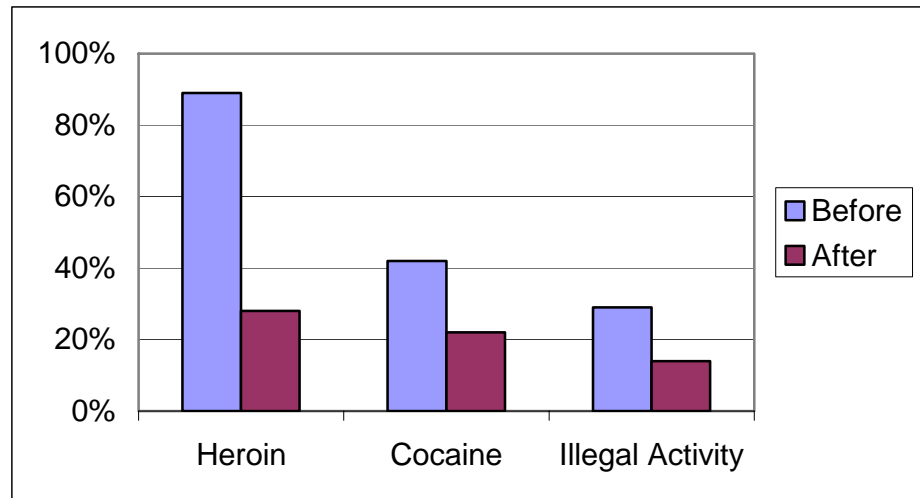
### How long should people be on methadone?

*Research indicates that two years is a minimum threshold for treatment to have its full effect. Most chronic diseases require long-term treatment and maintenance; opiate addiction is no different.*

### What are the benefits of methadone treatment?

*Methadone treatment has been shown to reduce infectious diseases, overdoses, and crime. People in treatment get jobs, housing, and maintain relationships with their families and children.*

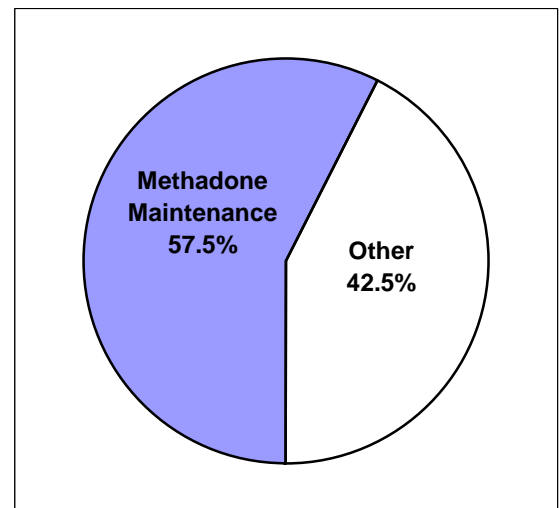
## Drug Abuse Treatment Outcome Study (DATOS) *Outpatient Methadone Treatment at one year follow up*



*DATOS, a large national study of treatment effectiveness, found that methadone treatment reduced weekly heroin use by 69%, cocaine use by 48%, and illegal activity by 52% (n=727)*

Hubbard, R. L., Craddock, S. G., Flynn, P. M., Anderson, J., & Etheridge, R. M. (1997). Overview of 1-year follow-up outcomes in the Drug Abuse Treatment Outcome Study (DATOS). *Psychology of Addictive Behaviors*, 11(4), 261-278.

**Almost 58% of the 6,630 people entering Oregon treatment programs for heroin dependence from July 2003 to June 2004 were in methadone maintenance**

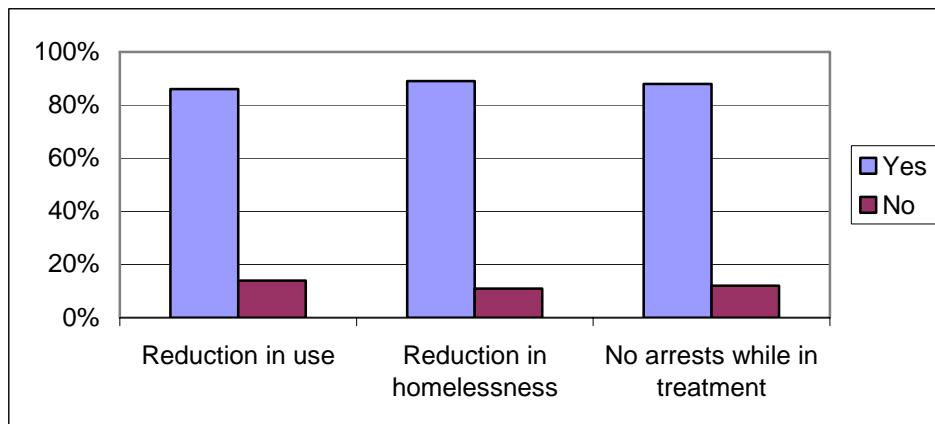


**Demographic information of 2005 study participants from the Client Process Monitoring System (CPMS)**

- 176 people enrolled in treatment for 12-14 months
- 53% Men / 47% Women
- 79% reported heroin as primary drug (16.5% other opiate drug)
- 71% reported primarily injecting
- 39% reported 1+ arrests in past five years
- 26% were employed full-time or part-time

**Findings from the 2005 OMHAS Methadone Treatment Outcome Study**

*88% of people in treatment for 1 year reported that they reduced use and were not arrested! 89% of those homeless at intake found stable housing.*

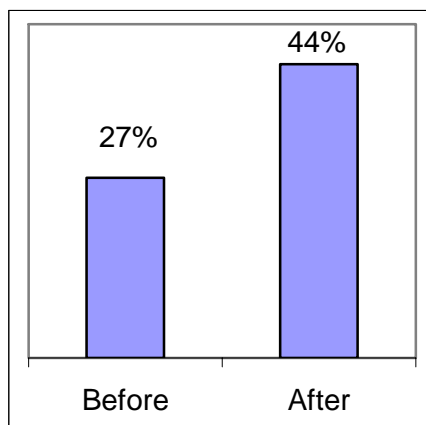


**Methadone Works!**

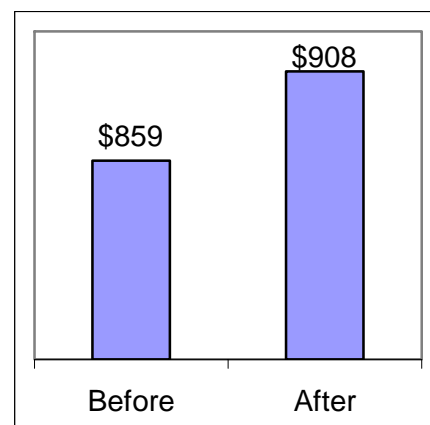
*"I've been on the program for eight years now. The almost constant craving for heroin has vanished. Four years ago, I quit smoking cigarettes. Recently, I finished losing the forty-five pounds I gained during the first year. I have something that resembles a normal life."*

-Methadone Treatment Patient  
CODA Treatment Services,  
Portland

**Full-time, part-time, or irregular employment increased 63%**



**Average monthly income increased 6%**



**Treatment saves money and lives!**

For information on methadone treatment effectiveness see:

- [www.nfattc.org](http://www.nfattc.org)
- [www.datos.org](http://www.datos.org)
- [www.aatod.org](http://www.aatod.org)

*For more information on methadone treatment, or to order publications, call the OMHAS Resource Center:*

**1-800-822-6772**

**Other Findings:**

- People with lower income at intake were less likely to remain in treatment
- People who received "Educational/Skill Development" while in treatment had the most substantial increases in income (a 42% increase from \$755 at intake to \$1,069 at one year!)
- Among those in treatment for one year, urinalyses showed that 60% had not used any drugs and 86% had not used opiates in the past 60 days
- About 65% of people admitted between 11/1/03-1/31/04 were retained in treatment for one year