

**Sonoma County
Indian Health Project, Inc.**



**Welcome to SCIHP's
Medication Assisted
Treatment (MAT) Program**

K'o?di



K'o?di (pronounced Koh-dee), meaning “it is good” in the Southern Pomo language, is a group-based program to help our Native community members living with opioid addiction re-create balance and restore health and wellness.

What is K'o?di?

K'o?di is an outpatient, group-based, Medication Assisted Treatment (MAT) program to help those who are recovering or seeking help to recover from opiate use disorder. The program combines medication, with a variety of tools and a supportive group environment to help make positive lifestyle changes.

How long is the program?

The duration of the program will vary from person to person. Your Primary Care Provider will closely monitor your progress on these medications and will provide individualized care based on each patient.

Medications used in K'o?di?

Suboxone is a combination of Buprenorphine and Naloxone. This medication can decrease the cravings and withdrawal symptoms allowing the patient to focus on other aspects of their treatment plan to recovery.

How is this program structured?

First Visit: Participants receive their first dose of Buprenorphine under medical supervision.

Intake & Assessment: Within a few days, participants receive an intake appointment with the K'o?di Case Manager to assess needs and help create a treatment plan to best support recovery.

Group Sessions: Within one week, participants attend their first group session. The frequency of group attendance will depend on the Level of Treatment required by the treatment plan. Groups include peer support, and will have weekly speakers from various SCIHP departments (Nutrition, Pharmacy, Behavioral Health, etc.)

<i>Treatment Level</i>	<i>Group Attendance</i>
<i>Level 1</i>	<i>Weekly</i>
<i>Level 2</i>	<i>Bi-weekly</i>
<i>Level 3</i>	<i>Monthly</i>
<i>Level 4</i>	<i>Quarterly</i>

Who is part of the K'o?di Team?

The K'o?di team is made up of the participant, counselor and your Primary Care Provider, who will work together to create a comprehensive and individualized treatment plan that will include goals and expectations.

Topics will include:

- Recovery and Native spiritual healing
- Managing triggers and relationships
- Medications: Suboxone, Narcan, etc.
- Nutrition and Recovery
- Herbal remedies and other SCIHP offered alternative treatments

Patients will continue to see their Primary Care Provider and may also be assigned a therapist and/or SUD Counselor as part of their treatment plan.

How do I sign up?

If you are interested in participating in the K'o?di program let your Care team know, they will discuss the program with you and conduct an assessment. If K'o?di is a good option for you, your provider will schedule you for your first K'o?di group.

Facts and Figures

- Between 2000-2016, Native Americans had a 6.2x increase in overdose deaths involving opioids
- In 2016 an estimated 2.1 million people had an opioid use disorder related to prescription pain relievers and 626,000 had an opioid use disorder related to heroin use.
- MAT programs focus on improving the quality of life of those receiving treatment.
- The MAT program provides a comprehensive and individually tailored program. It also includes support services that address the needs of most patients.
- MAT has been proven to be clinically effective and to reduce the need for inpatient detoxification services.
- MAT programs contribute to lowering a person's risk of contracting HIV or Hepatitis C by reducing the potential for relapse.

Contact Us Today!

Location:

**144 Stony Point Rd
Santa Rosa, CA 95401
Phone: (707) 521-4500
Fax: (707) 544-4626**

***K'o?di Hours of Operation:
Every Wednesday from 1:30-
3:30pm***

***Our on-call provider is
available after-hours and
weekends:***

(707) 521-4500

Check out our webpage at:

WWW.SCIHP.ORG

OR

