

## Stabilization and Maintenance

Stabilization  
Months 1-3



MAR Provider    Nurse

During weekly (Mo. 1) and bi-weekly (Mos. 2-3) appts, we:

1. Address **cravings** and other substance use.
2. Increase daily **buprenorphine dose** if needed.
3. Treat concurrent **pain** issues.
4. Treat symptoms of **anxiety** and **insomnia**.
5. Address **social determinants of health**.

Maintenance  
After 3 months

During monthly appts, we work with the patient to:

1. Continue to assess and address **cravings**.
2. Assess **stability**, coping with **stress** without relapse, and return of **function** in relationships and work.
3. Encourage **disclosure** of any potential trauma issues or behavioral health issues.



Positive Drug  
Screens

If the patient ever presents with a positive substance use test, we help problem solve this use to identify what triggered the patient to use and how to address these **triggers** in the future, all the while emphasizing that **relapses are not uncommon**.