

Support Groups

Celebrate Recovery

12 Step Program – Grace Church
Kelseyville – (707) 533-5713 - 6716
Live Oak Drive, Kelseyville, CA

Narcotics Anonymous

(707) 262-0132

nalakecounty.org – call or visit
website for information on free
support-group meetings throughout
Lake County

Have Questions?

Contact us!

www.saferxlakecounty.org
707-995-5848

WHERE TO FIND MAT TREATMENT IN LAKE COUNTY

AZARI, PARINAZ MD
ADVENTIST HEALTH CLEARLAKE
(Accepting in-house patients only.)

BRADLEY, STEPHEN PETER MD
5335 LAKESHORE BOULEVARD, LAKEPORT, CA
707-263-5679

DOUGLAS, JERRY MD
LAKEVIEW HEALTH CENTER, LAKEPORT CA
707-263-7725

GARDNER, ROBERT WILLIAM MD
LUCERNE COMMUNITY CLINIC, LUCERNE, CA
707-249-9299
(accepting new patients for MAT, but not for pain
management)

LAW, MELODY S MD
ADVENTIST HEALTH
(Telemedicine from Sacramento.)

MICHEL, ROSELINE DO
LAKE COUNTY TRIBAL HEALTH 925 BEVINS COURT,
LAKEPORT
(Accepting in-house patients only.)

SCHEPPER, STEVEN JON MD
LUCERNE COMMUNITY CLINIC, LUCERNE, CA
707-249-9299
(accepting new patients for MAT, but not for pain
management)



**OPIOID
ADDICTION
& RECOVERY**



**Up to one in four
people taking long-
term opioid
therapy will
become addicted.**

**Your potential to become
addicted depends on:**

- genetics
- environment
- amount of exposure to the opioid

Addiction is not the same as physical dependence. Anyone taking opioids for as little as a week can develop physical dependence.

SIGNS THAT YOU ARE BECOMING ADDICTED

- Taking the opioid in larger amounts or for longer than you're prescribed.
- Wanting to cut down or stop using the opioid but being unable to.
- Spending a lot of time getting, using, or recovering from use of the opioid.
- Attempting to keep your usage a secret.
- Cravings and urges to use.
- Not managing to do what you should at work, home, or school because of usage.
- Continuing to use, even when it causes problems in relationships.
- Taking risks to obtain opioids.
- Feeling that you need it to deal with your problems.
- Making excuses when people act concerned.
- Giving up social, occupational, or recreational activities due to use.
- Using even when it puts you in danger.
- Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the opioid.
- Needing more of the opioid to get the effect you want (tolerance).



Addiction results in changes in the brain and is considered a treatable disease.

Several providers in Lake County offer Medication-Assisted Treatment (MAT). The most common MAT uses buprenorphine (Suboxone) because it can be prescribed like other medications and does not require daily trips to a specialized clinic. Buprenorphine treatment has 12-month success rates of 50-80%.

If you think you are addicted or are becoming addicted, talk to your doctor or a counselor immediately for assistance (more information on back).