Routes to Recovery
via criminal justice
Mapping user manual
Prescribing in a criminal justice setting

The following knowledge maps may help support prescribing in prison or on release. They should be used in conjunction with prison prescribing guidelines.
Starting Methadone
- Take it once a day
- Takes 5 days for methadone to have its full effect
- No serious long-term problems
- But.. may be hard to stop after taking it for several years
- Reviewed at least every 3 months

Combinations of drugs
- Methadone + alcohol or benzos (valium, temazepam) = increased risk of overdose
- Methadone + Subutex = withdrawals

Storage
- 5 or 10ml of methadone could kill a child
- In prison - supervised consumption
- At home - keep in a locked cupboard
- Warn children of dangers of medications
- Use bottle with child-proof cap

Side effects
- Constipation
- Sweating
- Itching
- Nausea
- Drowsiness

Health issues
- Avoid constipation – eat fruit and veg and drink plenty of water
- Swill mouth out with water after taking methadone
- Brush teeth regularly (but don’t share brushes)
- Loss of sex drive

Overdose
- Taking more opioids (heroin, methadone, codeine etc) than your body can handle = breathing slows and then stops
- 20mg methadone can kill a non-dependent person
- Death tends to happen on 2nd or 3rd day of treatment

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10
Comments:
Subutex + alcohol or benzos (valium, temazepam) increased risk of overdose
Heroin will have a reduced effect – trying to get a hit increases the risk of overdose
Methadone + Subutex withdrawals

• A small dose of Subutex could kill a child
• In prison – supervised consumption / crushing
• At home - keep in a locked cupboard
• Warn children of dangers
• Use child-proof cap

Avoid constipation – eat fruit and veg and drink plenty of water
Brush teeth regularly (but don’t share brushes)
Loss of sex drive

Starting Subutex
• Causes withdrawal effects if taken too soon after other opioid drugs
• First dose must be at least 8 hours after last heroin
• At least 36 hours after last methadone
• Less withdrawal symptoms than methadone, but may be hard to stop after taking it for several years

Combinations of drugs
• Subutex + alcohol or benzos (valium, temazepam) → increased risk of overdose
• Heroin will have a reduced effect – trying to get a hit increases the risk of overdose
• Methadone + Subutex → withdrawals

Side effects
• Constipation
• Sweating
• Itching
• Nausea

Overdose
• Taking Subutex in combination with alcohol and benzodiazepines may cause your breathing to slow and then stop

Health issues

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10 Comments:
Map 03/Opioid detoxification
The opioid withdrawal syndrome

Regular use of opioid drug

Body gets used to the effects (takes days to weeks)

Brain finds it harder to make noradrenaline

You need to take more opioid drugs to get the same effect (TOLERANCE)

Brain has to work harder

When you cut down or stop opioids you experience WITHDRAWAL

Brain is still working too hard to make noradrenaline

Worst after 2-3 days, and returns to normal after 7-14 days

Brain chemical that produces the ‘fight-or-flight response’, increasing heart rate, releasing energy from body stores, and increasing blood flow to the muscles

Noradrenaline

Brain chemical that produces the 'fight-or-flight response', increasing heart rate, releasing energy from body stores, and increasing blood flow to the muscles

Brain is still working too hard to make noradrenaline

Too much noradrenaline

Withdrawal symptoms

Client name:     Keyworker: Date: __ / __ / __

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments:
Opioid detoxification/Map 04
The opioid withdrawal syndrome

- Poor sleep
- Anxiety
- Anger
- Yawning
- Runny eyes and nose
- Sneezing
- Nausea and vomiting
- Diarrhoea
- Jerking in arms and legs
- Restlessness
- High temperature
- Sweating
- Feeling hot and cold
- Pains in muscles, bones and joints

Client name: ____________________
Keyworker: ____________________
Date: __/__/__

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10
Comments: ____________________
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A wide range of node-link mapping materials are available for free at www.ibr.tcu.edu