

Outpatient Plus Program

What is OPP?

The Outpatient Plus Program (OPP) at MaineGeneral is a medication assisted treatment (MAT) program that provides buprenorphine (commonly known as “Suboxone”) to patients in the community. Buprenorphine is a medication that treats opioid dependence and helps many people achieve recovery; it is effective and safer than some of the other treatment options.¹

The OPP offers MAT in different settings so we can best meet an individual patient’s treatment needs. The program is unique because it offers a mid-level of care with fewer appointments than the intensive outpatient program (IOP), but with more behavioral support than the primary care setting.

The OPP began in 2017 after MaineGeneral was awarded a grant by the Maine Health Access Foundation. MaineGeneral designed the program to respond to the growing need for substance use treatment in our community.

What can participants expect?

MaineGeneral’s mission is to enhance, every day, the health of the people in the greater Kennebec Valley. MaineGeneral recognizes that “health” is comprised of many facets, and that physical health is only one piece of a patient’s overall health status. To provide more comprehensive care to our participants and adopt a wider lens of health, the goal of OPP is to help our patients achieve their goal of successful, long-term recovery and a fuller picture of health. Program expectations include:

- A required intake process with a licensed counselor before enrolling in the program. If the counselor deems it necessary during the intake, or at any time during treatment, individual sessions may become a mandatory part of treatment to ensure psychological, emotional and social wellbeing.
- Bi-weekly prescriptions of buprenorphine (or weekly prescriptions if a participant is struggling to maintain sobriety or has not fulfilled other program requirements).
- Random urine drug screening and film/pill counts to promote accountability.
- Mandatory participation in two monthly group sessions (one medication management group and one psychotherapy group). These are held every other Wednesday and run 90 minutes each. Participants must arrive 30 minutes early on med management days.
- As OPP only provides MAT, participants are expected to obtain primary care and/or psychiatric medication management in other settings. Our staff will help participants find a provider within the MaineGeneral network.

¹ Center for Substance Abuse Treatment. Clinical guidelines for the use of buprenorphine in the treatment of opioid addiction. Treatment Improvement Protocol (TIP) series 40. DHHS Pub. No. (SMA) 07-3939. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004.



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