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# The BOP Addiction Service Opioid Substitution Treatment (OST) Indicators of Stability

**Te Whatu Ora**  
 Health New Zealand  
 Hauora a Toi Bay of Plenty

When case managers, medical officers and others involved in your opioid substitution treatment assess your level of stability or instability they take the following into consideration.

## Indicators of a person's stability

- No hazardous or harmful use of alcohol and other drugs
- No evidence of criminal activity
- Takeaways are managed responsibly
- Appointments are regularly scheduled and attended
- Changing to dispensing arrangements are rare
- Relationships with others, housing, employment/occupation etc. are stable
- Has a GP
- Physical and/or mental health problems are well managed
- BOPAS OST requirements are complied with.

## Indicators of a person's instability

- Hazardous and harmful use of alcohol and other drugs
- Engaging in or supporting criminal activity
- Signs of being intoxicated/stoned
- Evidence of injecting drug use
- Methadone or Buprenorphine/ naloxone dosing is irregular (not turning up regularly for your medication)
- Attendance at case management and medical appointments is poor
- Urinalysis and/or blood testing is avoided
- Behaviour is poor (aggressive, constantly argumentative, etc.)
- Frequently makes requests for changes to dispensing arrangements and/or replacements for lost/stolen doses
- Physical and/or mental health problems aren't well managed
- Doesn't have or won't identify a GP
- BOPAS OST requirements aren't complied with

It's not a tick-list – you don't have to achieve each and every one of the indicators to be considered 'stable'. However, the more that apply to you the more stable you're considered to be.

*Te Whatu Ora Hauora a Toi Bay of Plenty has an active commitment to the Treaty of Waitangi and the improvement of Māori health.*

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