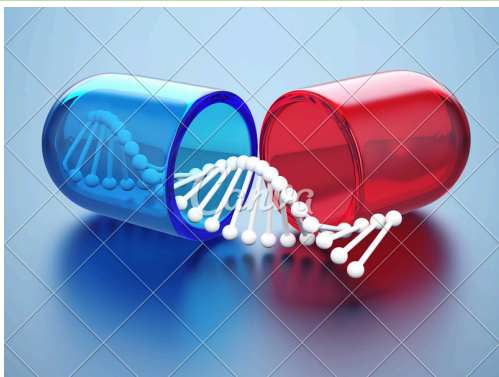


# WHAT IS MAT?

## Medication Assisted Treatment

Medication-Assisted Treatment (MAT) is an evidence-based approach to treating substance use disorders, particularly opioid use disorders (OUD). It combines medications with counseling and behavioral therapies to help individuals achieve and sustain recovery.



### Medications:

- **Methadone:** Reduces opioid cravings and withdrawal symptoms.
- **Buprenorphine:** Eases withdrawal symptoms and blocks the effects of other opioids.
- **Naltrexone:** Blocks the euphoric effects of opioids and alcohol.



### Behavioral Therapies

- Counseling and behavioral therapies help address the psychological aspects of addiction.
- These therapies provide support, education, and coping strategies.

## Benefits of MAT

- **Reduced Relapse:** MAT significantly lowers the risk of relapse, increasing the chances of sustained recovery.
- **Improved Quality of Life:** By stabilizing individuals, MAT allows them to focus on rebuilding their lives.
- **Reduced Overdose Risk:** Medications reduce cravings, minimizing the likelihood of accidental overdose.
- **Community Impact:** MAT contributes to safer communities by decreasing illegal opioid use and related criminal activity.

## Myths Vs Facts

**Myth:** MAT/MOUD just substitutes one drug for another.

**Fact:** MAT/MOUD stabilizes brain chemistry, reduces the euphoric effects of alcohol and opioids, and normalizes body functions.

**Myth:** MAT/MOUD is only for short-term treatment.

**Fact:** MAT/MOUD can be a long-term treatment, and there is no set duration. The length of treatment depends on the individual's needs.



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Medication-Assisted Treatment  
Prevention • Support • Recovery • Education