

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.