

The Truth about

MAT

Medication-Assisted Treatment

MAT is the use of medications and counseling to treat substance use disorders. This pamphlet will cover what is **fact** versus what is **fiction** when it comes to Medication-Assisted Treatment.

FACT
VS.
FICTION


OKLAHOMA
Mental Health &
Substance Abuse

SERVICES WITHIN REACH

FACTS

MAT Saves Lives

Research from the American Society of Addiction Medicine (ASAM) show individuals receiving MAT as part of their opioid use disorder (OUD) treatment are 75% less likely to die from a drug overdose than those not receiving MAT.

MAT is Effective

Evidence has shown that MAT is effective in treating OUD, reducing drug-related disease, criminal recidivism, and more effective than simply behavioral interventions or medication alone in treating individuals with OUD.

MAT isn't Just Meds

Like the name suggests, MAT is treatment that involves medication but also has a counseling aspect. Counseling that encourages positive lifestyle change while the medication treats withdrawal symptoms.

Recovery is Within Reach

Implementing MAT allows individuals time, without cravings and withdrawal symptoms, to focus on lifestyle changes and on long-term goals of remission and recovery. MAT has been shown to create a 90% success rate for those who sustain sobriety at the 2-year mark.

FICTION

MAT Medications are Just Like Liquid Handcuffs

Two medications used to treat OUD, Buprenorphine and Naltrexone can be prescribed in pill form or by sustained-release injection. Thus making it unnecessary to make daily visits to an authorized clinic. In some cases telemedicine appointments are made and where its possible that a doctor can come to you.

In cases where Methadone is prescribed, a daily visit would be required. This medication is often prescribed when a person is experiencing a severe dependence on opioids. Research has shown that Methadone has reduced overdose fatalities by more than half.

FICTION cont'd

MAT has Dangerous Side Effects

As with all prescription medications, there are potential risks associated with the medications prescribed under MAT. Use of other medications, illegal drugs and/or alcohol can increase risk of side effects. Your doctor will want to review any medications you are currently taking and will discuss side effects and risks prior to beginning treatment.

MAT Trades One Addiction for Another

The medications prescribed for MAT do not get a person high. They work to block euphoric effects of opioids, relieve cravings, normalize brain chemistry and normalize physical function without the patient experiencing withdrawal.

If You're Using, You aren't in Recovery

Some will believe that if you are using medications to get sober, you aren't in recovery. Recovery is a journey and part of this journey requires a period of time where medication is necessary. The goal will always be to achieve a state where medication is no longer necessary.

Abstinence is Just as Effective as MAT

This may be true for a select few, but research has shown that for many, that the long-term effect that drug use has on the brain can create an inability to suppress the urge to use. Thus creating a scenario where drug use would likely continue. MAT is evidence-based and has been vetted by a number of well respected organizations including the Centers for Disease Control and Prevention.

MAT is Just Another Way for Doctors to Prescribe More Opioids

Providers must adhere to strict federal regulations and go through an in-depth process to maintain their license and prescribe medication-assisted treatment for patients.

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