



Medication Assisted Treatment (MAT) Fact Sheet

MAT defined:

The use of FDA-approved medications, in combination with counseling and other behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders.

-Substance Abuse and Mental Health Services Administration (SAMHSA)

Three commonly used and FDA-approved medications



Methadone: Liquid medication dispensed daily in regulated healthcare settings designated as "Opioid Treatment Programs" (OTP).



Naltrexone: Commonly known by its branded name; Vivitrol.[®] Daily pill or monthly injection. Must have abstained from opioids for 7-10 days before first dose.



Buprenorphine: Commonly known by its branded name; Suboxone.[®] Daily dissolving tablet, cheek film, or 6-month implant under skin.

Evidence-based & recommended course of treatment for opioid use disorder by The National Institute on Drug Abuse, SAMHSA, the CDC and many others.



Methadone and Suboxone are safe for use in pregnancy and shown to improve birth outcomes





Myth: MAT trades one addiction for another.

Fact: MAT bridges the gap between physiological and psychological/behavioral treatment approaches. A combination of medical and behavioral therapies can successfully treat and help sustain recovery for substance use disorders.



Myth: MAT is short-term.

Fact: Research shows that patients on MAT for at least 1-2 years have the greatest rates of long-term success. There is currently no evidence to support the benefits of stopping MAT.

Myth: Patients on MAT are less successful in recovery than patients not receiving MAT.



Fact: Patients have significantly decreased odds of relapse when receiving MAT, compared to those receiving standard care without MAT.

How can you help?

Combat Stigma and Share Your Knowledge: The slow adoption of and discrimination against these evidence-based treatment options are partly due to misconceptions. Share what you know!

Carry Naloxone: Naloxone (Narcan) is a life-saving resource that anyone can use to prevent opioid overdose. Learn more at compdrug.org/narcan-2.

Sources

National Council for Behavioral Health (2018). Medication Assisted Treatment: MAT Myths Vs. Facts. Retrieved: https://www.thenationalcouncil.org/mat/mf_1_30/

Saunders, E.C. et al. (2015). The Impact of Addiction Medications on Treatment Outcomes for Persons with Co-Occurring PTSD and Opioid Use Disorders. National Institutes of Health, PMC. 24(8): 722-731.