

# Medication-Assisted Treatment for Substance Use Disorders



## What is MAT?

Medication-assisted treatment (MAT) is the use of medications and counseling to treat substance use disorders. Many people with Opioid Use Disorder (OUD) or Alcohol Use Disorder (AUD) can benefit from MAT. In fact, it is the most effective way for some individuals to recover long term.<sup>1</sup>

## What can MAT do?

MAT may help people:

- get back to life activities such as parenting, work and school
- lower the risk of relapse and overdose
- reduce cravings
- improve the ability to recover
- increase the chance of gaining and keeping a job

If a person has overdosed on opioids, MAT medication can save his or her life!

## Should I get MAT?

MAT can be highly effective in treating substance use disorders. It can be beneficial at every stage and may reduce the need for inpatient services.<sup>2</sup> MAT can help people get back on their feet again and live life to the fullest.

MAT is not for everyone, so seek the opinion of a trained provider. MAT services are offered in a number of settings, including the provider's office, outpatient treatment programs and facilities. To find a MAT provider nearby, please call New Directions at the number on the back of your insurance card.

<sup>1</sup>Weiss, R.D., Potter, J.S., Griffin, M.L. et al. Long-term outcomes from the National Drug Abuse Treatment Clinical Trials Network Prescription Opioid Addiction Treatment Study. *Drug and Alcohol Dependence* 150:112-119, 2015.

<sup>2</sup><http://www.samhsa.gov/medication-assisted-treatment/treatment>

**115 Americans  
DIE FROM OPIOID  
OVERDOSE  
EVERY DAY.**

Source: CDC/NCHS National Vital Statistics System, Mortality. CDC Wonder, Atlanta, GA: US Department of Health and Human, CDC; 2017.