

# WHAT IS MEDICATION-ASSISTED TREATMENT (MAT)?

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## WHAT IS MAT?

- MAT uses both medication and cognitive-behavioral therapy to treat substance abuse disorders



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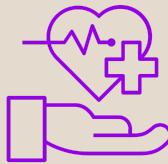
## WHY USE MAT OVER OTHER TREATMENTS?

- MAT is more effective than medication or behavioral therapy alone
- The WHO has deemed MAT the most effective treatment for Opioid Use Disorders (OUD)

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## HOW DOES MAT WORK?

- MAT reduces cravings and withdrawals
- The dosage decreases over time and this allows the individual to return to daily activities



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## AREN'T PATIENTS JUST SUBSTITUTING ONE DRUG FOR ANOTHER?

NO:

- MAT can't give users euphoria like other opioids
- MAT can be tapered down and doesn't need to be increased to have the same effect

## PATIENTS BENEFIT FROM MAT

### MAT SAVES LIVES



50% Less

Fatal Overdoses

INCREASING THE AVAILABILITY OF MAT LED TO A 50% REDUCTION IN FATAL OVERDOSES IN BALTIMORE FROM 1995-2009.

(Volkow, N. D., et al, 2014)

### PATIENTS ARE MORE LIKELY TO RECOVER ON MAT

- MAT is the *most effective* treatment for opioid use disorders. (WHO, 2004)

### MAT PROMOTES LONG-TERM RECOVERY

(Hatfield, R., 2017)



### PATIENTS ARE MORE LIKELY TO STAY IN TREATMENT

(Volkow, N. D., et al, 2014)



### PATIENTS LIVE HEALTHIER LIVES

- There are no long-term negative effects on bodily organs and patients engage in less risky behaviors.

(Fields, J., et al., 2004)



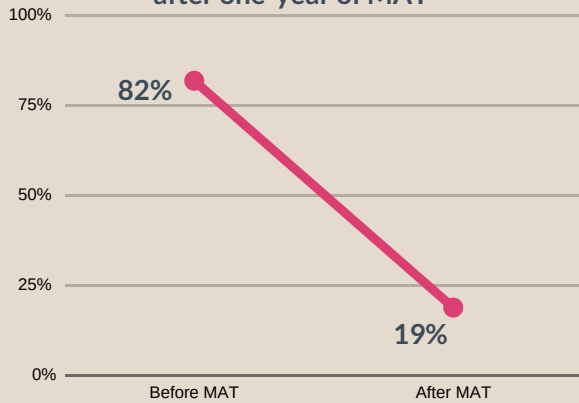
“Medication-assisted treatment *saves lives* while increasing the chances a person will remain in treatment and learn the skills and build the networks necessary for *long-term recovery*.”

- Michael Botticelli, Director, National Drug Control Policy



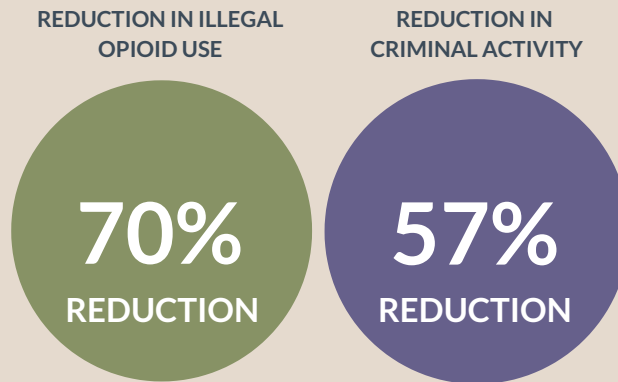
# MAT BENEFITS SOCIETY

Patients are less likely to be arrested after one-year of MAT



(Fields, J., et al., 2004)

MAT reduced illegal opioid use and criminal activity



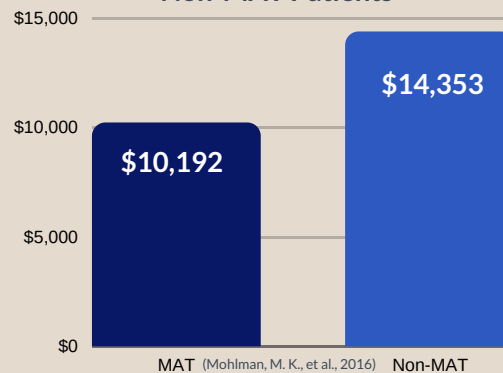
(Fields, J., et al., 2004)

Patients are more likely to be employed full-time



(Fields, J., et al., 2004)

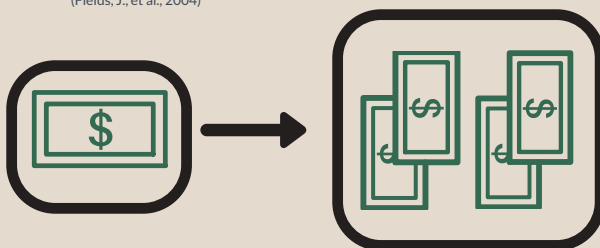
Cost of Health Plan for MAT Patients vs Non-MAT Patients



MAT (Mohlman, M. K., et al., 2016) Non-MAT

For every \$1 spent on MAT, \$4 is saved.

(Fields, J., et al., 2004)



## WHAT ARE BARRIERS TO USING MAT?

- MAT is expensive in the short-term, but results in long-term savings
- There is a myth that MAT is replacing one drug for another
- Patients may feel shame or a lack of support
- Insurance may not always cover MAT

### Literature Cited

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