

# Recovery is possible with Medication Assisted Treatment

TREATMENT FOR OPIOID ADDICTION STARTS HERE

**YOU ARE NOT ALONE. NATIONWIDE:<sup>1</sup>**

**19.7 million**

people struggle with an alcohol or drug addiction

**2.1 million**

people struggle with an opioid addiction



## WHAT IS AN OPIOID?

Opioids are drugs that include:

- Heroin
- Fentanyl
- Prescription pain medications



## WHAT IS MEDICATION ASSISTED TREATMENT?

FDA-approved medication + Counseling & behavioral therapies = Whole person approach to treatment

Medication Assisted Treatment, or MAT, uses Food and Drug Administration (FDA)-approved medications to treat opioid addiction. Together with counseling, MAT treats the whole person. Common medications in MAT include buprenorphine, methadone, and naltrexone.

## DO YOU STRUGGLE WITH OPIOID ADDICTION?

- Are you using more opioids than you want to?
- Is it hard to cut down or control your opioid use?
- Do you crave opioids?
- Has your opioid use caused problems in your relationships with others, or other parts of life, like work, school, or home?
- Are you developing a tolerance (feeling less effect with continued use)?
- Do you feel physically sick or unwell when you stop using opioids?
- Have you tried to stop using opioids without success?

If you checked any of the boxes above, you may have an addiction to opioids, and Medication Assisted Treatment can help! There's no shame in getting the help you need.

## CONTINUED: Recovery is possible with Medication Assisted Treatment

**4 out of 5 people with opioid addiction who receive treatment without MAT relapse within 2 years.<sup>2</sup>**



### WHY MAT?

MAT is proven for people struggling with opioids and can be tailored to meet your needs. Research has shown many benefits to treating opioid addiction with MAT:

- Reduced or no withdrawal symptoms (the feeling of sickness that happens when you stop using opioids)
- Reduced or no cravings
- Prevents opioid-related overdoses
- Using MAT makes you less likely to start using opioids again

### AM I TRADING ONE ADDICTION FOR ANOTHER?

Addiction is not a choice — it's a disease. If you struggle with an opioid addiction, taking medications to help your recovery is no different than taking medications for other health issues like diabetes or heart disease. In both cases, people take medications to help them live healthy and productive lives. Taking medication to treat addiction does not create a new addiction — it helps you manage your addiction and recover.

### HOW LONG DO MOST PEOPLE STAY ON MAT?

Every person is different. There is no right or wrong length of time and no "one size fits all" approach to treatment — it all depends on what's right for you. Medication to treat addiction can be used safely for months or years.

### WHERE CAN I FIND TREATMENT?

You can find MAT in a variety of health care settings including doctors' offices, community clinics, the emergency department, and drug and alcohol treatment programs. Medi-Cal, Medicare, and many private insurance plans cover MAT. Find where you can access proven treatment that's right for you at [ChooseMAT.org](http://ChooseMAT.org).



### WHAT IF I STRUGGLE WITH ALCOHOL OR OTHER DRUGS?

If you struggle with alcohol, MAT can help. Only alcohol and opioid use have FDA-approved medications to help with recovery. If you struggle with other drugs, there are treatments available for you. If you are interested in treatment, visit [ChooseMAT.org](http://ChooseMAT.org).

<sup>2</sup> Bart, Gavin. "Maintenance Medication for Opiate Addiction: The Foundation of Recovery." *Journal of Addictive Diseases* 31.3 (2012): 207-225. Available at: [bit.ly/2KAGA4y](http://bit.ly/2KAGA4y).