

# Helping Participants Access Medication Assisted Treatment

## HOW DO I KNOW IF A PARTICIPANT CAN BENEFIT FROM MAT?

MAT may be a good choice for a participant if:

- 1** They are seeking treatment for an opioid or alcohol use disorder; and/or
- 2** They have tried stopping or reducing use of opioids or alcohol in the past but have been unsuccessful.

## HOW CAN I HELP A PARTICIPANT FIND A MAT PROVIDER?

Ask the participant where they get their health insurance, as this will determine what provider they can see. For information about different insurance sources and what they cover, see the table on the back of this document. Regardless of insurance source, DUI program counselors can work with participants to find a provider:

### **1 Check the MAT locator.**

Help the participant call providers to see if they take their insurance and have availability for an appointment.

### **2 Check the provider directory for a participant's insurance plan.**

- For Medi-Cal, substance use disorder (SUD) services are managed by each county's behavioral health department. In most counties, the county behavioral health department

must have a provider directory (or provider list) posted on their website. You may also be able to call an access line for help. Access lines and websites for each county are listed at [bit.ly/2V4lfGs](http://bit.ly/2V4lfGs).

- Other insurance plans also post provider directories online. These can be accessed using an online participant portal. Information about the online participant portal should be listed on the participant's insurance card.

- ### **3 Check with the participant's doctor.**
- The participant's doctor may be able to prescribe MAT medications or may know of other providers who are able to help.



## MAT LOCATOR

- For a list of providers and facilities offering MAT in your area, visit: <http://choosemat.org/>.
- Type in your zip code, or the zip code of the participant and filter for providers that offer "Outpatient methadone/buprenorphine or naltrexone treatment."

## WHAT ARE NEXT STEPS?

**Check in:** Once you have found a provider who takes the participant's insurance and can provide treatment, help the participant make their appointment. Check in regularly with the participant to be sure they are showing up for each appointment. Be sure to schedule a follow-up with the participant to discuss next steps and treatment planning.

**Make connections:** Once you have helped the participant find a provider, begin making a list of providers in your area that offer MAT and accept the participants' insurance. This will make it easier to make referrals in the future.

CONTINUED ON THE BACK

**CONTINUED:****Insurance Coverage and MAT**

| <b>FORM OF INSURANCE</b>  | <b>WHAT IS IT?</b>  | <b>WHAT IS COVERED?</b>   |
|---------------------------|---|---|
| <b>MEDI-CAL</b>           | Medi-Cal is a health insurance program for low income individuals.  | Medi-Cal covers all types of MAT for OUD (methadone, buprenorphine, naltrexone) and AUD (naltrexone, acamprosate, and disulfiram), but may not cover all forms of the drug. Participants with Medi-Cal do not have a co-pay (a portion of the cost that they must pay themselves) for MAT medications.                |
| <b>COVERED CALIFORNIA</b> | Covered California is a website that allows people to purchase insurance coverage.                                      | Whether or not MAT is covered depends on the plan. Plans may require prior authorization (the need for the plan to review the medication before approving coverage). Participants may have a co-pay for medications or services.  |
| <b>EMPLOYER-SPONSORED</b> | Many people receive health insurance through their employer.  | Whether MAT is covered depends on the plan. Plans may require prior authorization. Participants may have a co-pay for medications or services.  |
| <b>MEDICARE</b>           | Medicare is a health insurance plan for people over the age of 65, or for people under the age of 65 with a disability. | Medicare covers some forms of buprenorphine and naltrexone but does not cover methadone. Participants may have a co-pay for medications or services.  |
| <b>MEDI-CAL/MEDICARE</b>  | Some people are eligible for both Medi-Cal and Medicare.  | Medicare and Medi-Cal both cover certain MAT medications. Medi-Cal can cover extra services that Medicare will not.   |
| <b>NO INSURANCE</b>       | Some participants may not have access to insurance.   | Many substance use providers have grants that can cover uninsured participants. If your participant does not have insurance, check with your local narcotic treatment program (NTP) about whether they may be able to help. A directory of NTPs is available at <a href="https://bit.ly/2GQesac">bit.ly/2GQesac</a> . |