

You can recover with Medication Assisted Treatment

TREATMENT FOR ADDICTION STARTS HERE

YOU ARE NOT ALONE.

Many people struggle with addiction to opioids.

THE GOOD NEWS:

There's a treatment that works for opioid addiction.



WHAT IS AN OPIOID?

Opioids are drugs such as:

- Heroin
- Fentanyl
- Prescription pain medications



WHAT IS MEDICATION ASSISTED TREATMENT?

Medication + Counseling = Whole person approach to treatment

Medication Assisted Treatment, or MAT, uses medication and counseling to treat opioid addiction. Using medication and counseling treats the whole person, and reduces the rate of relapse (relapse means returning to use after being sober).

HOW LONG DO MOST PEOPLE STAY ON MAT?

Every person is different. Some people use MAT for a short time. Some people may be on MAT for years. There is no right or wrong length of time. It all depends on what's right for you. Medication to treat addiction can be used safely for a long time.

AM I ADDICTED TO OPIOIDS?

- Are you using more opioids than you want to?
- Is it hard to cut down or stop using opioids?
- Do you crave opioids?
- Has using opioids caused problems in your life?
- Are you developing a tolerance (feeling less effect from the drug)?
- Do you feel sick when you stop using opioids?
- Have you tried to stop using opioids but haven't been able?

If the answer to any of these questions is yes, Medication Assisted Treatment can help. There's no shame in getting the help you need.

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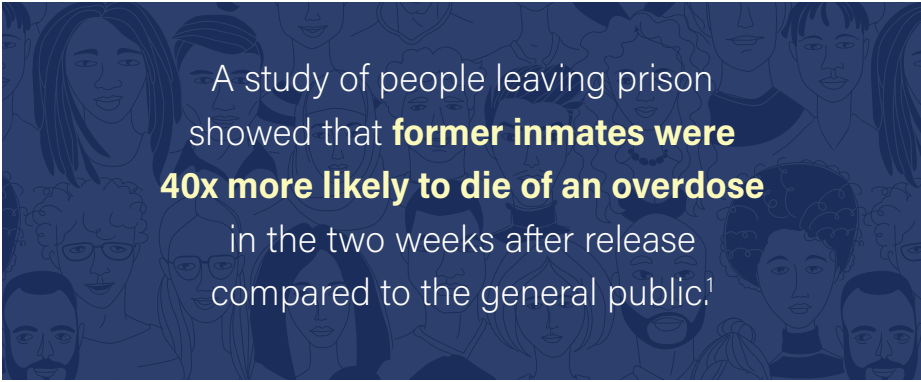
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WHY MAT?

There are good reasons to treat opioid addiction with MAT:

- Prevents opioid-related overdoses
- Reduced or no withdrawal (the feeling of sickness that comes with stopping use of opioids)
- Reduced or no cravings after withdrawal
- Using MAT will make you less likely to relapse

People leaving prisons or jails, or who have been off opioids for a while, are at much greater risk of relapse when they return to the community. This is because their tolerance is low, and they may go back to using the same amount of opioids as before. MAT can help you resist cravings, and avoid returning to drug use.



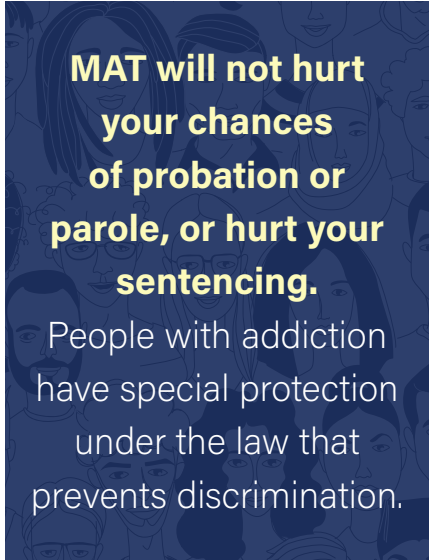
A study of people leaving prison showed that **former inmates were 40x more likely to die of an overdose** in the two weeks after release compared to the general public!¹

When you don't have to worry about cravings or withdrawal, you are able to focus on the important things in life, like going to work or school, taking care of children, and strengthening relationships with family and friends.

AM I TRADING ONE ADDICTION FOR ANOTHER?

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

¹Ranapurwala, S. I. et al. "Opioid Overdose Mortality Among Former North Carolina Inmates: 2000-2015," American Journal of Public Health (2018), 108, 1207-1213. doi: 10.2105/AJPH.2018.304514.



MAT will not hurt your chances of probation or parole, or hurt your sentencing.

People with addiction have special protection under the law that prevents discrimination.

WHAT IF I STRUGGLE WITH OTHER DRUGS?

While only alcohol and opioids use have FDA-approved medications to help with recovery, there are services and treatments available for people who struggle with other substances.

WHERE CAN I FIND MAT?

In the community, MAT is available in doctors' offices, community clinics, the emergency department, and drug and alcohol treatment programs. Prisons throughout California are beginning to offer MAT. Many jails in California are also beginning to offer MAT.

Medi-Cal, Medicare, and many other insurance plans cover MAT. Many providers also have grants that cover treatment for people who do not have insurance. If you are interested in treatment, visit [ChooseMAT.org](https://www.choosemat.org) to find a provider near you.