

# Medication Assisted Treatment (MAT)

To date, there is strong evidence to support the use of MAT (usually methadone, buprenorphine or naltrexone) in opioid addiction. Yet, there remains a stigma of “replacing one drug with another” and 25% of publicly funded treatment programs offer FDA approved MAT.

MAT:

- Decreases withdrawal in the early phases of recovery
- Decreases cravings
- Decreases risky activities associated with obtaining medications or drugs
- The POATS study found that approximately 61% of patients taking buprenorphine-naloxone as MAT with standard medical management remained abstinent from opioids at 3 ½ years.

Knudsen H, Abraham A, Roman P, “Adoption and Implementation of Medications in Addiction Treatment Programs,” Jnl Addiction Med 5, no1 (2011):21-7.  
Weiss R, Potter J et al, Long-term outcomes from the National Drug Abuse Treatment Clinical Trials Network Prescription Opioid Addiction Treatment Study. Drug and Alcohol Dependence, March 6, 2015.

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