



Medication-Assisted Treatment (MAT)

What is MAT?

Medication-assisted treatment (MAT) or Medications for Opioid Use Disorder (MOUD) are FDA-approved medications that treat substance use disorder (SUD) or opioid use disorder (OUD). With counseling and other therapy, this can help those struggling with SUD or OUD.

How does it work?

MAT or MOUD works by targeting the same receptors as substances or opioids. They block the effects of substances to help reduce symptoms of withdrawal (e.g., cravings, sweating) that may hinder recovery efforts. MAT is not a cure and often should include other therapy and support groups. MAT is not used to get high but aids in the recovery process.

How can MAT help?

- Manage withdrawal symptoms
- Reduce cravings
- Reducing recurring use
- Reducing overdose
- Reducing incarceration
- Reducing negative health outcomes such HIV
- Improve outcomes for pregnant people with SUD or OUD
- Improved retention for treatment and recovery center stays

Find a MAT provider



What are the types of MAT? Where can I find MAT?

- Methadone (daily tablet, liquid)
- Buprenorphine (daily tablet, implant every 6 months, monthly injection)
- Naltrexone (1-3 days tablet, monthly injection)
- Talk to a healthcare professional you trust regarding MAT or MOUD for SUD or OUD.

Sources:

- Medication-Assisted Treatment. | Steve Rummler HOPE Network (2022, August 15). SRHN. <https://steverummlerhopenetwork.org/recovery/mat/>
- NIOSH [2019]. Medication-assisted treatment for opioid use disorder. By Howard J, Cimineri L, Evans T, Chosewood LC, Afanul S. Washington, DC: U.S. Department of Health and Human Service Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, DHHS (NIOSH) Publication No. 2019-133, <https://doi.org/10.26616/NIOSH PUB2019133>

