

## What is Medication-Assisted Treatment (MAT)?

Medication-Assisted Treatment (MAT) combines medications with counseling and behavioral therapies to treat substance use disorders. MAT is effective for both opioid and alcohol addiction, helping individuals achieve and maintain recovery.

### MAT can help you:

- Manage withdrawal symptoms
- Reduce cravings
- Reclaim your life and future

Recovery isn't one-size-fits-all, and neither is our approach. With MAT, you'll receive compassionate, personalized care every step of the way.



## Choctaw Nation

Family Medicine Residency



## CHOCTAW NATION FAMILY MEDICINE RESIDENCY CLINIC

MEDICATION-ASSISTED TREATMENT PROGRAM

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## What is Suboxone?

Suboxone is a prescription medication used to treat opioid addiction. It contains two active ingredients:

- **Buprenorphine:** Reduces cravings and withdrawal symptoms.
- **Naloxone:** Blocks the effects of opioids.

## Benefits of Suboxone:

- **Reduces cravings and withdrawal symptoms:** Helps ease the transition to recovery.
- **Prevents misuse:** Contains naloxone to deter misuse and reduce the risk of opioid relapse.
- **Supports Long-Term Recovery:** Combined with counseling and support, it increases the chances of sustained recovery.

**How is it taken?** Suboxone is usually taken as a film placed under the tongue, where it dissolves.

Studies show that Suboxone can significantly increase the chances of long-term recovery when combined with counseling and support.

Treatment is available and recommended for all tribal members 18 years or older diagnosed with **Opioid Use Disorder (OUD)** or **Alcohol Use Disorder (AUD)**.

## What is opioid use disorder (OUD)?

OUD means that you have a problematic pattern of using opioids. This pattern often leads to a lot of distress, impairment, and problems that interfere with your daily life.

## What are opioids?

Opioids are strong prescription and non-prescription drugs that are often used to manage severe pain. All opioids have serious risks of addiction and overdose.

## Common opioids include:

- Hydrocodone
- Oxycodone
- Morphine
- Fentanyl
- Methadone
- Buprenorphine
- Tramadol
- Heroin, etc.

## What is alcohol use disorder (AUD)?

Drinking that causes distress and harm. AUD can range from mild to severe, depending on the symptoms.

## AUD is a disease that causes:

- Cravings – a strong need to drink
- Loss of control – not being able to stop drinking once you've started
- Negative emotional state – feeling anxious and irritable when you are not drinking

## What is Vivitrol?

Vivitrol, also known as naltrexone, is a monthly 380 mg deep intramuscular injectable medication used to treat both opioid and alcohol dependence. It works by blocking the effects of opioids and reducing alcohol cravings. It can be given every 28-30 days and must be administered by a licensed healthcare provider.

## Benefits of Vivitrol:

- **Blocks opioid effects:** Helps prevent relapse by blocking the euphoric effects of opioids.
- **Reduces alcohol cravings:** Helps decrease the desire to drink.
- **Once-monthly injection:** Provides consistent, long-term support with a single monthly dose.
- **Supports overall recovery:** Works best when used alongside counseling and support services.

**How is it administered?** Vivitrol is administered as a monthly injection by a healthcare provider. Vivitrol is effective in helping individuals stay sober and avoid relapse, especially when used in combination with counseling and support.

