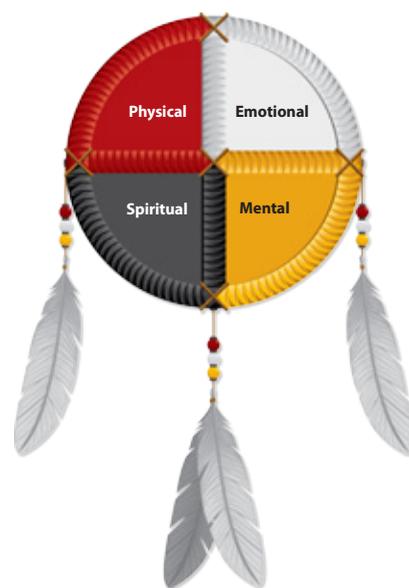


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It is to show you where to cut.

assistance

## Journey to recovery



## Medication Assisted Treatment can provide the assistance you need to recover from opioid-use disorder<sup>2</sup>

Medication Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach. Research shows that a combination of medication and therapy can successfully treat this disorder. For some people struggling with addiction, MAT can help sustain recovery.

<sup>1</sup>Source: Washington State Department of Health  
<sup>2</sup>Source: Substance Abuse and Mental Health Services Administration

**Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>1</sup>**

**Opioids are a leading cause of injury-related deaths in our state.<sup>1</sup>**

**75 percent of opioid misuse starts with people using medication that was not prescribed for them - usually taken from a friend or family member.<sup>2</sup>**

## Opioid treatment programs<sup>2</sup>

Opioid treatment programs (OTPs) provide MAT for individuals diagnosed with an opioid-use disorder. OTPs also provide a range of services to reduce, eliminate or prevent the use of illicit drugs, potential criminal activity and/or the spread of infectious disease. OTPs focus on improving the quality of life of those receiving methadone or buprenorphine treatment.

## Everyone's road to recovery is different<sup>2</sup>

MAT has been proven clinically effective and significantly reduces the need for inpatient detoxification services. MAT provides a more comprehensive, individually-tailored program of medication and behavioral therapy. MAT also includes support services that address the needs of most patients.

The ultimate goal of MAT is full recovery, including the ability to live a self-directed life. This treatment approach has been shown to:

- Improve patient survival.
- Increase retention in treatment.
- Decrease illicit opioid use and other criminal activity among people with opioid-use disorders.



- Increase patients' ability to gain and maintain employment.
- Improve birth outcomes among women who have opioid-use disorders.

Research also shows that these medications and therapies can contribute to lowering a person's risk of contracting HIV or Hepatitis C by reducing the potential for relapse.

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It is to show you where to cut.

treatment

## Stop opioid abuse

- ✓ If you are prescribed an opioid, talk with your doctor about other options.
- ✓ Never share an opioid prescription with someone else.
- ✓ Dispose of unused medications safely.
- ✓ Talk to your kids about the risks of opioid abuse.
- ✓ Kids are 50 percent less likely to use drugs when parents tell them about the risks.
- ✓ Lock up your medications.

Learn more at  
[WATribalOpioidSolutions.com](http://WATribalOpioidSolutions.com)

## What treatment options are available?

No single treatment is right for everyone.

- Abstinence-based treatment can be an option that works well for some people.
- Medication Assisted Treatment is another treatment option.

## Types of Medication Assisted Treatment<sup>2</sup>

### Methadone

Methadone tricks the brain into thinking it is still getting the abused drug. In fact, the person is not getting high from it and feels normal, so withdrawal does not occur. Pregnant or breastfeeding women must inform their treatment provider before taking methadone.

- Effective for people who suffer from severe and chronic pain.
- Mostly available in urban areas.
- Available to pregnant and postpartum women.



### Buprenorphine/Suboxone<sup>®</sup>

Like methadone, buprenorphine suppresses and reduces cravings for the abused drug. It comes in a pill form or tablet that is placed under the tongue.

- Does not require full detoxification from opioids.
- Available in urban and rural areas.
- Available to pregnant and postpartum women.

### Naltrexone/Vivitrol<sup>®</sup>/ReVia<sup>®</sup>

Naltrexone works differently than methadone and buprenorphine to treat opioid dependency. If a person using naltrexone relapses and uses the abused drug, naltrexone blocks the euphoric and sedative effects of the abused drug.

- Must be detoxed from opioids.
- Works for both opioids and alcohol.
- Person must be motivated to stop using opioids altogether.

## Medications and Child Safety<sup>2</sup>

It is important to remember that if medications are allowed to be kept at home, they must be locked in a safe place away from children. Methadone in its liquid form is colored and is sometimes mistaken for a soft drink. Children who take medications used for opioid dependency may overdose and die.

medication  
assisted  
treatment

journey  
to recovery