

A Comprehensive Overview of Medication Assisted Treatment

Description

[Medication assisted treatment](#) (MAT) is a type of treatment for individuals with substance use disorders. It combines the use of medications with counseling services to help individuals achieve long-term recovery from their addictions. MAT is a comprehensive approach that can address addiction on multiple levels, including physical, psychological, behavioral, and social. Let's explore how medication assisted treatment works.

How Does MAT Work?

The main component of MAT is medication. To treat opioid use disorder, three medications are approved by the U.S. Food and Drug Administration (FDA): methadone, buprenorphine, and naltrexone. These medications work by binding to specific receptors in the brain that are affected by opioids such as heroin or prescription painkillers like oxycodone or hydrocodone. By blocking these receptors, these medications prevent the euphoric effects associated with opioid drugs and also reduce cravings for opioids so that a person can focus on their recovery without being distracted by thoughts about using drugs again.

In addition to medication, MAT also includes counseling and other forms of psychosocial therapy. Counseling helps people identify triggers for substance abuse and develop coping skills to manage cravings or difficult situations without resorting to drug use. Other types of therapy such as cognitive-behavioral therapy (CBT) can help a person learn how to identify negative patterns of thought and behavior associated with addiction so they can be better prepared to make healthier choices in the future.

These elements combine together to create an effective treatment plan tailored specifically for each individual's needs. With the right combination of medication, counseling, peer support groups, lifestyle changes, and other resources such as job training programs or housing assistance services, MAT can help people struggling with addiction achieve long-term recovery success.

Benefits of Medication-Assisted Treatment

There are many benefits associated with medication-assisted treatment. First, MAT can help reduce cravings, which can be incredibly difficult to manage on your own. Cravings are an intense physiological response that often lead people back into using drugs or alcohol even if they don't want to. By taking medications, you can reduce these cravings, which makes it easier for you to remain abstinent from drugs or alcohol. Additionally, MAT also helps reduce withdrawal symptoms, such as nausea, vomiting, headaches, muscle aches, anxiety, depression and more. This makes it easier for individuals to maintain their abstinence without having to deal with uncomfortable physical symptoms.

Second, MAT helps individuals stay in treatment longer than they would otherwise be able to without medication support. Studies have shown that individuals who receive medication-assisted treatment are much more likely to complete their treatment programs than those who do not receive any type of medication therapy at all. This means that individuals who receive MAT will be much more likely to get the full benefit from their treatments – something that cannot always be said when only relying on counseling alone. Finally, MAT also helps increase safety during recovery by reducing the risk of relapse or overdose due to decreased tolerance levels when taking medications prescribed by a physician or other healthcare provider.

Medications Used in MAT

Some common medications used during medication assisted treatment include buprenorphine/naloxone (Suboxone), methadone (Methadose), naltrexone (Vivitrol), acamprosate (Campral), disulfiram (Antabuse), topiramate (Topamax), and fluoxetine (Prozac). Different medications may be prescribed depending on an individual's specific needs and goals for recovery. It's important to talk with your doctor about which medication is right for you before starting any type of medication assisted treatment program.

Overall, medication assisted treatment is a [comprehensive approach](#) to treating substance use disorder that involves both medication management and psychotherapy services to best meet an individual's needs for long-term recovery from addiction. While this type of treatment may not be right for everyone, it can be incredibly beneficial if used correctly as part of an effective addiction recovery plan. If you or someone you know is struggling with addiction or is looking into different types of treatments available, consider discussing the option of MAT with your doctor or healthcare provider today.

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