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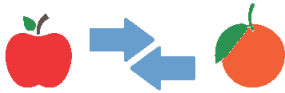
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FAQ

[What Are The Best Therapies For Treating Addiction](#)

CHALLENGING THE MYTHS ABOUT MEDICATION ASSISTED TREATMENT (MAT) FOR OPIOID USE DISORDER (OUD)



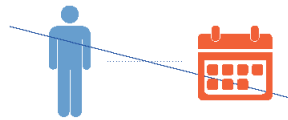
MAT JUST TRADES ONE ADDICTION FOR ANOTHER:

MAT bridges the biological and behavioral components of addiction. Research indicates that a combination of medication and behavioral therapies can successfully treat SUDs and help sustain recovery. (10)



MAT INCREASES THE RISK FOR OVERDOSE IN PATIENTS:

MAT helps to prevent overdoses from occurring. Even a single use of opioids after detoxification can result in a life-threatening or fatal overdose. Following detoxification, tolerance to the euphoria brought on by opioid use remains higher than tolerance to respiratory depression. (14)



MAT IS ONLY FOR THE SHORT TERM:

Research shows that patients on MAT for at least 1-2 years have the greatest rates of long-term success. There is currently no evidence to support benefits from stopping MAT. (11)



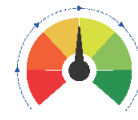
PROVIDING MAT WILL ONLY DISRUPT AND HINDER A PATIENT'S RECOVERY PROCESS:

MAT has been shown to assist patients in recovery by improving quality of life, level of functioning and the ability to handle stress. Above all, MAT helps reduce mortality while patients begin recovery.



MOST INSURANCE PLANS DON'T COVER MAT:

As of May 2013, 31 state Medicaid FPS programs covered methadone maintenance treatment provided in outpatient programs (4). State Medicaid agencies vary as to whether buprenorphine is listed on the Preferred Drug List (PDL), and whether prior authorization is required (a distinction often made based on the specific buprenorphine medication type). Extended-release naltrexone is listed on the Medicaid PDL in over 60 percent of states. (5)



MY PATIENT'S CONDITION IS NOT SEVERE ENOUGH TO REQUIRE MAT:

MAT utilizes a multitude of different medication options (agonists, partial agonists and antagonists) that can be tailored to fit the unique needs of the patient (2).

$$l \leq \frac{l_2}{k}; k = \frac{4\sqrt{a_0 b}}{4EJ};$$

THERE ISN'T ANY PROOF THAT MAT IS BETTER THAN ABSTINENCE:

MAT is evidence-based and is the recommended course of treatment for opioid addiction. American Academy of Addiction Psychiatry, American Medical Association, The National Institute on Drug Abuse, Substance Abuse and Mental Health Services Administration, National Institute on Alcohol Abuse and Alcoholism, Centers for Disease Control and Prevention, and other agencies emphasize MAT as first line treatment. (8)

**FOR MORE INFORMATION,
PLEASE CONTACT NICK SZUBIAK, DIRECTOR,
CLINICAL EXCELLENCE IN ADDICTIONS,
AT NICKS@THENATIONALCOUNCIL.ORG**

1) <http://www.shatterproof.org/blog/entry/medication-assisted-treatment-for-addiction-2> 2) https://www.whitehouse.gov/sites/default/files/ondc/recovery/medication-assisted-treatment_9-21-20121.pdf 3) <http://www.overdosefree.pitt.edu/education/toilbox/medication-assisted-treatment-mat-2/#clarifying> 4) <http://www.asam.org/docs/default-source/advocacy/aaam-implications-for-opioid-addiction-treatment-final.pdf> 5) <http://store.samhsa.gov/shin/content/SMA14-4854/SMA14-4854.pdf> 6) <http://www.samhsa.gov/medication-assisted-treatment/legislation-regulations-guidelines#DATA:2000> 7) <http://www.samhsa.gov/medication-assisted-treatment/treatment/naltrexone> 8) <http://www.samhsa.gov/medication-assisted-treatment/training-resources/support-organizations> 9) <https://www.federalregister.gov/articles/2016/03/30/2016-07128/medication-assisted-treatment-for-opioid-use-disorders> 10) <http://www.integration.samhsa.gov/clinical-practice/mat/mat-overview> 11) * 12) <https://www.congress.gov/bills/114th-congress/senate-bill/524/text> 13) <http://pcss-mat.org/waiver-eligibility-training/> 14) "MAT Maintenance Treatment and Superior Outcomes" PowerPoint, Dr. Arthur Williams 15) <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/how-long-does-drug-addiction-treatment>

[What Are The Best Therapies For Treating Addiction](#)



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Addiction can often be difficult to treat, and there is a good deal of controversy surrounding the causes of addiction and the best approaches to While any counseling therapy for drug abuse treatment is better than none, group therapy is generally preferred over individual therapy. In group Cognitive behavioral therapy has shown great success in treating addiction when used alone or as part of a treatment plan that utilizes other Instead, addicts and therapists work together to treat addiction. Cognitive behavioral therapy is founded on action-focused, rapid treatment. Many Against this backdrop of various of techniques, therapists focus on rewarding good behaviors and teaching patients to believe in themselves; self- That means that you and any health care professionals you're working with can and should use different types of treatment to find a way to recovery that works best Counseling and behavioral therapies are highly utilized and the best available treatment options for drug abuse. This final notion is an important one.. A form of talk therapy, psychotherapy is a key part of alcohol and drug addiction treatment. Therapists mostly use it during individual counseling, using techniques Cognitive behavior therapy, contingency management, couples and family ... those treatments might best be transferred to and administered effectively in clinical ... In summary, the level of progress in the behavioral treatment of drug abuse in Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition) ... Below are a number of behavioral therapies shown to be effective in addressing substance abuse (effectiveness with particular drugs of abuse is denoted in parentheses). ... Cognitive-Behavioral Therapy How psychologists can help with addiction treatment. ... goal is to eventually gain a better understanding of what makes behavioral addiction treatments work.. Therapy is crucial to the treatment of addiction. ... Some of the greatest benefits of biofeedback therapy include stress-relief and relief from Addiction is a harmful, ongoing disorder that only gets worse over time without treatment. A range of interventions and rehabilitation programs One of the primary goals of behavioral therapy, when used to treat addiction, is to help ... It acknowledges that the best form of treatment is usually based on the ...

It can be used either in individual or group therapy settings, and has been found to be highly effective in the treatment of addictions and addictive behaviours. CBT Learn about counseling and therapy for addiction, including descriptions of the ... Many therapists refer patients to 12-step groups, and some treatment facilities Various therapists worked with individuals in groups up until World War II; however, group therapy really began to flourish following the war when returning In this manner, therapists who utilize CBT act as teachers in addition to therapists. Before CBT can benefit the patient, a strong therapeutic There's no cure for addiction and simply telling a person to stop doesn't work. ... What treatment is best depends on various factors and circumstances, such as A mixture of addiction therapies are often combined to best suit each individual. Effective treatment will not only treat the symptoms of substance abuse, but also ...

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