

Key Information Regarding Medication-Assisted Treatment (MAT)

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Medication-assisted treatment (MAT) is an effective and comprehensive approach to addressing substance use disorders. It involves taking medication alongside counseling and behavioral therapies to provide a holistic addiction treatment program. MAT is especially used to help individuals achieve and maintain sobriety from opioid and alcohol use disorders.

Understanding the medications used in MAT

MAT utilizes approved medications to treat addiction to opioids (e.g. heroin and prescription pain relievers) and alcohol. These medications work by targeting the same areas of the brain affected by addiction, helping to reduce cravings and withdrawal symptoms.

Common medications used in MAT for alcohol use disorder include naltrexone, acamprosate, and disulfiram. Those for opioid use disorder include methadone, buprenorphine, and naltrexone.

MAT and behavioral therapies

In addition to medications, MAT incorporates behavioral therapies (cognitive-behavioral therapy or dialectical behavioral therapy) as integral treatment components. Behavioral therapies help individuals uncover and address the underlying issues contributing to their addiction. They also help those in recovery to develop coping strategies to manage cravings, stress, and relapse triggers. Some examples of behavioral therapies commonly used in conjunction with MAT include counseling sessions, support groups, [family therapy](#), and psychoeducation.

Benefits of MAT

MAT offers several benefits for those battling opioid or alcohol addiction. These include:

- A reduction in cravings and withdrawal symptoms
- Increased retention in treatment programs
- A decreased risk of relapse and overdose
- Improved physical and mental health
- Enhanced social functioning and quality of life

Considerations when choosing MAT

Before choosing MAT it's essential to consult with a qualified healthcare provider who can assess your treatment needs and determine the most appropriate approach. Some of the factors to take into consideration include the type and severity of the substance use disorder, your medical history, co-occurring mental health conditions, and your personal preferences.

Additionally, you should be aware of the potential side effects and risks associated with MAT medications and the importance of adhering to treatment protocols. Furthermore, it's crucial to actively participate in counseling and therapy sessions as part of a comprehensive MAT program and to ensure long-term sobriety.

Invest in a Sober Future

Addiction treatment and recovery can seem overwhelming and isolating at times. While the journey may be challenging, it's worth investing in and the [Robert Alexander Center](#) is ready to help.

Our rehab facility in Kentucky will provide an individualized treatment plan as part of a comprehensive [addiction treatment program](#) tailored to your unique needs. We'll be with you whether you're going through [detox](#), MAT, or [outpatient treatment](#). Our staff of experienced and qualified professionals is ready to provide compassionate care and guidance to help you beat addiction and go on to build a healthy sober life. Give us a call today to get started on your personalized rehab program.

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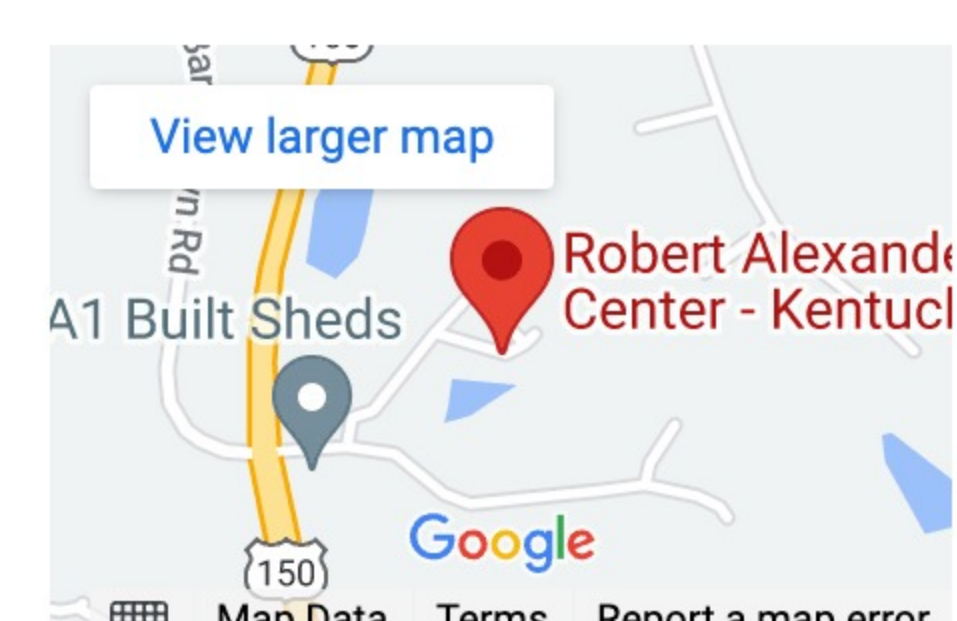
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