

Medication-Assisted Treatment



An effective tool in treating substance use disorder.

Medication-assisted treatment (MAT) pairs therapies, such as counseling or cognitive behavioral therapy, with an FDA-approved medication to treat substance use disorders and prevent opioid overdose.¹

MAT:

- **The most effective intervention to treat opioid use disorder and is more effective than either behavioral interventions or medication alone²**
- **Effectively controls the strong cravings which can lead to withdrawal**
- **Optum providers treat substance use disorders as chronic conditions requiring individualized, complex care**

Traditional treatment:

- Takes an acute, one-size-fits-all approach that fails to address the specific issues and conditions experienced by each individual
- Detox-to-abstinence does not address cravings – a major cause of relapse
- Does not address comorbid conditions, such as when an individual suffers from depression and a substance use disorder
- Greater risk of overdose due to lower tolerances



Medication-assisted treatment



Traditional treatment

Remission Rates

Studies suggest that with MAT the chances of remission within a year are significantly greater: up to 50%,³ compared to 10% with traditional treatment⁴

Using advanced data analytics, Optum® Behavioral Health is working to identify where treatment facilities are most needed and expanding our network of providers.

Optum currently has over 2,000 MAT providers at 4,000 locations nationally and growing. Ninety-five percent of our members are within 20 miles of a MAT provider.

¹ SAMHSA, Medication Assisted Treatment: Medication and Counseling Treatment. <http://www.samhsa.gov/medication-assisted-treatment/treatment>. Last updated 9/28/2015. ² Optum's opinion based on the effectiveness of MAT in helping patients recover and reducing the risk of overdose, noted by Nora D, Volkow ND, Frieden TR, Hyde PS, Cha SS. Medication-assisted therapies—tackling the opioid-overdose epidemic. *N Engl J Med* 2014;370(22):2063–2066. ³ Potter JS, Dreifuss JA, Marino EN, et al. The multisite prescription opioid addiction treatment study: 18-month outcomes. *Journal of Substance Abuse Treatment* (48)1:62–69, 2015. ⁴ Weiss RD, Potter JS, Griffin ML et al. Long-term outcomes from the National Drug Abuse Treatment Clinical Trials Network Prescription Opioid Addiction Treatment Study. *Drug and Alcohol Dependence* 150:112–119, 2015.