

## Medication-Assisted Treatment (MAT)

**MAT uses medications that control withdrawal symptoms and cravings. Without MAT, 90% of individuals with Opioid Use Disorder (OUD) will relapse within one year.**



### About Medication-Assisted Treatment (MAT)

With MAT, the relapse rate for those with OUD decreases to 50% at one year. More promising statistics have been demonstrated for those whose treatment includes psychosocial interventions. Withdrawal Management alone does not address cravings, (a major cause of relapse) nor does it protect the member from accidental overdose. MAT takes a chronic approach by understanding the need for multiple streams of care to address multiple conditions. MAT plays a critical role in sustained recovery because it pairs therapies such as counseling or cognitive behavioral therapy with an FDA-approved medication to treat substance use disorders and prevent opioid overdose. There are many forms of MAT, for both OUD and Alcohol Use Disorder (AUD), with multiple ways of administration.

### Pharmacotherapy for Opioid Use Disorder (POD)

Optum uses the POD HEDIS® measure to assess the percentage of members aged 16 and older with a diagnosis of Opioid Use Disorder (OUD) who had a new OUD pharmacotherapy event and remained on the medication for at least 180 days.

**Sources: (MAT)** Nielsen S, Larance B, Degenhardt L, Gowing L, Kehler C, Lintzeris N. Opioid agonist treatment for pharmaceutical opioid dependent people. Cochrane Database of Systematic Reviews 2016, Issue 5. Art. No.: CD011117. DOI: 10.1002/14651858.CD011117.pub2, pages 17 and 19. **(POD)** National Committee for Quality Assurance 2021 HEDIS Specifications see NQF-Endorsed Measures at [www.ncqa.org](http://www.ncqa.org)

### Helpful Tools and Resources

- [providerexpress.com](http://providerexpress.com)> Clinical Resources:
  - [Medication Assisted Treatment – Helpful patient information, provider tools, clinical resources](#)
- **Chronic Pain and Opioids**
  - “The [CDC Guideline for Prescribing Opioids for Chronic Pain](#) provides recommendations for safer and more effective prescribing of opioids for chronic pain in patients 18 and older in outpatient settings outside of active cancer treatment, palliative care, and end-of-life care” ([Interactive Training Series for Healthcare Providers | CDC's Response to the Opioid Overdose Epidemic | CDC](#), (see paragraph 1).
- [SAMHSA.gov/medication-assisted-treatment](http://SAMHSA.gov/medication-assisted-treatment)
  - Substance Abuse and Mental Health Services Administration (SAMHSA)—MAT information

### SUD Helpline

## 1-855-780-5955

**[A 24/7 helpline for providers and patients.](#)  
Assistance with Community Supports,  
Referrals, & Education.**

*Nothing herein is intended to modify the Provider Agreement or otherwise dictate MH/SA services provided by a provider or otherwise diminish a provider's obligation to provide services to members in accordance with the applicable standard of care. This information is provided by Optum Quality Management Department. If you would like to be removed from this distribution or if you have any questions or feedback, please contact us at email: [gmi\\_emailblast\\_mail@optum.com](mailto:gmi_emailblast_mail@optum.com). Please include the email address you would like to have removed when contacting us.*