

Expanding MAT in County Criminal Justice Settings & County Touchpoints for Access to MAT for Justice Involved Individuals

Position Statement on Medications for Addiction Treatment (MAT) and Behavioral Health Interventions

Medications for Addiction Treatment (MAT), using the 3 FDA-approved MAT medications, is an evidence-based practice proven effective for helping people stabilize and recover from opioid use disorder and for preventing death from opioid overdose¹. These medications act to restore dopamine depleted in the brain from opioid misuse. Therapy, counseling, and support interventions are advisable in conjunction with MAT to support stability and recovery as well, though the lack of access to these interventions should not lead to delay or discontinuation of access to the MAT medications². For those with moderate to severe opioid use disorder in the early stages of MAT, low levels of dopamine in the brain mean that they may have difficulty attending to, and thus may not benefit from, cognitive-based interventions. Other evidence-based interventions such as Motivational Interviewing/Engagement or Seeking Safety may be most useful in engaging and responding to people in the early stages of treatment and recovery. A person-centered treatment planning approach that considers the timing – and type – of behavioral intervention(s) that meets the person where they are in terms of their ability to benefit from the treatment is key.

Questions? Email: MATinCountyCJ@healthmanagement.com

¹ <https://www.samhsa.gov/medication-assisted-treatment>

² <https://www.asam.org/quality-care/clinical-guidelines/national-practice-guideline>

