Opioid and other substance use disorders need to be viewed as chronic conditions with an actual physiological component. This is why medication-assisted treatment (MAT) incorporates FDA-approved medications along with services such as counseling, cognitive behavioral therapies, and recovery support to provide a comprehensive treatment approach to substance use disorders. MAT has shown to stabilize physical cravings, as well as control behaviors that may lead to relapse.

**MAT has demonstrated improved treatment outcomes:**
- Lower treatment drop-out rates
- Sustained engagement in treatment services
- Connection with supportive services to facilitate recovery; such as linkage to service providers, peer and social supports
- Resumption of productive life activities; such as employment, education, parenting or job training

Optum clinical leaders have been reviewing national substance use disorder best practices to ensure that our policies, practices and care networks are aligned with the latest evidence-based practices. Substance use treatment, like the treatment for many chronic medical conditions requires a comprehensive range of effective treatment options.

**MAT can be used during all phases of treatment and recovery.**
**Some FDA approved medications used in MAT include:**
- Buprenorphine to treat opioid addiction
- Acamprosate to treat alcohol addiction
- Naltrexone to treat opioid and alcohol addiction

Optum has developed a network of providers that offer medication-assisted treatment programs including the use of buprenorphine for opiate dependence.

For referral assistance call the Optum toll-free number on the consumer’s health insurance card if you determine that your patient is appropriate for:
- medication therapy
- cognitive behavioral therapies
- recovery support services

Optum Care Advocates can also assist providers in offering this information to consumers, including treatment options and recovery resources in the community.