

CHAT ABOUT MAT

TREATING OUD BEYOND MAT

EPISODE #9 WITH DR. STEVE LEE

THE NECESSITY OF NON-PHARMACOLOGICAL MODALITIES IN THE TREATMENT OF OPIOID USE DISORDER

Although much focus is given to the medication aspect of treating opioid use disorder (OUD), psychosocial treatment is an integral part of the treatment arsenal to help achieve patient success. Available evidence shows reduced opioid use, longer retention times in treatment, and longer rates of abstinence^{1,2}. Psychosocial treatment can include motivational interviewing, cognitive behavioral therapy, acceptance and commitment therapy, and others.

Examples of clinical guidelines and education on the efficacy and types of psychosocial treatment modalities can be found below:

[Providers Clinical Support System MAT Training: Counseling & MAT: Better Outcomes with Integrated Care](#)

[American Society of Addiction Medicine \(ASAM\) Guidelines, Part 7](#)

For assistance finding psychosocial treatment options near you or your patients, you can use:

[Opioid Assistance and Referral Line \(1-888-688-4222\)](#)

[SAMHSA Treatment Locator](#)

[AZ Treatment Locator](#)

1. Mayet S, Farrell M, Ferri M, Amato L, Davoli M. Psychosocial treatment for opiate abuse and dependence. *Cochrane Database Syst Rev*. 2005;(1):CD004330. Published 2005 Jan 25. doi:10.1002/14651858.CD004330.pub2

2. Dugosh K, Abraham A, Seymour B, McLoyd K, Chalk M, Festinger D. A Systematic Review on the Use of Psychosocial Interventions in Conjunction With Medications for the Treatment of Opioid Addiction. *J Addict Med*. 2016;10(2):93-103. doi:10.1097/ADM.0000000000000193

FOR MORE INFORMATION ABOUT MAT AND TREATMENT RESOURCES IN ARIZONA, YOU CAN CALL THE ARIZONA OPIOID ASSISTANCE AND REFERRAL LINE AT 888-688-4222 OR VISIT SUBSTANCEABUSE.AZ.GOV



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1-800-222-1222