

## Medication-Assisted Treatment 101

— 10 May 2016 —

### Question 1: What is addiction?

- A problematic pattern of opioid use leading to clinically significant impairment or distress... (DSM-5, p. 541)
- A maladaptive pattern of substance use... (DSM-IV-TR, p. 197)
- A chronic brain disease consisting of continuing, compulsive substance use despite consequences

### Question 2: What is recovery?

- The absence of impairment, distress and consequences
- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential (SAMHSA)

### Question 3: What role can medications play in recovery?

- Medications augment but do not replace standard psychosocial supports
- Medications suppress symptoms of withdrawal; decrease substance cravings; decrease mental preoccupation with substances; reduce substance use; and promote mental and emotional wellbeing

### Question 4: How long does someone need to take medications?

- It all depends on the substance and the patient's progress
- I encourage patients to take medications for at least one year, at which point we reevaluate
- Patients with opioid addiction are best served by indefinite therapy with medications\*

### Questions 5: Where can someone find physicians who prescribe medications?

- American Society of Addiction Medicine ([asam.org](http://asam.org))
- American Board of Addiction Medicine ([abam.net](http://abam.net))
- American Academy of Addiction Psychiatry ([aaap.org](http://aaap.org))
- Buprenorphine Treatment Physician Locator ([goo.gl/vpL1D3](http://goo.gl/vpL1D3))
- Opioid Treatment Program Directory ([goo.gl/bhrqf9](http://goo.gl/bhrqf9))

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\* Please see the following PowerPoint presentation for supporting data: [goo.gl/UvD5oO](http://goo.gl/UvD5oO)