



Jenny Sobolewski, MS, CSAC, LPC-IT, CS-IT

Executive Director

Kimberly Hanson, MS, CSAC, LPC

Mental Health Professional

What is MAT?

- Medication-assisted treatment (MAT) is an evidence-based treatment for opioid use disorder that uses FDA-approved pharmacotherapy in combination with counseling and behavioral therapies to treat substance use disorders.
- MAT is the recommended course of treatment for opioid addiction. American Academy of Addiction Psychiatry, American Medical Association, The National Institute on Drug Abuse, Substance Abuse and Mental Health Services Administration, National Institute on Alcohol Abuse and Alcoholism, and Centers for Disease Control and Prevention emphasize MAT as first line treatment.

Benefits of MAT

- Reduction in criminal activity. The rates of criminality, arrests, and drug dealings decrease during episodes of methadone maintenance treatment when compared with people not in treatment.
- Reduced needle sharing and the contraction of HIV and other diseases. Studies have shown that there is significant reduction in HIV risk behaviors in patients receiving MAT.
- When considering the many costs to society associated with heroin use, including medical costs, law enforcement costs, and drug-related deaths, MAT is most cost effective.
- Improve an individual's ability to gain and maintain employment.
- Improve birth outcomes among pregnant women who have substance use disorders.

Misconceptions to Harm Reduction

- A frequent misconception of harm reduction is that it supports, or encourages, illicit substance use and does not consider the role of abstinence in addiction treatment.
- So, WHAT IS HARM REDUCTION?

Goals of Harm Reduction Approach

- Reducing the spread of infections such as HIV and Hepatitis C
- Reducing drug use and method of use
- Prevent overdose deaths
- Increase contact with services and treatment

AMS Census/Demographics

- AMS currently serves about 350 patients ages 18+ (165 male, 185 female)
- Serving 19 different counties among WI and MN.
- On average 220 patients report for daily dosing and counseling services.

Admission Process

- Call facility to complete screening with counselor
- Goal is within 24 hours or less we are able to schedule the person for an intake appointment
- On day of intake, patient will meet with Registered Nurse, Counselor, and MD to complete assessments and other necessary paperwork
- After completion of intake, patient is will be aware of who their primary counselor is and to have appointment scheduled

Available Medications

- Methadone is a long-acting full opioid agonist. It can prevent withdrawal symptoms and reduce craving in opioid-addicted individuals. It can also block the effects of illicit opioids.
- Suboxone is a partial opioid agonist. It may not be the treatment of choice for patients with high levels of physical dependency.
- Naltrexone otherwise known as Vivitrol is an injectable extended-release form of medication administered once a month. A person must be free from illicit opioids for at least 7-10 days to reduce risk of precipitated withdrawal.

Individual Counseling

- When beginning treatment in the induction phase, patients are to be seen weekly for individual counseling. Afterwards depending their status in treatment counseling appointments can vary from weekly, bi-weekly, and minimally once a month.
- On average, AMS provides 550-650 individual counseling sessions per month.

Group Counseling

- On average, offering 45-50 group counseling sessions each month.
 - Group topics may include relapse prevention, coping skills, pregnancy and parenting group, living skills, dual diagnosis, art therapy, and stimulant support group.
- Intensive Outpatient Program will begin March 16th. This is an 8 week group that meets for 9 hours per week.

Diversion Control Plan

- MAT programs are heavily regulated by both DHS and DEA.
- Drug screens are collected for each patient 3-4 times each month and positive UA's are addressed and interventions with counselor are developed.
- Call back's for patients with take home medications are performed to ensure medication is being taken as prescribed.

Length of Treatment

- Average time in treatment for MAT per SAMHSA is two years, but this will vary from person to person.

“Medication-assisted treatment saves lives while increasing the chances a person will remain in treatment and learn the skills and build the networks necessary for long-term recovery.”