MAT stands for medication-assisted treatment. It involves using approved medicines and behavioral therapies, like counseling, to treat substance use disorders. Those medications are methadone, buprenorphine and naltrexone.

For all of our treatment options, you can call Mercy Care Member Services
602-263-3000
toll-free
1-800-624-3879 (TTY/TDD 711)
Monday through Friday
7 a.m. to 6 p.m.
24-hour nurse line
602-263-3000
1-800-624-3879

www.DoYouKnowMAT.com
MAT can support you

Your relationship with MAT will be about more than just meds. As part of your care, you’ll get behavioral therapy such as counseling. Some of our providers have sites called MAT 24/7 Access Points.

Mercy Care contracts with over 35 different Opioid Treatment Programs (OTPs). They’re ready to introduce you to MAT. They can show you how MAT can get you started on a path to recovery, health and wellness. For locations near you, visit DoYouKnowMAT.com.

Myths about MAT

Sometimes MAT gets a bad rap. Some people think MAT is just about trading one drug for another. But that’s just not true.

Take a look at image to the right. When someone stops using opioids, the parts of their brain that have become dependent on those opioids go into withdrawal. Sometimes people can’t, or won’t, stop using just to avoid those terrible feelings of withdrawal.

MAT for opioid addiction works by interacting with some of the same receptors in the brain that are triggered by drugs. MAT can help in treating the physical effects of addiction, and should be used with counseling. MAT can stop the psychological cravings. MAT can give you a safe and controlled dose of medication.

This publication was made possible by grant number 6H79TI026754 from SAMHSA. The views expressed in the report do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Do I need insurance to get involved with MAT?

Not necessarily.

If you’re on an Arizona Health Care Cost Containment System (AHCCCS), or Medicaid, health plan, like Mercy Care, you can get MAT services at no cost to you.

If you aren’t eligible for Medicaid, or if your private insurance doesn’t cover MAT services, that shouldn’t stop you from reaching out for MAT.

Mercy Care receives Substance Abuse Block Grant (SABG) funds to make sure people who are uninsured or underinsured can still get MAT services. You can find a list of Mercy Care providers with SABG funding at DoYouKnowMAT.com.

Remember these steps if someone overdoses on opioids!

Step 1 Call for help (dial 911).

Step 2 Check for signs of opioid overdose.

• You can’t wake someone up by calling to them or rubbing their chest bone.
• Shallow breathing, a slow heartbeat or making a choking sound (death rattle).
• Lips or fingernails are turning blue/purple.
• Extremely small “pinpoint” pupils.

Step 3 Support the person’s breathing.

• If oxygen isn’t available, rescue breathing (mouth-to-mouth resuscitation) can be very effective.

Step 4 Monitor while waiting for help.

• Monitor the person’s response and breathing until emergency help arrives.

Step 5 Give the person Naloxone, a drug that can reverse the effects of an overdose. You can access Naloxone in your community at Sonoran Prevention Works at no cost by calling or texting 480-442-7086