

Get to Know MAT

When people abuse opioids, their bodies can become addicted or dependent on them. If they don't have opioids in their system, they can feel opioid withdrawal. The symptoms of opioid withdrawal can include diarrhea, abdominal cramping, nausea, vomiting, rapid heartbeat and intense cravings. When you're ready to get connected to MAT, these medications can help in your recovery from opioid dependence.

Methadone comes in a liquid dose. It may provide better control of withdrawal symptoms and cravings for long-term opioid users.

Buprenorphine reduces cravings from opioids. It can come in a pill form, cheek film or 6-month implant under the skin.

Naltrexone, which can be taken as a daily pill or monthly injection, works a little differently. If a person on naltrexone starts abusing opioids again, the naltrexone blocks the "high" and sedative effects.



mercy care

**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



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Do you know MAT?

Meet MAT

**Treating opioid misuse and addiction
with medication-assisted treatment**

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.

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](https://www.doyouknowmat.com).

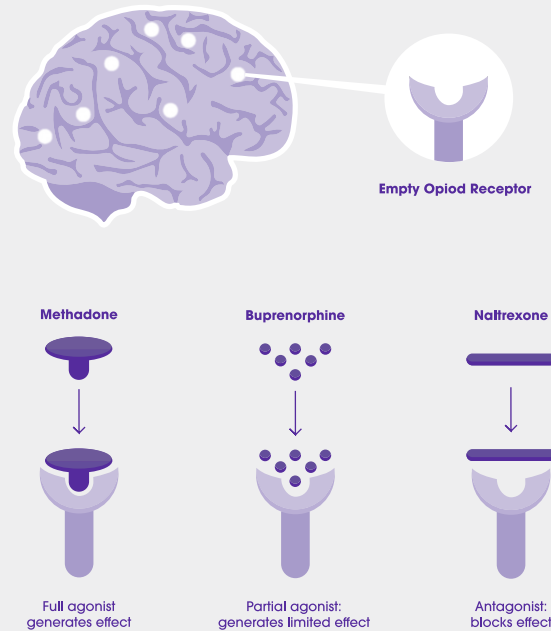
Myths about MAT

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.

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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](https://www.doyouknowmat.com).



What if I'm not ready?

We get it. People move through recovery differently. Not everyone is ready for MAT. But know that Mercy Care contracts with over 57 different providers that offer other treatment options to support your recovery. When you're ready, we'll be here. We can connect you to MAT or whatever treatment and support is right for you.



Until you're ready, we want you and your loved ones to stay safe.

- Don't share or reuse needles and don't mix drugs.
- Get medical attention if you feel unwell (physically or mentally).

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**