



LOGO

***Your Organization* MAT Program Description**

The Medicated Assisted Treatment program or MAT was created by *Your Organization* and is modeled after the COAT program at West Virginia University Department of Behavioral Medicine. This is a medication assisted treatment program for patients with opioid use disorders (SUD). Opioids include both prescription medicines obtained on the by prescription or bought off the street as well as illicit opioids such as Heroin or Fentanyl. The program and MAT in general has been proven to be very effective in helping people attain long term recovery when patients are full partners in the treatment process and the rules and standards of the program are strictly adhered to.

The program has five basic parts:

1. **Group visits** with other patients with Opioid drug use disorders and the prescribing physician and, at times, other members of the MAT team. This visit is followed by psychoeducational therapeutic group sessions that focus on relapse prevention as well as other topics relevant to continued abstinence from all drugs of abuse as well as alcohol. The therapeutic group is led by the primary counselor, another qualified addiction counselor or a counselor under supervision by the primary counselor. Together the two sessions are a minimum 1.5 to 2.5 hours in duration. Therapeutic group attendance is required for a minimum of four hours per month for the first 365 days of continuous recovery. The frequency of mandated attendance in both the medical groups as well as the therapeutic groups is reduced over time based on continuous days without relapse into active drug or alcohol use as demonstrated by clean UDS.
2. **Individual psychotherapy** includes a *minimum* of one hour per month for the first 365 days of uninterrupted recovery as demonstrated by clean urine drug screens (UDS) free from all addictive drugs except Buprenorphine and previously approved prescription medication.
 - For the first 365 days of continuous recovery, group and individual psychotherapy are required weekly (for no less than 4 hours per month) with no less than one hour of individual therapy
 - After 90 days of continuous sobriety, psychotherapy can be twice monthly but still include no less than a total of four hours of therapy with one hour of that being individual therapy for next 275 days of sobriety (total of 365 days continuous sobriety).
 - For the next 2 years the both group visits with the physician and psychotherapy sessions are a minimum of once a month.
3. **Prescriptions** for Suboxone are provided with only sufficient medication to last until the next sessions with the physician and addiction counselor.
4. **Participation in a 12-Step program** is required and includes attending at least four (4) AA or NA or other acceptable 12-step meetings per week for the first 365 days of continuous sobriety. Attendance after the first 365 days will be determined by the patient in collaboration with their addiction counselor.
5. **Agreement to adhere to all program rules** including remaining free of all controlled and illicit chemicals as well as alcohol, submitting to urine drug testing, both scheduled as well as random, not misusing the medication, NOT diverting any medication for illegal sales of the medication and observing confidentiality of all other patients participation in the program.

To participate in the MAT Program: People are eligible for participation in the MAT program if they are a patient at one of the **Your Organization locations** and they are referred to the program by their primary care provider.

Prospective patients will have an initial session with the primary counselor for an American Society of Addiction Medicine (ASAM) assessment to verify that the criteria for Opioid Dependence are met as well as to provide other program staff with the patient’s medical and drug use history and to ascertain the patient’s reason(s) for seeking treatment at the present time and to determine whether the program is appropriate for the patient.

Medical Coverage and Billing: All insurance coverage is accepted, including Medicare and Medicaid. Some patients will have co-payments for medical services and/or medications. **Your Organization** has a sliding fee schedule available for patients who need financial assistance, depending on income level and availability as well as type of coverage. Co-payments are due before the group sessions.

Signature below indicates that the particulars of the **Your Organization** Medication Assisted Treatment have been explained to you and you fully agree to the terms outlined above specifying the requirements of the program.

Patient Signature

Date

Your Organization MAT Program Staff Signature

Date