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- MOUD combines medications and therapy to help treat SUDs. The goal of MOUD is full recovery from an addiction.¹⁻⁴
- MOUD is commonly used for the treatment of opioid use disorder, including heroin. MAT may also be used to treat alcohol use disorder.¹⁻⁴
- MOUD may help reduce cravings and prevent withdrawal symptoms.¹⁻⁴
- Medications are available in a variety of forms. These include tablets, liquids, and injections.¹⁻⁴
- MOUD has been shown to increase an individual's ability to maintain a job. MOUD may also increase the chances of staying in treatment.¹⁻⁴

What is Substance Use Disorder (SUD)?

A SUD is the repeated use of alcohol and/or drugs that leads to impairment or distress. This may cause relationship and health problems as well as difficulties at work, school, or home. Some symptoms of a SUD include not being able to control or reduce use and use of larger amounts over time.

What is Medication Assisted Therapy (MAT)?¹⁻²

Medication for Opioid Use Disorder Treatment combines medications with substance use counseling and social support for the treatment of SUDs. MOUD, combined with counseling and therapy, can increase chances of recovering from a substance use disorder.

How can MOUD help treat SUDs?³⁻⁴

The medications used to treat substance use disorders come in a variety of forms such as tablets, liquids, and injections. Many of these medications help reduce cravings. Some medications block the "high" caused by the substance. Others cause very unpleasant side effects when a person takes both the medications and substance at the same time.

Examples of MOUDs

- Opioid Use Disorder: methadone, buprenorphine/naloxone, naltrexone injection
- Alcohol Use Disorder: disulfiram, acamprosate, naltrexone injection

Common misunderstandings of MOUD¹⁻⁴

1. MOUD is just a substitute for opioids or alcohol.
 - a. FALSE. People will not experience a "high" from these medications. The medications may treat withdrawal symptoms or help reduce cravings. Some cause unpleasant side effects when taken at the same time as the substance.
2. MOUD will make an individual less likely to maintain a job.
 - a. FALSE. When given at the proper dose and taken as prescribed, MOUD does not adversely affect an individual's intelligence, chance of being hired, or physical abilities.
3. MOUD can be used in place of therapy or counseling.
 - a. FALSE. MOUD should be combined with counseling and social support to help increase chances of recovery.

How effective is MOUD?³⁻⁴

The goal of MOUD is full recovery. MOUD, in combination with counseling and therapy, has been shown to:

- Improve how long a person is expected to live
- Increase chances of staying in treatment
- Decrease dangerous over-use of drugs and decrease chances of overdose
- Increase chances to gain and keep a job
- Increase chances of recovering from a SUD

What if I am interested in MOUD?

Talk with your doctor about treatment options. MOUD may not be right for every person living with a SUD. When talking with your doctor, here are some questions to ask:

- How will MOUD help?
- What symptoms will MOUD help control?
- What side effects may occur?



Go online to find more information about MOUD and to view the references for this toolkit.

cpnp.org/390128

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