

30:17 Recovery Procedures for MAT for Opioid Addiction

Medication-assisted treatment involves counseling, behavioral therapies, and medications. At 30:17 Recovery, we presently use Suboxone, to ease opioid withdrawal symptoms and provide counseling to help patients meet their wellness goals. MAT is not just a medication replacement for opioids. MAT is instead considered to be a whole-person approach.

There are 3 phases of MAT:

- Induction Phase is 2-4 weeks of weekly visits to assess individual's wellness

- Stabalization Phase is the first six months of monitoring the MAT and counseling therapy

- Maintenance Phase is ongoing MAT and counseling therapy

MAT is not appropriate for everyone. Each person requires an individual assessment that includes physical and mental health evaluations and an evaluation of the circumstances surrounding their dependence. Fully understanding each patient's needs ensures they receive an opioid addiction treatment plan that is tailored to their success. Each patient receives 30-45 minutes of individual counseling every appointment.

Prescription medications work to normalize and rebalance brain chemistry and relieve both physical and psychological cravings, while counseling therapies provide the interpersonal skills patients need to maintain sobriety long-term.

At 30:17 Recovery, we view opioid use disorder as a disease, not as an indication of weakness or moral failing. Sometimes medication is an effective tool for treating disease. The medications used in our MAT program are chosen to help eliminate the suffering and danger associated with opioid withdrawal, including reducing the risk of relapse. Counseling is essential in the process of working through the underlying issues associated with opioid addiction.

Suboxone

The active ingredients in Suboxone are naloxone and buprenorphine. Naloxone blocks the euphoric effects of opioids, which helps eliminate the desire to use them. Buprenorphine is known as a partial opioid agonist and affects the body differently than opioids. It is also used for managing pain. Suboxone is administered in pill form or as a sublingual film.

Suboxone is prescribed by a 30:17 Recovery doctor in conjunction with behavioral counseling.