



FAMILY HEALTH CENTERS  
OF SAN DIEGO

# Medications for Addiction Treatment (MAT)



## What is MAT?

MAT refers to the use of medications, along with counseling and behavioral therapies, to treat substance use disorders. The combination of medication and counseling is effective in the treatment of substance use disorders and helps to sustain recovery.

## How does it work?

MAT normalizes brain chemistry, reduces cravings and blocks the euphoric effects of alcohol and opioids. Medications are approved by the FDA, and MAT programs are individualized to meet each person's needs.

FDA approved medications to treat opioid use disorder:

- Methadone, Buprenorphine or Naltrexone

FDA approved medications to treat alcohol use disorder:

- Naltrexone, Acamprosate or Disulfiram



## What are the benefits?

- Alleviates symptoms of withdrawal and reduce cravings.
- Reduces risk of overdose.
- Promotes a more individualized approach.
- Improves birth outcomes in babies who are born to mothers who have a substance use disorder.
- Decreases a person's risk of contracting HIV or hepatitis C and reduces the potential for relapse.
- Improves treatment retention rates and treatment outcomes.
- Increases patients' ability to gain and maintain employment.



Medications and risks should be discussed with your medical provider.  
If you have questions, or would like to enroll in the MAT program, call **(619) 515-2338**.

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To learn more about the MAT program and view additional resources, please visit our website at  
**[www.fhcsd.org/opioid-treatment](http://www.fhcsd.org/opioid-treatment)**.