

Medication-Assisted Treatment (“MAT”) For Opioid Use Disorder

Additional Resources and Citations

A Note On Language

You may see Medication-Assisted Treatment (“MAT”) referred to as Medications for Opioid Use Disorder (MOUD) in medical journals and other settings. MAT and MOUD are the same thing. “MAT” was first used to convey that certain medications could “assist” other forms of therapy in promoting recovery. It is true that many people living with OUD benefit from counseling and other therapies while also being treated with medications. However, favor has shifted to using “MOUD” as research shows that these medications provide effective, tangible benefits to people living with OUD even without other forms of counseling. Medications do not only “assist” treatment; medications are a core component of treatment.

Additional Resources

- **Centers for Disease Control and Prevention**, “[Evidence-Based Strategies for Preventing Opioid Overdose: What’s Working in the United States](#)”
- **Brandeis Opioid Resource Connector**, “[What is Treatment for Opioid Use Disorder?](#)”
- **Partnership to End Addiction**, “[Learn How Medication Can Help Treat Opioid Addiction](#)”
- **American Society of Addiction Medicine**, “[Opioid Addiction Treatment](#)”
- **Shatterproof**, “[Medications for Addiction Treatment](#)”
- **Harvard Medical School, Blavatnik Institute for Health Care Policy**, “[The Opioid Epidemic: Evidence Based Strategies for Abatement of Harms](#)”

Citations

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