



Stokes County  
Health Department

For people who are currently dependent on either alcohol or drugs such as opioids, there is one treatment available that is particularly effective to help them quit. Medication-Assisted Treatment, also called MAT, helps clients by combining medications and behavioral therapy to heal substance use disorders. Our medication-assisted treatment program in Stokes, NC, has a “whole-body wellness” approach to treating substance use disorders. With medication-assisted treatment, you can overcome your use disorder, as well as heal any physical, emotional, or mental damage it has caused.

### Our Provider

Lisa Cassidy-Vu, MD, FAAFP



# “Recovery Starts Here”

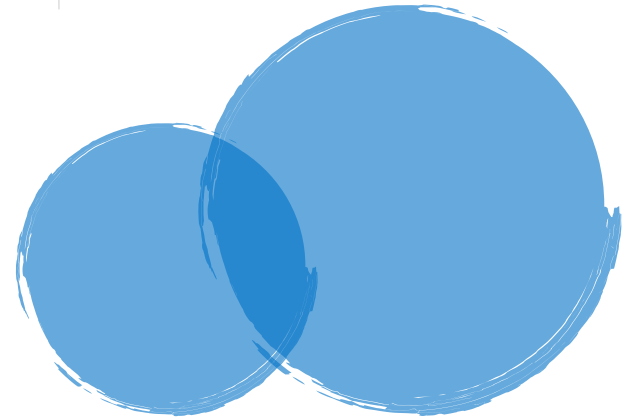


## Medication-Assisted Treatment Program

Offered by appointment. FREE or reduced cost.

1009 North Main Street  
Danbury, NC 27016  
336-593-2400

[Our Mission \(stokes.nc.us\)](http://stokes.nc.us)





**FACTS:**  
*MAT MEDICATIONS SAVES LIVES- USING FDA APPROVED MEDICATIONS FOR OPIOID USE DISORDER (OUD) REDUCES THE DEATH RATE AMONG THOSE WITH ADDICTION BY 50% OR MORE.*

*RECOVERY IS POSSIBLE- UP TO 90% OF PATIENTS WHO USE MAT MAINTAIN SOBRIETY AT THE 2-YEAR MARK.*

## WHAT IS IOP TREATMENT?

IOP (intensive outpatient therapy) is a treatment program that helps address addictions, depression, eating disorders, and other forms of dependencies that do not require detoxification or round-the-clock-care or supervision.

### The Treatment Elements of IOP

Services provided by intensive outpatient programs include:

- Group therapy and meetings
- Drug testing services
- Individual counseling and therapy sessions

### The Benefits of IOP Treatment

- Lower cost because the patient stays at home instead of a rehab center
- Patients can combine other therapy programs with the IOP such as relationship counseling
- Flexible schedule, so the patient can continue working or attending school

## WHAT IS MEDICATION-ASSISTED TREATMENT?

FDA approved treatments for opioid dependence include buprenorphine, methadone, and naltrexone.

Antabuse, naltrexone, and Campral are approved for alcohol addiction treatment.

### Other Elements of MAT

Other than medications, MAT also comprises of several other elements, such as:

- Pharmacological counseling
- Psychosocial resources and interventions
- Community –based educational interventions

## MAT for Opioid Use Disorder

Successful, lifelong therapy to stay opioid-free involves long-term medication and counseling. Medications utilized in MAT can help alleviate withdrawals and cravings.

## MAT for Alcohol Use Disorder

MAT is also immensely helpful for managing AUD. MAT programs help minimize the chances of a relapse and strengthen a patient's long-term recovery.