

We Are Here For You

- Mental Health Therapy
- Individual Substance Use Disorder Counseling
- Primary and Behavioral Health Care



If you have a desire to stop misusing opioids, MAT may be a good choice for you.

MAT can help with reducing withdrawal symptoms, cravings and urges so you can feel healthy and function at your best in everyday life.

If you are interested in getting help with opioid use disorder, please contact the Medication Assisted Treatment (MAT) program today.

Family Health Centers of San Diego

Medication Assisted Treatment Program

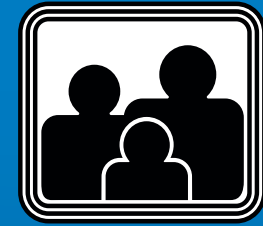
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FAMILY HEALTH CENTERS
OF SAN DIEGO



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OF SAN DIEGO

Opioid Use Disorder



MAT:

- Medication
- Assisted
- Treatment

Medication Assisted Treatment



The MAT team at Family Health Centers of San Diego is ready to help you start on your road to recovery.

Opioids are Powerful Drugs

Opioids are a type of drug used to relieve physical pain. Opioids also slow down the actions of the body, such as breathing and heartbeat. Opioids affect the brain by increasing pleasant feelings. Opioids get their name from opium, a drug made from the poppy plant. Opioids are also made artificially from chemicals.

People Take Opioids for Medical and Recreational Reasons

Opioids are a prescribed medication to treat moderate or severe pain and sometimes for other health problems. Commonly prescribed opioid medications include: Codeine, Hydrocodone, Oxycodone, Hydromorphone, Morphine, Darvon®, Vicodin®, Percocet® and Fentanyl. Sometimes people take opioids for the intense good feeling (“getting high”). Heroin is an example of a recreational opioid.

People Misuse Prescription Opioids

- Taking medications not as prescribed (taking early or doubling dose)
- Taking someone else’s medication
- Buying on the street without a prescription
- Crushing, snorting, injecting

Misuse of opioids can lead to addiction.

Opioids Can Be Addictive with Side Effects

A person who takes opioids can become tolerant and dependent on them. This means that more of the drug is needed to obtain the desired effect. If a person is dependent and no opioids are in the body, it is possible to feel sick. This sickness is called withdrawal.

Opioid Use Disorder Can Be Treated

People who have become dependent on opioid medication or heroin and are ready to stop taking it may avoid withdrawal symptoms with medication assisted treatment (MAT).



At FHCSD, MAT includes the use of buprenorphine/naloxone (Suboxone®) and naltrexone (Vivitrol®).

Both are used to treat opioid use disorder while you receive addiction counseling, group therapy and other support.



MAT Process

If you are eligible for the program and enroll in services, your first few weeks will be very busy. You will be required to attend addiction counseling and medical appointments. Once MAT reduces your cravings and urges for opioids, helping you to feel healthier and more productive, you will continue with counseling services and follow-up medical appointments to manage your long-term health and to improve your quality of life. Mental health therapy is available if it is clinically indicated.