



## **Medication Assisted Treatment: Iowa (MAT Iowa)**

**What is MAT?** Medication Assisted Treatment is a three-year (August 2015-July 2018) \$3 million grant awarded to the Iowa Department of Public Health and funded by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration; Center for Substance Abuse Treatment. MAT is an evidenced-based practice used to treat disordered use of opioids and alcohol. Best practices show that effectiveness is highest when medications and traditional substance abuse treatment/counseling are implemented together.

**Why use MAT?** Over 23 million Americans need treatment for substance use disorders and only 10% receive services. Advancements in both the variety of available medications as well as the research to show their effectiveness has led to a need for increased access for patients. Available data shows that just 20% of people admitted for substance abuse treatment who identify opiates as their primary substance are provided with MAT.<sup>1</sup> Each day, 44 people in the United States die from overdose of prescription painkillers.<sup>2</sup>

**Where is MAT Iowa implemented?** The providers currently partnering on MAT Iowa provide services in four of the counties with the highest need of persons with identified opioid use disorders: Polk (United Community Services), Woodbury (Jackson Recovery Centers), Linn (Area Substance Abuse Council), and Dubuque (Mercy Turning Point).

**What medications are available?** Each treatment center has established partnerships with prescribing doctors and pharmacies to make MAT available to their patients. Consult with each MAT Iowa provider regarding the medication assisted treatment available from the options below:

- Acamprosate (treats alcohol use disorder)
- Buprenorphine (treats opioid use disorders)
- Naltrexone (treats opioid and alcohol use disorders)
- Disulfiram (treats alcohol use disorder)

### **What are the goals of MAT Iowa?**

#### **Goal 1: Coordinate Expansion and Enhancement of MAT Services**

Program implementation will include statewide outreach; advancing overdose prevention; training in MAT evidence-based practices (including Collaborative Opioid Prescribing Education (COPE), and Motivational Interviewing).

#### **Goal 2: Increase the Number of Individuals Receiving MAT Services**

Four providers are contracted in counties with demonstrated high need for opioid treatment enhancement and expansion. These providers will increase Iowa's MAT capacity and provide a broad array of best practices with integrated care services.

#### **Goal 3: Decrease Illicit Drug Use and Improve Client Outcomes**

Measurable outcome goals include increasing the number of clients receiving MAT and integrated care by approximately 10%; decreasing illicit drug use at 6-month follow-ups by 10%; and reducing service disparities for women and other minorities through ongoing analysis of treatment outcomes among sub-population groups.

**If you would like additional information about the MAT Iowa program contact Kevin Gabbert at [Kevin.Gabbert@idph.iowa.gov](mailto:Kevin.Gabbert@idph.iowa.gov) or 515-281-7080**

<sup>1</sup> Substance Abuse and Mental Health Data Archive, Analyzed with SDA, April 14, 2015

<sup>2</sup> Centers for Disease Control and Prevention, Injury Prevention & Control: Prescription Drug Overdose, April 30, 2015