NEW DAY RECOVERY

Session 4 Handout

Medication Support (MAT) Facts

Plain facts, no arguing. In this program, every honest path of recovery is respected. No one here is "cleaner" than anyone else.

Name: _____ **Date:** _____

- **What it is.** Some medicines, prescribed by a medical provider, help the brain and body heal from opioid use. They are one real path of recovery, used along with counseling, community, and the same daily work everyone here does. Alcohol-use medications (naltrexone and acamprosate) are also prescriber decisions — take medication questions to your prescriber or clinic. This program neither prescribes nor advises starting, stopping, or changing any medication.
- **Who decides.** Only you and your medical provider — your prescriber or clinic. Facilitators, coaches, sponsors, and other participants never advise anyone to start, stop, or change a medicine. Ever.
- **Taking it as prescribed is recovery.** Taking a prescribed medicine the way your provider directs is not "still using." Shaming someone for their prescribed medicine is not allowed in this room — it breaks our group agreements.
- **It is not the whole plan.** Medicine supports recovery; it does not do it alone. The plan still includes sleep, structure, people, purpose, and the tools in these handouts — for everyone, on every path.
- **Questions go to the right person.** Questions about a medicine, a dose, or side effects go to your prescriber, clinic, or pharmacist — write them down and take them to your appointment.
- **If you are on medication support, write it in your plans.** List it in your Safety Plan (Session 8 handout) and your 90-Day Plan (Session 36 handout), with your prescriber's name and phone, the same as any other part of your health care.

Source: SAMHSA, Medications for Opioid Use Disorder (Treatment Improvement Protocol [TIP] 63) — the standard this program follows. Full citation is in the Facilitator Guide, Appendix H.

My prescriber / clinic — Name & phone (if this applies to me):

My next appointment:

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.