



creating healthier communities

Your provider understands and is here to help

North Country HealthCare can help with a full treatment plan made just for you with a medical and behavioral health provider. There are medications that can help control the cravings.

Starting the conversation

It can be difficult to know where to begin on your journey to recovery. Here are some questions to help you talk to your healthcare team about using MAT to assist with recovery:

- How can medications help?
- How long will I be on the medication?
- What other steps can I take to support my recovery?

Questions? Call 928.537.4300

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northcountryhealthcare.org

Medication Assisted Treatment

Creating a path to recovery
through Medication Assisted
Treatment (MAT)

What is MAT?



Science has uncovered that when medications for substance use disorder are combined with other supportive services, people are often able to reduce or eliminate their dependence on alcohol or drugs to live healthier lives.

Medication Assisted Treatment (MAT) can help people with certain substance use disorders as well as those with chronic pain who are looking for an alternative option. MAT combines the use of medications and behavioral strategies to reduce these side-effects and help you gain more control of your symptoms and quality of life.

What medication do we have available to treat prescription drug and heroin dependence?

Buprenorphine (Subutex, Suboxone)

An approved medication for treating certain substance use disorders. Compared to methadone, buprenorphine produces less risk for overdose, a lower dependence level and can be taken independently in the privacy of your home.



Some people get prescribed opioid pain pills for a few days after a surgery or a bad injury and find they can't stop taking them

You may have a problem with pain pills if:

- Opioids are often taken in larger than prescribed amounts or over a longer period of time
- You have mental or physical cravings
- There is a persistent desire or unsuccessful effort to cut down or control opioid use

Talking to your provider could start your journey to a healthier life

There are many paths to recovery from substance use disorder. For many people, treatment from professionals is necessary, which may include medication.

Substance use disorders can be managed with the help of your provider. Through medicated assisted treatment, counseling, and other support, you can regain a healthy, productive life. Medicine is not magic, but is one of many tools that is most effective when used as part of a full recovery program.

Ask your provider about how we can also help you decrease or eliminate tobacco and alcohol use.

**Let's Help You
Be a Healthier You**