



How Does Medication-Assisted Recovery Work?

Getting to Know Your Customized Plan

Medication-Assisted Recovery (MAR) is a type of treatment for opioid use disorder (OUD) where medications and optional behavioral counseling are used to sustain recovery. Medications work to reduce your cravings and most help your withdrawal symptoms. MAR can help you move past your OUD and take back the power in your life.

How Does MAR Work?

With MAR, you will be prescribed medication to reduce your cravings and withdrawal symptoms. This will help you overcome the urge to take more opioids, and help you on your path in recovery.

Your Medication Options

Recovery from OUD is challenging, but it is possible. Find the medication that makes the most sense for you.

Methadone



What you take: A liquid medication.



When/where you take it: Daily at an opioid treatment program or methadone clinic until you are cleared for at-home doses.



What you'll feel: Reduced withdrawal symptoms and cravings.



How it helps: Methadone reduces feelings of cravings and withdrawal. Going to a program/clinic every day for your dose gives your day structure. Counseling is typically required alongside your medication.



Other considerations: Check to see if there is a methadone clinic near you.



CTA: Schedule an intake appointment at a methadone clinic to start.

Buprenorphine (Suboxone[®], Subutex[®], Zubsolv[®], Sublocade[®])



What you take: There are different options, which include a dissolvable strip or tablet taken daily, or a monthly injection.



When/where you take it: For the strip or tablet, fill your prescription at any pharmacy, then take it daily at home. The monthly injections must be administered by a doctor.



What you'll feel: Reduced withdrawal symptoms and cravings.



How it helps: Buprenorphine allows you to be on MAR without additional daily requirements. Counseling is advised to help you make change for good.



Other considerations: You must be in early withdrawal to start or it may make you feel sick. This medication may provide the fewest disruptions to your daily life.



CTA: Schedule an appointment with a health care provider to start.

Naltrexone (Vivitrol[®])



What you take: An injectable shot.



When/where you take it: Monthly shots by your health care provider.



What you'll feel: You will not feel the effects of opioids, including feeling high. You may also have reduced cravings.



How it helps: Naltrexone prevents you from feeling any effect of opioids, which may help you avoid further use. Counseling is advised to help you make change for good.



Other considerations: You must be fully off of opioids for 1-2 weeks before receiving your first injection or it may make you feel sick.



CTA: Schedule an appointment with your health care provider to start.



For more information and resources about how Medication-Assisted Recovery works, visit [RethinkRecoveryIL.com](https://www.RethinkRecoveryIL.com).

