

PATIENT JOURNEY

MEDICATION-ASSISTED TREATMENT WITH METHADONE

Everyone's patient journey is different. This patient journey map illustrates the long-term value and impact of medication-assisted treatment (MAT) at an opioid treatment program (OTP).

OTP Clinic

Meet Mark, A DC resident living with a heroin addiction.

His journey starts with a desire to begin **recovery**.

1

Clinical assessment

Mark is given a clinical assessment at an OTP that includes:

- Interview to discuss substance use
- Physical exam conducted by licensed physician
- Toxicology screening
- Psychosocial evaluation



3

Recovery treatment phase 1

For 90 days, Mark adheres to the MAT plan outlined by his care team.



2

Development of tailored treatment plan

A team of trained professionals—physician, behavioral counselor, social worker and/or nurse—review Mark's intake results and create a tailored treatment plan designed to help him stabilize his drug use, reduce withdrawal symptoms, and learn skills to resist returning to drug use.



4

Phase 2

Mark's mental and physical health improve significantly, and the care team agrees he can take home doses. Every 90 days of adherence, Mark earns more take-home doses but still comes in regularly to meet with his team.

Simultaneously, Mark rebuilds relationships with his family, friends and community and secures a job with support from his social worker.



5

Phase 3

After 1 year, Mark comes in 2 times a month for 14 days of take-home methadone. He continues his group therapy sessions 2 times a month.

6

Phase 4

Mark continues to manage his addiction and live a balanced life. Mark goes to the OTP once a month to pick up methadone and receive support as necessary.



Individualized Treatment Plan*

Daily methadone intake

Because of the severity of Mark's heroin addiction, methadone is selected as the best drug option, which requires him to come in once a day to receive his dose.

Group counseling

Shared experience helps Mark see he is not alone, and it helps him heal from the trauma and stress of addiction. He attends group counseling 2 times a month with his peers.

Individual counseling

Opioid addiction is complex because it changes the brain. Mark meets monthly with a counselor to talk about any challenges.

Medication management

Mark relies on his clinical team to manage co-occurring conditions while he is focused on addiction treatment.

Mandatory toxicology screening

Monthly, Mark's clinical team will submit a urine sample to ensure adherence to medication and check for methadone misuse or diversion.

Vocational rehabilitation

Mark meets with a designated social worker on site at the OTP to help him find a job.

*not all services are available at every OTP

PROGRAM, not a pill.

Medication-Assisted Treatment for OUD