

# 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 opioid use disorder (OUD).

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



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#### Clinical assessment

Mark completes a clinical assessment at an OTP that includes:

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



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#### Treatment and Recovery phase 1

Mark adheres to the treatment plan created with his care team.



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#### Development of individualized treatment plan

Using patient input and Mark's assessment, a team of trained professionals—a physician, counselor, social worker, and/or nurse—will work with Mark to create an individualized treatment plan designed to help him reduce his drug use, prevent withdrawal symptoms, and learn skills to resist substance use.

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#### Phase 2

Mark significantly reduces his opioid use and his mental and physical health improve, allowing the care team to balance take-home doses and in person visits. Mark has regular opportunities to meet with his care team and flexibility in his treatment.

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



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#### Phase 3

Mark continues to manage his addiction, improve his health and wellness and live a self-directed life in recovery. Mark goes to his OTP periodically to pick up his methadone and receive support as necessary.

**PROGRAM, not a pill.**

Medication-Assisted Treatment for OUD

#### Individualized Treatment Plan\*

##### Regular Program Engagement

Because of the severity of Mark's substance use, methadone is selected as the best drug option. Severe OUD necessitates regular visits to pick up medication and participate in counseling.

##### 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 1-2 times a month with his peers.

##### Individual counseling

Opioid Use Disorder is complex because it has biological, psychological and social components. Mark meets monthly with a counselor to talk about any challenges.

##### Medication management

Mark meets frequently with the clinical team early in treatment to ensure his medication is sufficient to prevent withdrawal. Once a therapeutic dose is achieved, regular check-ins ensure continued benefit and manage any side effects or interactions with other medications. Mark participates in other services to help address co-occurring mental health issues.

##### Mandatory toxicology screening

Mark will submit a drug test eight times per year 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