

## MAT STANDARDS FLYER

# MAT Standards

WHAT ARE THEY?

MAT = Medication Assisted Treatment



### 1 Help on the day you ask

**Being able to start treatment on the day you ask can be crucial for success.** The service you use should be ready to provide this help and this can be a prescription, when medically appropriate, or ensuring access to another form of support from day one.

### 2 Choice

**We should all be involved in the decisions that affect our care!** Different medication options, their effects and dispensing arrangements should be discussed and agreed and there will be support in place to let you make the best choice for your needs.

### 3 Reaching out

Staff in services should keep in contact with and offer you support throughout your treatment, especially during times of high risk. **Support will also be offered when a person's risk factors might be changing** i.e. when a person is leaving hospital or prison.

### 4 Harm Reduction

**In treatment you are still able to access harm reduction services** i.e. provision of injecting equipment, wound care and naloxone. You can receive these from a range of providers - including your treatment service - and this will not affect your treatment or prescription.

### 5 Staying in treatment

**You are given appropriate support to stay in treatment from the MAT service provider for as long as you like,** especially at times when things may be difficult. All discharges from services should be planned with you to ensure that this is managed safely.

### 6 Psychological Support

We know that for many people, substances are used as a way to cope with difficult emotions and issues from the past. Services will focus on supporting you to develop positive relationships and new ways of coping **as these are just as important as having the right medication.**

### 7 Involving Primary Care

Not everyone needs specialist treatment or services throughout their journey of recovery. You should be able to choose to **receive your medication and support through primary care providers** - these may include GPs and community pharmacies.

### 8 Advocacy and Support

The journey of recovery goes beyond just medication. **You have the right to ask for an independent advocacy worker who will support you with housing, welfare or income.** This worker will support you whilst in treatment to ensure you are treated fairly and these other needs are met.

### 9 Treating mental health

**You have the right to ask for support with your mental health and to engage in mental health treatment** alongside your MAT plan and care. Emphasising the importance of integrated care and recognising that addressing both conditions simultaneously is crucial.

### 10 Respecting Trauma

The MAT service you use and the people who work there will **offer a relationship that does not cause further trauma, promotes healing and supports you** to access, and remain in, treatment for as long as you need to, in order to get the most from your care.