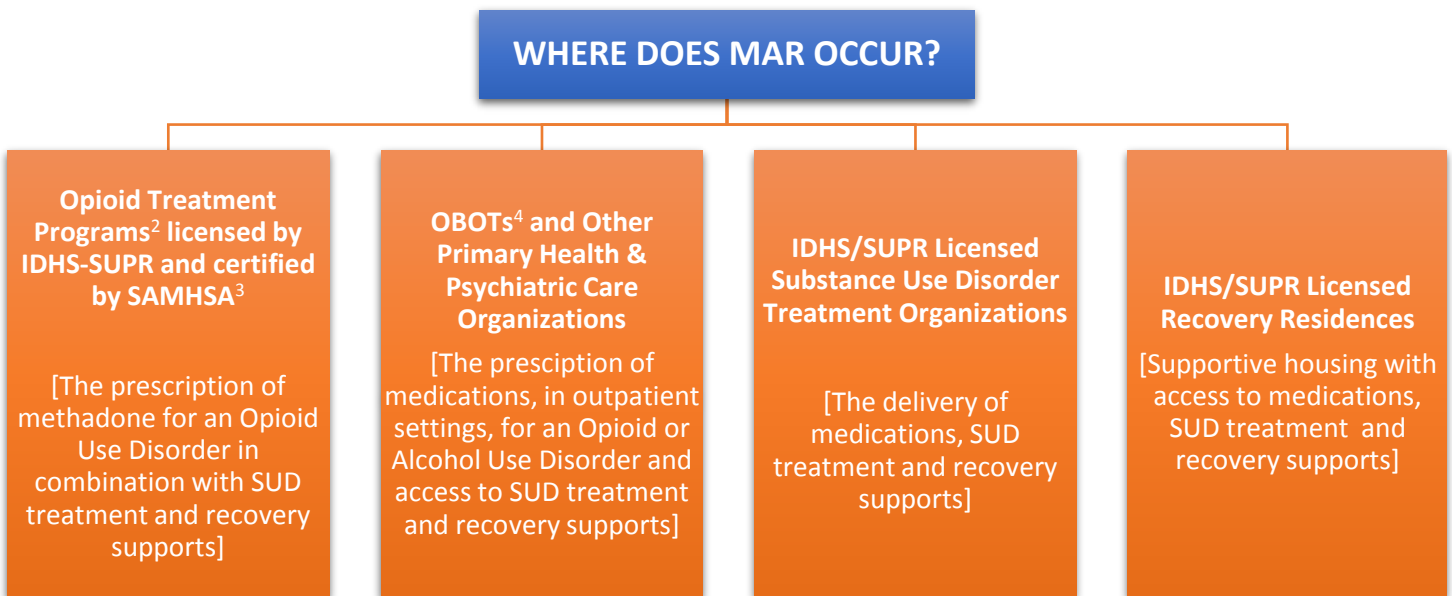


## Guideline: Medication Assisted Recovery (MAR)

The purpose of this guideline is to define Medication Assisted Recovery (MAR) and identify the different settings where MAR can be accessed.

MAR<sup>1</sup> is the use of evidence-based FDA approved medications (e.g., methadone, buprenorphine, naltrexone, disulfiram, acamprosate) by individuals with a substance use disorder (SUD) to support their recovery. IDHS/SUPR recognizes that individuals who identify in recovery and take medications to manage their SUD *are* in recovery.



IDHS/SUPR endorses MAR as an evidence-based approach for individuals with a SUD. These FDA approved medications are particularly effective in treatment for an alcohol use disorder (AUD) or an opioid use disorder (OUD) as they provide stabilization in the initial phase of recovery and long-term support for recovery from this chronic disease.

Ideally, IDHS/SUPR supports the use of medications along with treatment and other recovery supports as the preferred approach to MAR. However, a medication first model, which is generally referred to as MOUD or pharmacotherapy, should always be a starting point and individuals should not be prohibited from medications for an OUD or AUD if they do not accept treatment or other recovery supports. Likewise, individuals should not be denied supportive housing (e.g., recovery residences) if they are taking medication. In both cases, MAR assists these individuals, who identify in recovery, to achieve their goals and to sustain this achievement long after treatment or other recovery supports have ended.

<sup>1</sup> <http://www.williamwhitepapers.com> for Perspectives on Medication-Assisted Recovery.pdf

<sup>2</sup> OTPS - Opioid Treatment Programs

<sup>3</sup> SAMHSA - Substance Abuse and Mental Health Services Administration

<sup>4</sup> OBOT – Office Based Opioid Treatment- Examples are primary healthcare settings, Federally Qualified Health Centers (FQHCs) or an IDHS/SUPR licensed SUD organization using MOUD