



## Medication Assisted Recovery Learning Program

### Medication Assisted Treatment (MAT) of

substance use disorders presents a unique clinical challenge that requires MAT-specific skills and training. As new medications become available and more individuals consider pharmacotherapy treatment options, it will be increasingly important to have behavioral health professionals skilled and knowledgeable of MAT treatment options, clinical challenges and the recovery support needs for this unique group of people served.

To help increase awareness of MAT treatment options and to support the dissemination of accurate, research & science-based information, the CCB has developed a comprehensive learning program based upon the most recent trends in the field of pharmacotherapy of opioid and alcohol dependence. The program is designed to provide a comprehensive overview of the basic pharmacology, recovery supports, clinical and practice issues related to the treatment of addictive disorders using pharmacotherapy as part of a comprehensive recovery plan that includes clinical services, recovery supports and other essential aspects of this important emerging area of addiction recovery.

### According to the Federal Government and SAMHSA:

Medication-Assisted Treatment (MAT) is a form of pharmacotherapy and refers to any treatment for a substance use disorder that includes a pharmacologic intervention as part of a comprehensive substance abuse treatment plan with an ultimate goal of patient recovery with full social function.

In the US, MAT has been demonstrated to be effective in the treatment of alcohol dependence with Food and Drug Administration approved drugs such as disulfiram, naltrexone and acamprosate; and opioid dependence with methadone, naltrexone and buprenorphine.

As part of a comprehensive treatment program, MAT has been shown to:

- Improve survival
- Increase retention in treatment
- Decrease illicit opiate use
- Decrease hepatitis and HIV seroconversion
- Decrease criminal activities
- Increase employment
- Improve birth outcomes with perinatal addicts

#### Medications for Alcohol Dependence

- [Naltrexone](#) (ReVia®, Vivitrol®, Depade®)
- [Disulfiram](#) (Antabuse®)
- [Acamprosate Calcium](#) (Campral®)

#### Medications for Opioid Dependence

- [Methadone](#)
- [Buprenorphine](#) (Suboxone® and Subutex®)
- [Naltrexone](#)

Content from SAMSHA website – Division of Pharmacotherapy  
for more info, please visit <http://www.dpt.samhsa.gov/>

## Medication Assisted Recovery Workshops

### Workshop I: An Introduction to Medication Assisted Recovery

*This workshop presents an overview of the science of addiction and several emerging trends in the field of addiction treatment and recovery. The concept of medication assisted recovery is discussed identifying several key principles for practitioners to consider when working with people in recovery. The stigma of addiction and the bias against MAT is addressed as well as other barriers to recovery. Finally, the workshop presents a brief overview of the three medications approved for the treatment of opioid dependence: methadone, buprenorphine and naltrexone as well as the three medications approved for the treatment of alcohol dependence: naltrexone, disulfiram, and acamprosate.*

### Workshop II: Integrating Recovery Supports into Medication Assisted Treatment

*This workshop presents an overview of the stages of change, motivational interviewing and motivational enhancement strategies when working with people in recovery. Participants are given information about how to use motivational strategies to support recovery and tools to assist them in providing basic education on MAT to clients, family members and community stakeholders. The workshop also introduces the recovery supports and explains the importance of factoring recovery support needs when developing recovery plan for people on MAT. Several resources are provided to participants including web-based resources, educational and recovery support services.*

### Workshop III: Medication Assisted Recovery: Collaboration, Integration and Ethical Issues

*This workshop focuses on strategies to increase collaboration between behavioral health professionals and medical/community providers that may share clients being served by MAT. The workshop includes a discussion of common co-morbid medical issues to consider when referring people to MAT services as well as determining appropriateness for treatment and treatment options. Ethical issues related to MAT and common ethical dilemmas in MAT settings are considered as well as the importance of professional competence of clinicians providing MAT services.*

## **CCB Announces New Medication Assisted Treatment Specialist Credential**

Wallingford, CT – In March 2009, the CCB developed the MATS credential which is intended for practitioners providing counseling, recovery supports, case management, medical treatment or other services to people in recovery that are benefiting from Medication Assisted treatments (MAT) such as methadone, buprenorphine/suboxone, naltrexone, acamprosate, disulfiram, chantix and other medications used in the treatment of addictive disorders. One of the primary purposes of this board specialty is to identify practitioners with a special interest in or commitment to medication assisted treatment and recovery and have chosen to demonstrate their basic competency in the knowledge and skills of a Medication Assisted Treatment Specialist as identified in the **CCB Medication Assisted Treatment Specialist Job Task Analysis (2008)**.

Medication assisted treatment (MAT) of substance use disorders presents a unique clinical challenge that requires MAT-specific skills and training. The MAT Specialist credential will be available for those interested in completing 45 hours of MAT-specific training and successfully passing the CCB MATS written exam. The credential will not require that a practitioner be licensed or certified in a behavioral health or medical field (although this is strongly encouraged and will be the primary intended audience), so that people in recovery, MAT advocates, policy makers, behavioral health professionals, medical and pharmaceutical professionals, family members, and others that have a special interest in MAT can obtain the credential.

MATS certification is one way to demonstrate that you have met established standards of MAT competency and capability. MATS certification through the CCB, however, does not allow an individual any practice permission or scope of practice that is not provided by their agency, license, educational training or professional scope under other credentials/licenses. MATS certification with the CCB does not allow an individual to practice as a private practice clinician and does not determine eligibility or provide permission to practice without meeting other requirements as determined by the Connecticut Department of Public Health. For questions about practice requirements, scope of practice or licensure requirements of private practice clinicians, please contact the Connecticut Department of Public Health at [www.ct.gov/dph](http://www.ct.gov/dph).

The Connecticut Certification Board's process for credentialing MATS practitioners currently requires meeting established standards in MAT-specific training and obtaining a passing score on the CCB MATS written exam. Ongoing professional development and adherence to the CCB Medication Assisted Treatment Specialist Code of Ethics are also required of the MATS credential. ***This credential is currently not a reciprocal credential and not transferable through the IC&RC to other IC&RC member regions.***

## **Medication Assisted Recovery Distance Learning Program**

The CCB Science 2 Service MAR DL Program is a self-paced learning program that is developed using science-based materials within the public domain such as TIPs, TAPs, research reports and training manuals. The DL Program allows participants to earn CCB approved training hours that can be applied toward initial certification or recertification while reading high quality science-based content.

The CCB Science 2 Service MAR DL Program is a 35 hours program based upon the following free public domain resources:

***Drugs, Brain and Behavior: The Science of Addiction*** (NIDA/NIH, 2007)

***TIP 43: Medication Assisted Treatment for Opioid Addiction in Opioid Treatment Programs*** (SAMHSA/CSAT, 2005)

***TIP 40: Clinical Guidelines for the Use of Buprenorphine in the Treatment of Opioid Addiction*** (SAMHSA/CSAT, 2004)

***Mid America ATTC: Psychotherapeutic Medications 2008: What Every Counselor Should Know*** (MA ATTC, 2008)

***TIP 35: Enhancing Motivation for Change in Substance Abuse Treatment*** (SAMHSA/CSAT, 1999)

***TIP 49: Incorporating Alcohol Pharmacotherapy into Medical Practice*** (SAMHSA/CSAT, 2009)

***For more information about the MAR DL Program, visit [www.S2SDL.org](http://www.S2SDL.org)***

## **Medication Assisted Treatment Specialist (MATS) Certification Requirements**

### **I. Training Requirements - 45 hours of MAT Specific training with the following domain requirements:**

<b>Etiology &amp; Medication Assisted Treatment</b>	<b>12 hours</b>
<b>Addiction Pharmacotherapy</b>	<b>18 hours</b>
<b>Recovery Supports &amp; MAT</b>	<b>3 hours</b>
<b>Collaborating with MAT &amp; Medical Providers</b>	<b>6 hours</b>
<b>MAT Specific Ethics</b>	<b>2 hours</b>

### **II. MATS Written Exam**

A passing score on the CCB MATS written exam is required for all applicants

### **III. Licensure or Certification**

Although MATS certification is primarily intended for certified and licensed behavioral health professionals (i.e., Addiction Counselors, Mental Health Clinicians, Social Workers, Nurses, Physicians, Program Administrators), no certification or license is currently required.

## **Medication Assisted Treatment Specialist (MATS) Performance Domains**

- I. Pharmacotherapy**
- II. Recovery Supports**
- III. Education**
- IV. Professional Responsibility**

For more information about the MATS Job Task Analysis (2008), please visit the CCB website [www.ctcertboard.org](http://www.ctcertboard.org)

## **Medication Assisted Treatment Specialist (MATS) Written Exam**

<b>Pharmacotherapy</b>	<b>20 items</b>
<b>Recovery Supports</b>	<b>15 items</b>
<b>Education</b>	<b>10 items</b>
<b>Professional Responsibility</b>	<b>5 items</b>

The MATS exam is a 1 hour and 15 minute 50 item multiple choice exam administered by the CCB. The exam is available nationally at computer-based testing centers and is required of all MATS applicants.