

MAT Standards

MAT = Medication Assisted Treatment

what
are
they?

1. Help on the day you ask

Being in treatment is a matter of life and death – when people ask for help we should be ready to provide it. Services will bring in new guidance to allow this to either be a prescription when clinically appropriate, or to ensure access to other support from day one.

2. Choice

We should all be involved in the decisions that affect our care, after all, it is us that have to live with it. Different medication options that are available will be discussed with people and they will be supported to make the right choice for them.

3. Reaching out

Staff contact and follow up with individuals they are concerned about, especially during times of high risk. Support will also be offered when a person's risk factors might be changing – e.g when a person is leaving hospital.

4. Harm reduction for everyone

While a person is in treatment and prescribed medication, they are still able to access harm reduction services – e.g needles and syringes, testing for blood-borne viruses, injecting risk assessments, wound care and naloxone. They would be able to receive these from a range of providers – including their treatment service – and this would not affect their treatment or prescription.

5. Staying in treatment

People are to be given support to stay in treatment for as long as they like and especially at times when things are difficult for them. All discharges from services should be planned with the person to ensure this is managed safely.

6. Improving mental wellbeing

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 people to develop positive relationships and new ways of coping as these are just as important as having the right medication.

7. Involving GPs & primary care

Not everyone needs specialist services throughout their recovery, and people should be able to choose to receive their medication and other support through primary care providers.

8. Meeting everyday needs

To support the whole person not just their drug use, people have the right to ask for support to improve their living circumstances, such as housing and access to their welfare entitlements. Dedicated independent workers will support people to make sure they get what best suits them and that they are treated fairly.

9. Treating mental health

People have the right to ask for support with mental health difficulties and to engage in mental health treatment while being supported as part of their drug treatment and care.

10. Respecting trauma

This ensures we listen to people and offer the kind of relationship that promotes their recovery, does not cause further trauma or harm, and helps build resilience.

MIST

MEDICATION ASSISTED TREATMENT
IMPLEMENTATION SUPPORT TEAM