

# Medication Assisted Recovery

## How can I find out more?

- Please call us at 603.668-4111 if you have any questions about the MAR program at MHCGM.
- If you are currently receiving services from MHCGM, talk to your therapist about our Medication Assisted Recovery program.
- If you are not currently receiving services from MHCGM, talk to your primary care provider about Medication Assisted Recovery plan options. MHCGM will help you explore your insurance plan benefits to minimize out of pocket expenses.
- Family members or caregivers may also call to inquire about our MAR services.

The Mental Health Center (MHCGM) offers Medication Assisted Recovery (MAR) services in an outpatient setting, which allows you to stay engaged with your everyday life while participating in treatment.

Opioid Use Disorder (OUD) and Alcohol Use Disorder are chronic conditions that can be managed using medication as a component of care. In combination with counseling and behavioral therapies, medications can provide a “whole-patient” approach to the treatment of substance use disorders and can provide an opportunity to focus on lifestyle changes that lead to a healthier life.

## What is Medicated Assisted Recovery?

- MAR is the use of prescribed medications to treat substance use disorders.
- MAR medications suppress cravings and manage withdrawal symptoms.
- MAR, along with behavioral therapy and other services, is one of the best approaches to treat substance misuse.



The Mental Health Center  
of Greater Manchester

(603) 668-4111

[www.mhcgm.org](http://www.mhcgm.org)

*“Though no one can go back and make a brand new start,  
anyone can start from now and make a brand new ending.”*

– Carl Bard

**Ready to start your journey to recovery?**

**Call today! (603) 668-4111**

## Why Medication Assisted Recovery?

Positive outcomes linked to MAR include:

- ◇ Increased ability to gain and maintain employment
- ◇ Improvement in quality of life
- ◇ Stress reduction
- ◇ Increased social functioning and retention in treatment

## Other Benefits of MAR:

- MAR decreases opioid use, opioid-related overdose deaths, criminal activity, and infectious disease transmission.
- MAR saves lives while increasing the chances a person will remain in treatment and learn the skills and build the networks necessary for long-term recovery.

*“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow.”*

— **Mary Anne Radmacher**

## Current Evidence Based Guidelines:

- Best Outcomes = Behavioral Health Support + Medication Assisted Recovery
- Withdrawal management alone is not recommended because this approach has been associated with high rates of relapse when implemented without immediate transition to long-term evidence-based treatment as well as elevated risks (death from overdose), in comparison to providing no treatment at all.

## More About Our MAR program:

- MHCGM's outpatient program operates in partnership with **Fusion Health Services** - medical professionals experienced and trained in medication assisted recovery.
- A patient-centered collaborative care team approach is utilized when prescribing and administering medications; comprised of medical providers, Fusion Health Services staff members, Genoa Pharmacy technicians and the individual seeking services.
- We offer comprehensive screening (including specialized urine testing) assessment and consultation to determine appropriateness for MAR services.
- Once enrolled in the program, a medical team monitors safe dosing every step of the way. Through weekly visits, the MAR team will work with you to create a treatment plan that helps support your recovery, which may include services such as individual therapy, connection to external resources such as intensive outpatient, evidence-based supported employment, peer support as well as group therapy.
- Persons calling for MAR service who are on methadone or pregnant, will be referred out to a higher level of care.

