

INTEGRATED MEDICATION ASSISTED TREATMENT (IMAT)



IF YOU STRUGGLE WITH
ALCOHOL OR OPIOIDS
IMAT CAN HELP



ABOUT THE IMAT TEAM

IMAT helps people dealing with addiction to alcohol or opioids. We are a compassionate team that uses harm reduction and medication assisted treatment (MAT) to support your vision of recovery.

We get it. Recovery is hard and many people return to using before getting better - we don't judge - we just keep working with you.

Our team includes healthcare providers that specialize in addiction medicine. They work to understand your recovery goals and prescribe safe, monitored levels of medication (such as naltrexone or buprenorphine) which do not cause a “high,” but help manage symptoms, ease withdrawal, curb cravings and prevent harmful use and overdose.

WHAT IS EXPECTED OF ME?

To start - just a willingness to have a conversation about your relationship to alcohol or opioids. We help you define your recovery goals.

Studies show that individuals who participate in MAT have better recovery results, *we can help you get there!*

IMAT is welcoming of anyone regardless of race, ethnicity, age, religion, disability, sexuality/gender, language or immigration status.

FIND THE IMAT TEAM:

San Mateo Medical Center Emergency Department:

650.573.2735 (7 days/week)

SMC Primary Care Interface Clinics

*IMAT serves Health Plan of San Mateo or ACE members.
We also link uninsured individuals with
benefits specialists to review options*



WHAT IS MEDICATION ASSISTED TREATMENT (MAT)?

MAT is an evidence-based treatment approach for substance use disorders that combines FDA-approved medications with counseling and other behavioral therapies unique to each individual to support their vision of treatment and recovery.

Medications used are safe, effective and carefully monitored by an addiction medicine specialist.



ADDICTION IS A CHRONIC DISEASE

Much like heart disease or diabetes addiction can be treated and managed with medication, counseling, and compassionate support to help you find your own path to recovery.

HOW TO GET CONNECTED



- Ask your **primary care doctor** if they prescribe MAT



- Ask your **psychiatrist** if they prescribe MAT



- If you live in San Mateo County call **IMAT: 650.573.2735**



If you live outside San Mateo County:

Call SAMHSA's National Helpline: 800.662.HELP (4357)

Go to the Substance Use Treatment Locator at <https://findtreatment.gov/>

Learn more about MAT

samhsa.gov/medication-assisted-treatment

Find Local

12-Step meetings at:

[AA.org](https://aa.org) or [NA.org](https://na.org)

RECOVERY RESOURCES

NEED NARCAN?

Help prevent an accidental overdose:

Ask your Doctor or local pharmacy

For **Peer support** call **Never Use Alone**
(800) 484-3731 neverusealone.com