

## MEDICATION ASSISTED TREATMENT (MAT) AND OPIOID TREATMENT PROGRAM (OTP)

### Q. WHAT IS OUD?

A. Opioid Use Disorder is a diagnosis given when specific DSM-V criteria is met for opioid use. The opioid use can mean heroin, prescribed opioids or both. OUD can produce symptoms such as an increase in tolerance, cravings, an inability to quit or cut down, impairment in work, school or family life, use in spite of consequences, and an inability to control how much or how often it is used.

### Q. WHAT IS MAT?

A. Medication Assisted Treatment (MAT) is medical treatment for patients with OUD to lessen cravings for opioids and to decrease withdrawal symptoms. MAT is provided by a licensed medical Provider who has an X-license that certifies him/her to prescribe these medications to patients with OUD.

### Q. WHAT IS MMAT?

A. Multi-disciplinary Medication Assisted Treatment (MMAT) means having a licensed medical Provider who prescribes MAT as well as having a behavioral health Provider on staff to provide counseling onsite. While this integrated model is ideal, research demonstrates that it is not mandatory to have BH services to help patients with OUD.

\* If a Provider offers Medication Assisted Treatment *without* the additional BH component, it is called “traditional” MAT, this method can be effective. A member can be referred to any MAT Provider site, if all they are requesting is Medication Assisted Treatment for OUD.

### Q. IS MMAT DIFFERENT THAN REHAB (REHABILITATION)?

A. Yes, MMAT is different than rehabilitation. MMAT is administered on an outpatient basis, meaning that the patient is not required to stay on site to receive treatment. MMAT allows the patient to remain at home and to keep their employment while in treatment with a Provider.

Rehabilitation is treatment for substance use disorder where the patient is residing on site while working with a team of providers and substance use treatment professionals. In addition, rehabilitation requires clearance from a physician whereas a member seeking OUD treatment by way of MMAT does not need a medical clearance or an authorization in order to make an appointment.

### Q. WHAT ARE THE GOALS OF PROVIDING MMAT IN THE IEHP NETWORK?

A. The goals of providing MAT and MMAT in the IEHP network are:

- Increase the number of MAT Providers within the IEHP network
- Increase the number of Members accessing MAT within the IEHP network
- Increase MMAT in the IEHP Network, specifically the number of behavioral health providers working in conjunction with Primary Care Providers, in order to treat the concurrent BH symptoms associated with OUD
- Decrease the bias and stigma associated with OUD and develop an increase in empathic care by Providers
- Develop effective referral protocols and practices in order to develop a continuum of care between emergency departments and outpatient clinics for the treatment of Members with OUD

# FREQUENTLY ASKED QUESTIONS



## **Q. ARE MAT AND MMAT SERVICES AVAILABLE TO ALL IEHP MEMBERS?**

**A.** Yes, MAT and MMAT are available to all IEHP members in all lines of business. There are no exclusions.

## **Q. WHICH PROVIDERS OFFER MMAT?**

**A.** Currently, six network Provider organizations offer the treatment, and we hope to add more in the future:

- Desert Hot Springs Community Health Center, Borrego Community Health Foundation, (619) 344-2834
- D Street Community Health Center, Borrego Community Health Foundation, San Bernardino, (619) 344-2834
- Norton Clinic, SAC Health System, (909) 382-7100, ext. 30701
- Neighborhood Healthcare, Devonshire Avenue, Hemet, (760) 520-8340
- Redlands Clinic, Arrowhead Regional Medical Center, (909) 798-8423
- Riverside Clinic, Riverside Psychiatric Medical Group, (951) 275-8500

## **Q. HOW ARE IEHP MEMBERS REFERRED TO THE SITES LISTED ABOVE?**

**A.** IEHP Members can self-refer or Members can be referred by any Provider (Including their PCPs and Emergency Department providers) using the list of MMAT sites provided by IEHP above. IEHP recommends referrals for Members based on accessibility of the location. The referring Provider can assist the Member with scheduling or provide contact information for the site so the Member can call directly, if preferred.

## **Q. IS A PCP VISIT OR AN AUTHORIZATION REQUIRED FOR A MEMBER TO RECEIVE MAT OR MMAT SERVICES?**

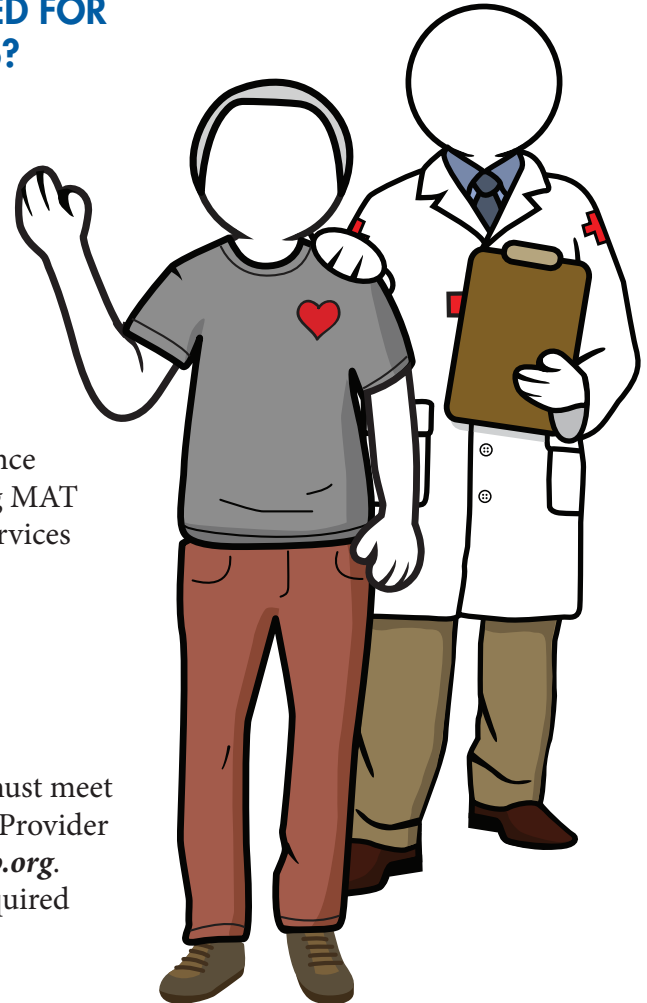
**A.** No, IEHP does not require a PCP visit or an authorization for a Member to receive MAT or MMAT services.

## **Q. ARE IEHP MEMBERS REQUIRED TO BE REFERRED TO COUNTY SUBSTANCE ABUSE TREATMENT PRIOR TO, OR IN CONJUNCTION WITH, MAT OR MMAT SERVICES PROVIDED BY IEHP NETWORK PROVIDERS?**

**A.** No, Members are not required to be referred to county substance abuse treatment prior, during or in conjunction with receiving MAT or MMAT services within the IEHP network. These county services may be very valuable for specific Members though, and every Member's situation is unique.

## **Q. HOW CAN A PROVIDER APPLY FOR IEHP MMAT PROVIDER STATUS?**

**A.** Providers interested in becoming an IEHP MMAT Provider must meet certain eligibility criteria. Interested Providers should contact Provider Services at (909) 890-2054 or email at [ProviderServices@iehp.org](mailto:ProviderServices@iehp.org). Should the Provider qualify, a contract amendment will be required allowing the provider to bill a specific set of codes for FFS reimbursement of MMAT services.



## OPIOID TREATMENT PROGRAMS (OTP)

### Q. WHAT IS AN OTP?

A. An OTP is a federally accredited treatment program for Medicare patients with Opioid Use Disorder (OUD). OTPs provide access to methadone treatment, as well as other forms of Medication Assisted Treatment used in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to treating OUD.

### Q. HOW IS AN OTP DIFFERENT FROM MAT?

A. An OTP is a structured program that requires an assessment of the patient prior to acceptance into the program. Requirements for acceptance into an OTP include the patient’s willingness to participate in the required group/individual therapy, as well as their willingness to submit to drug screenings. OTPs dispense MAT medications on site, so the patient does not have to visit a pharmacy. Additionally, OTPs offer access to Methadone medication for the treatment of OUD, while traditional MAT providers in the IEHP network do not.

### Q. HOW IS AN OTP DIFFERENT FROM MMAT?

A. While a MMAT Provider offers behavioral health treatment in conjunction with MAT, it is not a requirement that a patient participate. An OTP is a program that requires a patient’s adherence to the treatment plan, with the goal of ensuring that the patient has the support necessary to avoid relapse.

### Q. ARE OTP SERVICES AVAILABLE TO ALL IEHP MEMBERS?

A. No. Currently, OTP services are only available for Members with Medicare.

### Q. WHICH PROVIDERS OFFER AN OTP?

A. Currently, two network providers are certified OTPs. Each Provider organization offers multiple locations:

#### WHCS, INC.

- 2275 East Cooley Drive, Colton, CA 92324
- 1330 North Indian Canyon Drive Ste-AC, Palm Springs, CA 92262
- 40700 California Oaks Road Ste 201-203, Murrieta, CA 92562
- 1021 West La Cadena Drive, Riverside, CA 92501

#### AEGIS TREATMENT CENTERS

- 11776 Mariposa Road, Suite 101,103,104, Hesperia, CA 92345
- 125 West F Street, Ontario, CA 91762
- 1050 North Garey Ave., Pomona, CA 91767

### Q. HOW CAN A PROVIDER BECOME AN OTP?

A. Interested providers must first apply and obtain a certification to provide OTP through the Substance Abuse and Mental Health Services Administration (SAMHSA). In addition, providers must be enrolled in Medicare as an OTP, which also requires the above-mentioned SAMHSA certification. For information about the certification of opioid treatment programs (OTPs), contact the SAMHSA Division of Pharmacologic Therapies at (240) 276-2700 or contact the OTP helpdesk at [OTP-Help@jbsinternational.com](mailto:OTP-Help@jbsinternational.com).