



Spring 2015

**COLUMBIA**  
ADDICTIONS  
C E N T E R

## *Medication Assisted Treatment (MAT)*

Chronic alcohol or opiate abuse can cause long-lasting changes in the brain, and both cognitive and behavioral changes that result in the need to drink/use more to keep cravings and or withdrawal effects at bay. Did you know that there are medications to help balance brain chemistry, reduce cravings and block the euphoric effects of alcohol or opiates?

Medication Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to create a whole-patient approach to the treatment of substance use disorders. Research shows that when treating substance-use disorders, this type of adjunct therapy is most successful. MAT is clinically driven with a focus on individualized patient care.

### **Medications used in MAT include:**

- **Suboxone®** is a medication that combines buprenorphine and naloxone. Although buprenorphine is an opioid medication, it is also a partial opioid agonist. Therefore, it reduces the euphoria one would experience with an opiate, while simultaneously reducing withdrawal symptoms. Naloxone reverses the effects of other narcotic medicines and is present in Suboxone® to decrease the risk of misuse.
- **Naltrexone:** A synthetic drug that blocks opiate receptors in the nervous system and is used chiefly in the treatment of opiate and alcohol addiction.
- **Vivitrol®:** A form of injectable naltrexone used to treat alcohol and opioid use disorder. This medication is ideal for those who have had a history of relapses, as Vivitrol® remains in the body for 30 days, thus eliminating the need to take naltrexone daily.
- **Campral®:** (*Acamprosate*) affects chemicals in the brain that may become unbalanced in a person who is addicted to alcohol. *Acamprosate* works by restoring this chemical balance in the brain in an alcohol-dependent person who has recently quit drinking.
- **Librium®:** (Chlordiazepoxide) is a benzodiazepine used to treat anxiety, symptoms of alcohol withdrawal, and tremor.

## Medication Assisted Treatment at CAC



**Dr. Camille C. Woodson** is board certified in Family Medicine and is buprenorphine-certified. She prescribes Suboxone® film, recommends ongoing therapy, and closely monitors her patients' progress. She emphasizes that counselors are necessary partners whose roles include education and positive support (particularly around adherence).

At Columbia Addictions Center Dr. Woodson works with clients who are suffering from opiate addiction. She is a board-certified Family Medicine physician and former Assistant Medical Director at Evergreen Health Care.

Dr. Woodson's desire to motivate patients in the community was cultivated while practicing medicine in Fort Washington for nearly 11 years. She has lectured on preventative health care, health policy, wellness, and has conducted preventive medicine conferences. Dr. Woodson is passionate about empowering patients to actively engage in their own personal health care and wellness. These areas of interest have naturally fostered her interest in assisting opiate dependent patients lead productive, substance free lives with dignity.



**Dr. Nicholas Scotto** is dually board certified in Adult Psychiatry and Addiction Medicine. While he works with a diverse population of clients with mental health issues, he is also very dedicated to working with those struggling with opiate and alcohol addiction. Dr. Scotto uses a variety of medications, in conjunction with solution focused counseling, to treat alcohol and opioid use disorders.

Dr. Scotto completed his psychiatry residency training at the University of Connecticut Health Center, Norwich Hospital; his medical internship at Yale University affiliate, Griffin Hospital and is a graduate of Ross University School of Medicine. He has worked with several public awareness campaigns to raise awareness about addictive disease, including Baltimore Believe Campaign and Public Awareness of Addictive Disease. Dr. Scotto has also worked closely with the Maryland Board of Physicians' Quality Assurance to help physicians recovering from substance dependence and mental health issues.

