

Beacon Health Options, in conjunction with the Connecticut Behavioral Health Partnership, is at the forefront of treating Alcohol Use Disorder and other substance use disorders. It promotes an evidence-based, holistic treatment approach that includes Medication-Assisted Treatment (MAT).

Here are some ways Beacon is supporting MAT in the state:

- Expanding member access by growing the MAT provider network. Check out our MAT Provider Locator map at the [ctbhp.com](http://bit.ly/2ctbhpmatmap) website (<http://bit.ly/2ctbhpmatmap>).
- Promoting best practices in addiction treatment by educating providers through Project ECHO (Extension for Community Healthcare Outcomes), an evidence-based approach. To become an ECHO Partner, go to the MAT Resources page on the [ctbhp](http://ctbhp.com) website or contact the Provider Relations Department at 877-552-8247 Options 1, 3, 7.



Beacon is a national ECHO partner

- Providing care coordination and peer support to improve member engagement and retention in treatment
- Coordinating care with Community Health Network of CT (CHNCT), the Medical Administrative Services Organization, to address at risk members
- Collaborating with local agencies, organizations, and providers to promote best practices

Behavioral Health. It's all we do.

Beacon Health Options is the country's leading behavioral health management company. Serving 40 million people throughout the U.S., we deliver tailored, holistic services to help solve mental health and substance use disorder challenges for members and their families. Through our clinical innovation and broad network access, we help people live their lives to the fullest potential.

Resources

ctbhp.com: Connecticut Behavioral Health Partnership (CT BHP) website with provider and member resources.

abhct.com/Programs_Services: Advanced Behavioral Health (ABH).

alcoholtreatment.niaaa.nih.gov/: National Institute on Alcohol Abuse and Alcoholism (NIAAA) Alcohol Treatment Navigator.

ccar.us/: Connecticut Community for Addiction Recovery (CCAR) is a resource to help members navigate the substance use disorder (SUD) health care system.

ct-aa.org: Connecticut Alcoholics Anonymous supports recovery from substance use disorder.

HealthyLivesCT.org: Provides information and screening tools (substance use, anxiety, depression) for identifying individuals at risk, and ways to maintain recovery.

samhsa.gov/medication-assisted-treatment: Substance Abuse and Mental Health Services Administration (SAMHSA) information about Medication-Assisted Treatment.

211ct.org: United Way connection to local services, including utility assistance, food, housing, crisis intervention and much more.



Medication-Assisted Treatment (MAT)

Clinical Innovations in the Treatment
of Alcohol Use Disorder

For Providers

What is Medication-Assisted Treatment (MAT)?

Alcohol use disorder (AUD) is a chronic brain disease that providers should treat like any chronic health condition. MAT is an evidence-based treatment for alcohol and other substance use disorders (SUD) utilizing first-line and second-line medications to support recovery based on how effective and well tolerated they are. It is the most effective treatment, in combination with counseling and other behavioral therapies.

Evidence Shows MAT for AUD:

- Can help people to stop or reduce drinking
- Can help reduce cravings and avoid relapse
- Bridges the behavioral and biological components of addiction

First line medications:

- Naltrexone
- Acamprosate

Second line medications:

- Disulfiram
- Topiramate
- Gabapentin

MAT Services Are Covered Under Medicaid

These FDA-approved medications for AUD come in various formulations available under generic and/or brand name. You can find medications covered by the Connecticut Medicaid program without prior authorization on the “preferred” drug list here: https://www.ctdssmap.com/CTPortal/Portals/0/StaticContent/Publications/CT_PDL_medicaid.pdf

Name	Brand Name	Frequency	Effects	Pharmacy prior auth. needed?
Naltrexone tablet	Previously Revia®	Daily	Blocks receptors that are part of the addiction pathways in the brain. This decreases the pleasant effects of alcohol and the associated cravings	No
Naltrexone extended-release injectable	Vivitrol®	Monthly		No
Acamprosate	Previously Campral®	Daily	Helps to regulate the areas of the brain that addiction affects	No
Disulfiram*	Antabuse®	Daily	Deters an individual from drinking alcohol as it triggers a severe reaction if the individual ingests alcohol	No
Topiramate	Topamax®	Daily	Although not FDA- approved for the treatment of AUD, these have been found effective at helping to reduce or stop drinking	Not required for generic, but is required for Topiramate ER and Topamax®
Gabapentin	Neurontin®	Daily		Not required for generic, but is required for Neurontin®

*Can only be started once all alcohol has cleared the body, otherwise severe reaction may occur.

Unless noted, all the medications above are in tablet form. Any medical provider can prescribe them. It is recommended that individuals be free from alcohol on the start date for all medications listed above (absolute for disulfiram) and should be free from opioids for at least seven to 14 days for naltrexone.

None of the medications above cause or extend addiction. Providers should use caution, however, when prescribing gabapentin as it has abuse potential.

Next Steps

Interested in locating a MAT Provider for referral? Do you have a DATA-2000 Waiver and want to be listed on the MAT Medicaid Provider Locator map? Interested in participating in the ECHO initiative?

If so, visit the MAT Resources page on the CT BHP website at <http://www.ctbhp.com/medication-assisted-treatment.html> or contact the Provider Relations Department at 877-552-8247 Options 1,3,7.