

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.

The CT BHP is a behavioral health service system developed to improve the quality of, and access to, services for the individuals and families enrolled in the state's HUSKY Health Plan. It was formed by the Connecticut Department of Children and Families (DCF), the Department of Mental Health and Addiction Services (DMHAS), and the Department of Social Services (DSS). Beacon Health Options has been the Administrative Services Organization (ASO) of the Partnership since 2006.

Resources

ctbhp.com: Connecticut Behavioral Health Partnership (CT BHP) website with provider and member resources and information on behavioral health services and supports throughout state.

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 behavioral health care system, connect with others in recovery, and help access area support services.

ct-aa.org: Connecticut Alcoholics Anonymous has information, tools and locations of area meetings to support 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 and resources about Medication-Assisted Treatment.

211ct.org: United Way provides one-stop connection to local services, including utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more.



Medication-Assisted Treatment (MAT)

Clinical Innovations in the Treatment
of Alcohol Use Disorder

For Members

What is Medication-Assisted Treatment (MAT)?

MAT helps treat alcohol use disorder (AUD). It has three key parts:

Medication

Medications help lessen the cravings. This can make cutting down or stopping drinking easier. Medications also help the brain to heal from addiction.

Counseling

Talking with a therapist helps a person to learn about new ways of dealing with problems and stress. It can also help people with depression, anxiety, and/or trauma. Through learning new skills and talking about tough feelings, counseling can make cutting down or stopping the use of alcohol easier.

Support From Family and Friends

Supportive family and friends can help loved ones stop drinking. Groups can also help. Connecticut Community for Addiction Recovery (CCAR) and Alcoholics Anonymous (AA) bring together people who want to stop.

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

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 pathways in the brain affected by alcohol. This lessens the pleasant effects of drinking and the cravings	No
Naltrexone extended-release injectable	Vivitrol®	Monthly		No
Acamprosate	Previously Campral®	Daily	Helps to re-stabilize the pathways of the brain affected by alcohol	No
Disulfiram*	Antabuse®	Daily	Triggers a severe reaction if individual drinks after taking the medications	No
Topiramate	Topamax®	Daily	Helps reduce 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 (must 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 potential for abuse.

For More Info About Medication-Assisted Treatment (MAT)

Ask your doctor or other health care provider. You can also check out the MAT Provider Locator map on the [ctbhp.com](http://bit.ly/2ctbhpmatmap) website (<http://bit.ly/2ctbhpmatmap>) to get more information, including MAT treatment, clinics, and transportation for Medicaid members.

Or call Connecticut Behavioral Health Partnership (CT BHP) at:

Telephone: 1-877-552-8247

For hearing impaired members, dial 711 Relay Services.