

## MOUD & MAUD

Medications for opioid use disorder (MOUD) and medications for alcohol use disorder (MAUD) help control withdrawal symptoms and cravings. Without these medications, 90% of individuals with Opioid Use Disorder (OUD) relapse within one year.



### About MOUD & MAUD

These medications decrease the relapse rate by 50% at one year for those with OUD, and this percentage increases when psychosocial interventions are included.

MOUD has been a standard of care since 2014 and supports sustained recovery, pairing therapy with FDA-approved medication, to treat substance use disorders and prevent opioid overdose.

There are many forms of MOUD which can be used for both OUD and Alcohol Use Disorder (MAUD).

### Pharmacotherapy for Opioid Use Disorder (POD)

The POD HEDIS® measure assesses members aged 16 and older with a diagnosis of Opioid Use Disorder (OUD) with a new OUD pharmacotherapy event and on the medication for at least 180 days.

#### Sources

**MOUD/MAUD:** <https://www.liveandworkwell.com/recovery>; SAMSHA. (2014, February). Medication Assisted Treatment: A Standard of Care. SAMSHA-HRSA Center for Integrated Health Solutions. Retrieved from <https://atforum.com/documents/SAMHSA-MAT-A-Standard-of-Care-Feb-2014.pdf>

**(POD):** National Committee for Quality Assurance 2023 HEDIS Specifications see NQF-Endorsed Measures at [www.ncqa.org](http://www.ncqa.org)

### Helpful Tools and Resources

- [MOUD & MAUD \(providerexpress.com\)](https://www.providerexpress.com)—Helpful patient information, provider tools, clinical resources
- **Chronic Pain and Opioids**
  - [CDC Clinical Practice Guideline for Prescribing Opioids for Pain — United States, 2022 | MMWR](#) provides recommendations for safer and more effective prescribing of opioids for chronic pain in patients 18 and older in outpatient settings outside of active cancer treatment, palliative care, and end-of-life care
  - [Healthcare Professionals | Healthcare Professionals | Opioids | CDC](#) provides prescribing resources, trainings and information for patients and healthcare administrators.
  - [SAMHSA.gov/medication-assisted-treatment](https://www.samhsa.gov/medication-assisted-treatment) Substance Abuse and Mental Health Services Administration (SAMHSA)—MOUD/MAUD information

### SUD Helpline

**1-855-780-5955**

**A 24/7 helpline for providers and patients.**  
**Assistance with Community Supports,  
Referrals, & Education.**

*Nothing herein is intended to modify the Provider Agreement or otherwise dictate MH/SA services provided by a provider or otherwise diminish a provider's obligation to provide services to members in accordance with the applicable standard of care. This information is provided by Optum Quality Management Department. If you would like to be removed from this distribution or if you have any questions or feedback, please contact us at email: [gmi\\_emailblast\\_mail@optum.com](mailto:gmi_emailblast_mail@optum.com). Please include the email address you would like to have removed when contacting us.*