

MAT Referral Guidelines: Which Type of Program?

Most patients can be referred to either a buprenorphine only provider or to an Opioid Treatment Program (OTP), which has both buprenorphine and methadone available. (Please see *San Joaquin County Opioid Use Disorder MAT Providers* for available resources).

Buprenorphine should be the first medication tried unless the patient has found that 24 mg buprenorphine/day for 7 – 14 consecutive days did not completely eliminate cravings or withdrawals.

Buprenorphine is the clear medication of choice for patients who also use benzodiazepines (by prescription or otherwise) and those with regular alcohol use. However, buprenorphine does not work for 15-20% of patients and these patients are often complex. They will likely do best if referred to an OTP (Aegis or MedMark) where, even if on buprenorphine, more intensive care is provided.

If the patient is a past methadone patient and wants to re-start methadone, refer to an OTP.