



## MOUD & RECOVERY

MOUD are safe and effective medications to treat people who have an opioid use disorder (OUD). They help people rebuild their lives and relationships.

Along with support from friends, family, and treatment professionals, MOUD help people safely recover.

### WHAT DO MOUD DO?

Normalize brain chemistry

Relieve cravings

Lessen or prevent  
withdrawal symptoms

Lower the risk of an  
overdose by 50%

## MOUD FOR YOUTH AND YOUNG ADULTS

MOUD are the standard of care for people of all ages in recovery. Youth and young adults with OUD should be offered MOUD as part of a treatment plan.

If you have questions, email  
youthmoud@hca.wa.gov

## METHADONE & BUPRENORPHINE

Methadone and buprenorphine are highly effective treatments available for people of all ages with OUD.

### Methadone

- Daily dose
- Oral dose, lasts 24 hours
- Must be started in a certified opioid treatment program
- Take-home doses may be permitted

### Buprenorphine

- Daily, weekly, or monthly dose options
- Oral dose lasts 24 hours; injectable dose lasts up to 28 days
- Can be started in a doctor's office or certified opioid treatment program
- Take-home prescription available

## SUPPORTING A FRIEND IN RECOVERY

### Be there

Every recovery is unique, but they all require connection. When people have support from friends and family, they're more likely to stay in recovery.

### Carry naloxone

Relapse can be a part of recovery, and an overdose is more common after a period of not using opioids. Carry naloxone, just in case. It saves lives and makes continued recovery possible.

### Learn more

Read this opioid treatment guide for patients, friends, and family created by the American Society of Addiction Medicine.

