

## Understanding Medically Assisted Recovery (MAR)



Medication-Assisted Recovery (MAR) is an evidence-based treatment approach that blends medication, counseling, and recovery support. It helps individuals manage cravings, stabilize their lives, and build a strong foundation for long-term recovery. Medication-Assisted Recovery (MAR) is a person-centered approach to treating substance use disorders (SUD), particularly opioid use disorder (OUD). MAR combines FDA approved medications with counseling, behavioral therapies, and recovery support.

### Key Components of MAR

- Medications: FDA-approved options such as buprenorphine, methadone, and naltrexone.
- Clinical Support: Regular check-ins, treatment planning, and progress monitoring.
- Behavioral Therapies: Counseling, cognitive behavioral therapy (CBT), peer recovery support.
- Whole-Person Care: Focus on health, wellness, stability, and long-term recovery.

### Why MAR Works

MAR is backed by decades of research and is considered a gold standard in treating opioid use disorder. By addressing both the biological and behavioral components of addiction, MAR helps individuals regain control and stay connected to recovery supports.

- Reduces cravings and withdrawal symptoms.
- Lowers risk of overdose.
- Helps individuals stabilize daily life.
- Increases engagement in recovery support and services.
- Proven to improve long-term outcomes.

MAR is endorsed by the CDC, SAMSHA, the WHO, and the National Academy of Medicine as legitimate recovery.



## Common Misconceptions

- “MAR just replaces one drug with another” — Not true. Medications stabilize brain chemistry and reduce harm.
- “People who use MAR aren’t in real recovery” — MAR is an evidence-based recovery path recognized by national health agencies.
- “You must stop medications to be successful.” — Length of medication use varies; recovery is individualized.

## Who Can Benefit?

MAR is designed for people from all backgrounds and at any stage of recovery. It can support individuals who are newly seeking help, those who have experienced recurrence, or people who want additional stability while working toward long-term wellness.

- Individuals with opioid use disorder.
- People experiencing cravings, withdrawal, or frequent relapse.
- Those seeking a structured, supportive, and evidence-based recovery pathway.

## How to Access MAR?

- Contact local treatment providers or community health centers.
- Ask your healthcare provider about FDA-approved medication options.
- Utilize state helplines, hotlines, or recovery community organizations or referrals.

## MAR NOW

The Illinois Helpline now offers medication on demand to IL residents seeking treatment for opioid use disorder (OUD) and alcohol use disorder (AUD). Callers can access MAR NOW 24 hours a day, 7 days a week. Care managers help callers determine their best treatment options and connect them to a provider for an immediate telephone appointment and medication prescription. Care coordinators can also facilitate a same- or next-day, in-person appointment. All callers are connected to ongoing treatment with a community provider that best meets their needs.

Call 833-234-6343 or text “HELP” to 833234

MAR is a safe, effective, and person-centered treatment approach that supports individuals in achieving long-term recovery from opioid use disorder and other substance use challenges.

*This fact sheet provides general information and should not be used as a substitute for medical advice.*