Medication-Assisted Recovery (MAR): Supporting Long-Term Recovery

Medication-Assisted Recovery (MAR) is an evidence-based treatment approach that blends FDA approved 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).

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.