

Check out the new “Chat About MAT” resource for your practice

 pages.azblue.com/Podcast-gets-real-Opioid-misuse-and-recovery---June-2021.html

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Each day in Arizona alone, there are more than six suspected opioid deaths and 46 suspected opioid overdoses. The death rate from suspected opioid overdoses spiked in 2020, along with the COVID-19 pandemic, and this devastating trend is accelerating.

To respond to this public health crisis, Blue Cross® Blue Shield® of Arizona and our Mobilize AZSM initiative have partnered with the Arizona Poison and Drug Information Center (AzPDIC) at the University of Arizona College of Pharmacy to present a podcast series focusing on opioid use and treatment.

“Chat About MAT” is designed to raise awareness about opioid use disorder (OUD) in Arizona and the potential for patient recovery. “Chat About MAT” features providers sharing how they have overcome barriers and successfully integrated medication assisted treatment (MAT) into their practices.

What is MAT?

MAT is an evidence-based method that combines counseling and behavioral therapies with medications approved by the Food and Drug Administration to treat OUD. The medications work to normalize brain chemistry, block the euphoric effects of opioids, and eliminate physical cravings.

“Chat About MAT”: Patients and providers get real about OUD and recovery

 [In This Issue](#)

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The podcast delivers a candid yet optimistic message to people who struggle with opioid use. It's also useful for providers, family members, and other stakeholders. The goals of this series are to address the current opioid use epidemic in Arizona, give a "face" to the crisis through patient and provider storytelling, and provide hope for successful recovery.

Featuring patient perspectives, provider experiences, candid conversations, and treatment resources, [the podcast series is available on buzzsprout.com](https://buzzsprout.com) or various listening platforms (just search for "Chat About MAT"). A total of 18 episodes are planned for the series, with the first seven available now.

Tune in to the podcast, and learn more

- [Listen to the series](#) to gain patient and provider perspectives.
- Visit AzPDIC's website to get additional information through [Fact Sheets](#) corresponding with "Chat About MAT" podcasts.
- Get prevention resources for you and your patients at MobilizeAZ.com.

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