



Breaking Barriers: Local MAT Clinic Explores Telehealth's Impact on Rural Opioid Treatment

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July 8, 2025: Fayetteville, TN ? ReVIDA® Recovery is a local rehab that published an article highlighting how telehealth options are revolutionizing the treatment of opioid use disorder (OUD) in rural areas. The organization uses medication-assisted treatment (MAT) in combination with behavioral health techniques to help people throughout Appalachia heal from OUD.

?People living in rural areas don?t have as many healthcare options as people living in more densely populated areas do. According to the U.S. Government Accountability Office (GAO), more than 100 rural hospitals closed between 2013 and 2020. Before these closures, patients in rural areas had to travel an average of 5.5 miles to receive treatment for a substance use disorder (SUD). Now, the average is 44.6 miles.

?This is especially concerning in light of the opioid epidemic. According to the 2023 National Survey on Drug Use and Health, recreational opioid use is most common in rural areas. A lack of access to treatment in these communities exacerbates the dangers associated with opioid use. Hospital closures mean that people in these places have to go nearly 20 miles further than they used to for common medical treatments. During an

opioid overdose, 20 miles could be the difference between life and death.

“A lack of treatment combined with a lack of easily accessible medical support puts rural communities at undue risk. Those who need the most support often have the least. Everyone deserves quality, accessible healthcare, regardless of where they choose to build their lives,” the article begins.

Telehealth is one of the most efficient tools in the modern medical arsenal for closing the gap in treatment for people in rural areas. The practice gained popularity during the COVID-19 pandemic, and organizations serving rural areas have found it essential to continue this style of treatment.

By providing telehealth options, organizations like ReVIDA® Recovery eliminate long drive times. This is especially important for patients who lack the necessary resources for regular transportation. It also means that patients in crisis can quickly access behavioral healthcare, even if they’re not close to their treatment provider.

“Telehealth isn’t just about cutting down on travel time to and from appointments. The benefits of virtual treatment improve access for people in many different circumstances.

“For example, remote OUD treatment is a good option for people who serve as a caretaker for relatives or children, live with limited mobility, have a mental health condition that limits their ability to leave their home, manage a work schedule that prevents them from traveling for care, or want to have a family member attend their appointment with them.

“These are just a few of the ways that virtual appointments benefit people of all walks of life.

“The biggest benefit of telehealth is flexibility. Consistency is one of the most important components of recovery. Everyone experiences times when their schedule changes suddenly, even if they don’t fall into one of the above categories. Having the ability to switch over to a virtual appointment keeps people in treatment,” the article concludes.

The entire MAT process cannot be done via telehealth. Depending on their treatment options, some patients may have to meet with doctors in person more often than others. However, telehealth ensures that clients can regularly receive the behavioral health aspects of care, regardless of how close they live to their treatment center.

ReVIDA® Recovery is an outpatient treatment center that provides medication-assisted treatment, utilizing both Sublocade and Suboxone regimens. Every client is assigned a case manager who connects them with resources throughout the Eastern Tennessee and Western Virginia areas. ReVIDA® has empowered many

Appalachian residents not only to conquer opioid use disorder but also to heal and thrive during recovery.

To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

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ReVIDA® Recovery Fayetteville

ReVIDA® Recovery offers a safe, welcoming environment where you can tackle your opioid use disorder and take the necessary steps to find recovery. We'll have your back every step of the way.

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