Local Rehab Releases Findings on MAT vs. Traditional Detox in Fight Against Opioid Crisis

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August 28, 2025: ReVIDA® Recovery, a local drug and alcohol rehab in Chattanooga, TN, recently released a guide explaining the difference between medication-assisted treatment and traditional detox. With the center of the opioid crisis still looming, Appalachian residents are searching for options as far as recovery is concerned. While some choose traditional detox as their method for safely withdrawing from opioids, others are curious about medication-assisted treatment, or MAT, as a healing track.

?Most MAT treatment options use a medication to manage opioid cravings and other symptoms of withdrawal. With the help of MAT, you can avoid the most intense flu-like symptoms [of withdrawal] and instead focus on your recovery,? the article states. ?Buprenorphine is one of the most common MAT medications. It?s a partial opioid agonist that works by attaching itself to opioid receptors, which means that you won?t experience the full effects of opioid withdrawal. Some MAT clinics use other medications, such as naltrexone and methadone, which are both approved by the Food and Drug Administration.?

While traditional detox and MAT are both viable options for aiding in the withdrawal process, MAT allows individuals to begin therapy a little sooner and focus on their recovery without the uncomfortable and

sometimes painful symptoms of walking away from opioids.

?During traditional detox, you stop taking opioids and manage the symptoms of withdrawal without the medication used in MAT. Many people use over-the-counter medications, or those prescribed by a doctor, to treat individual symptoms such as nausea, difficulty sleeping, or muscle aches.

?It is safest to do this with the support of medical professionals, who have experience working with people in recovery, so that the process is safer and more comfortable. Detoxing alone is risky. While some people do it, it?s not recommended,? says ReVIDA.

The guide continues to discuss how to determine whether MAT or traditional detox is the right choice for each person, emphasizing personal preference. Deciding between MAT and traditional detox depends on the goals for recovery. MAT is a good fit for those who want to limit the extent of withdrawal symptoms and cravings.

?If you feel you can manage your withdrawal symptoms without medical intervention, traditional detox might be a better fit for you.

?It?s not a matter of what?s right or wrong. It simply comes down to your personal preferences. Treatment doesn?t end with traditional detox or MAT. Regardless of the route you choose, recovery is a big commitment, and you?ll need support to be successful. Individual therapy empowers you to find the underlying causes of OUD, and a trusted therapist will work with you to find healthier coping mechanisms. Group therapy will enable you to make connections with others in recovery. You?ll find a path toward healing, supporting each other through periods of adjustment and celebrating wins together.?

Those who are interested in MAT or traditional detox should consider their options and their provider seriously. Finding a top-rated MAT clinic or rehab is key to sustainable, long-term recovery.

ReVIDA® Recovery is a local outpatient treatment center specializing in medication-assisted treatment, utilizing both Sublocade and Suboxone regimens. Their case managers connect each client with resources throughout the Eastern Tennessee and Western Virginia areas. Through outpatient therapy and MAT, they have helped many Appalachian residents not only conquer opioid use disorder but also heal and thrive in recovery.

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

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For more information about ReVIDA® Recovery Chattanooga, contact the company here:ReVIDA® Recovery

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ReVIDA® Recovery Chattanooga

We are committed to your well-being and building a foundation of trust in you. Every day that you arrive at ReVIDA® Recovery Chattanooga, you will see us challenging ourselves to make your experience even better than your last visit.

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