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CHRIS 180 INTRODUCES MEDICATION ASSISTED TREATMENT *New Services Added During National Mental Health Awareness Month*

ATLANTA, GA (May 31, 2023) – [CHRIS 180](https://www.chris180.org) celebrates National Mental Health Awareness Month by adding a new Medication Assisted Treatment (MAT) program to the nonprofit's extensive behavioral health offerings. MAT combines medication with counseling and behavioral therapy to provide a comprehensive approach to addiction treatments.

"We are excited to offer this new program and make it more accessible to those living in Metro Atlanta," said Kathy Colbenson, LMFT, President and Chief Executive Officer of CHRIS 180.

"Medication Assisted Treatment has been shown to be an effective treatment for addiction, and we believe it will make a significant difference in the lives of those struggling with substance use disorders inside the perimeter. Plus, it goes hand-in-hand with the trauma-informed mental health services we already provide to our community."

MAT has been proven to be an effective treatment for opioid addiction, and CHRIS 180's program is expanding to include treatment for alcohol and other substance use disorders. The medication used in MAT helps to reduce cravings and withdrawal symptoms, making it easier for individuals to focus on their recovery.

"This treatment option has grown in the past three years as the government has pushed to make options more available to try and decrease opioid deaths during and after the pandemic," said Dr. Anne Cornell, LPC, Chief Clinical Officer of CHRIS 180. "It's a more palatable option than rehab clinics because the medications are administered in an outpatient setting and patients begin seeing results quickly. It truly is a miracle drug for those recovering from substance use issues."

MAT is also a more affordable option than other treatments and is covered by most insurance plans. For uninsured people, CHRIS 180's self-pay option for uninsured people is \$350 for the first month, including counseling and prescriptions, and then \$250 per month moving forward.

The program is offered at CHRIS Counseling Center-DeKalb (Brookhaven) or CHRIS Counseling Center-Atlanta (East Atlanta) locations, with a team of experienced addiction specialists, therapists and medical professionals. They will work with each patient to develop an individualized treatment plan that meets their unique needs and goals.

"Addiction changes the brain, which affects behaviors and emotions. Counseling helps you work on behaviors and emotions connected to substance misuse and addiction and is an important part of MAT," said Cornell. "You can learn to manage triggers, pain or stress in healthy ways. Our therapists don't tell you what to do but help you learn skills to solve problems independently."

For more information, visit www.CHRIS180.org/MAT, email MAT@chris180.org or call 404-636-1457.

About CHRIS 180

Atlanta-based nonprofit CHRIS 180 was founded in 1981 and provides life-changing trauma-informed behavioral health services and wraparound support to children, adults, families and communities that empowers them to change the direction of their lives. Over more than 40 years, the organization has worked with more than 100,000 clients to build resilience and heal from trauma, while becoming a well-respected leader in child welfare and a thought leader in supporting underserved and traumatized communities across Metro Atlanta. For more information, visit CHRIS180.org.