



Katrin "Kat" Moskowitz, DNP, FNP

Kat is a Family Nurse Practitioner who has made Medication Assisted treatment (MAT) a specialty focus in her career.

She has been able to manage buprenorphine patients since 2015.

Kat believes in providing holistic care to her patients which allows them to combine MAT with primary healthcare and behavioral healthcare.

Through the support of CHWC she was able to bring her experience and passion to her community by helping to establish the MAT program at CHWC, with a focus on buprenorphine (Suboxone).

Kat currently serves on the Litchfield County Opiate Taskforce and hopes to extend her knowledge through community outreach efforts.

Jaimie Machado, FNP

Jaimie is a Family Nurse Practitioner who, although only joined CHWCT recently, has jumped in to be a part of the MAT team.

She is passionate about helping to combat a deadly issue that is affecting patients of the community and is doing so holistically and compassionately.



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The caring providers at Community Health and Wellness are here to help you on your path to creating a healthier life.

A life filled with hope, possibilities, and new beginnings.

A life free of addiction.

**Your Path
to a Healthier Life...
STARTS HERE**



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Talk to us We're here for you

We have the knowledge, the experience, and all the best treatment options to support you. We'll help you choose the path that's right for you.

While addiction cannot be cured, it can be effectively managed. And an individual with addiction can achieve a fulfilling, healthy, and productive life.

One option our professionals may recommend is MAT: Medication Assisted Treatment.

Used correctly, medicine can help you overcome addiction and help you feel well enough to do the things you need to do to stay clean and sober. However, medicine alone is not a "magic bullet." It is a tool that works best as part of a full, professionally monitored recovery program.

So along with medications, our MAT program also involves counseling and other support. Support that will help you succeed in your recovery journey and travel down a healthier path.

RX MEDS THAT HELP OVERCOME ADDICTION TO OPIOIDS

Buprenorphine

(Branded under the names Subutex, Suboxone, Sublocade)

Buprenorphine is a more recently approved medication for treating certain drug additions and may be delivered in a doctor's office.

Compared with methadone, it produces less risk of overdose and withdrawal effects as well as a lower level of dependence.

Naltrexone

(Branded under the names Depade, ReVia, Vivitrol)

Naltrexone can be taken orally daily or by a monthly injection.

It prevents an addicted individual from feeling the effects of drugs or alcohol.

Let's start the conversation

Talking with a healthcare provider about your treatment and utilizing medications to help with your recovery is an important first step.

It may make you feel nervous, but once you get started you'll be glad you did!

We make it easy to have the conversation by offering a warm, compassionate, professional ear.

We've seen and heard it all, and we're here to help.

Here are some questions to get the conversation started

How can medications help support my recovery?

What medication do you think is the best one for me?

How long will I be on the medication?

In addition to medication, what other steps can I take to support me on my path to recovery?