



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Implementing the Matrix Model

Denna Vandersloot, M. Ed.
Co-Director of the Northwest ATTC

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METH



The CSAT Methamphetamine Treatment Project

- A Multi-site Trial of a Manualized Psycho-social Protocol for the Treatment of Methamphetamine Dependence

Richard Rawson Ph.D.

U.C.L.A. Integrated Substance Abuse Programs (I.S.A.P.)

Funded by the Center for Substance Abuse Treatment





Matrix Treatment Components

- Individual Sessions
- Early Recovery Groups
- Relapse Prevention Groups
- Family Education Groups
- 12-Step Meetings
- Social Support Groups
- Relapse Analysis
- Drug Testing



Matrix 'Sample' Schedule

| Monday | Wednesday | Friday |
|---|---|---|
| Early Recovery Skills Weeks 1-4 6:00-7:00 | Family Education Weeks 1-12 6:00-7:30 | Early Recovery Skills Weeks 1-4 6:00-7:00 |
| Relapse Prevention Weeks 1-16 7:00-8:30 | Social Support Weeks 13-16 7:00-8:00 | Relapse Prevention Weeks 1-16 7:00-8:30 |



Implementation Considerations

Individual/Conjoint Sessions

- Involving family members in conjoint sessions
- Culture considerations
- Skills working with families

Early Recovery Groups/Relapse Prevention

- Securing co-leaders for early recovery groups
- Counselor's skills for delivering psycho-educational groups that are based on a manualized approach.



More Implementation Considerations

Family Education Sessions

- Engaging family and supportive others in family education groups
- Videos are helpful for families and clients

Social Support Groups

- Difficult to initiate these groups without individuals who have been in long-term recovery.
- Opportunity to build a positive social support and stay connected with group members.

Drug Testing

- Clinical versus mandatory



Lessons Learned

- ✓ Creating staff-buy in essential – champions!!!
- ✓ Involving community partners in the implementation process can be very helpful
- ✓ Motivational Interviewing is an important foundational skill
- ✓ Need a strong clinical supervisor to support skills development and on-going training
- ✓ Group dynamics affected when all group members primary diagnosis is stimulant use disorder only.
- ✓ Gender-specific groups
- ✓ *“Use a change management strategy and hold the course.”* ~Sheila Weix

SAMHSA Matrix Manuals

Counselor's Family Education Manual

*Matrix Intensive Outpatient
Treatment for People With
Stimulant Use Disorders*



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

Manuals available and free to download
<https://store.samhsa.gov/series/matrix-manuals>

Manuals available on this website:

- Counselor's Treatment Manual
- Counselor's Family Education Manual
- Client's Handbook
- Client's Treatment companion
- Using Matrix with Women Clients

3 Individual/conjoint Sessions

Specific to Stimulant Use Disorders

Is in the public domain and so it can be translated and adapted.

Hazelden Matrix Manuals

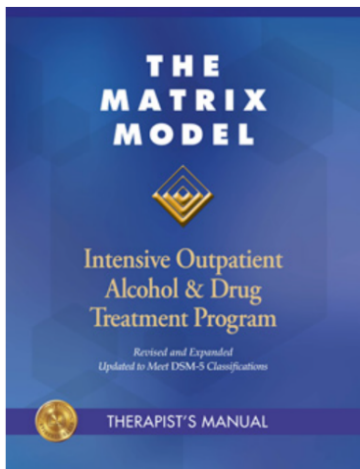
Matrix Model Treatment Manuals available for purchase through Hazelden Publishing.

Hard copies can be purchased and includes the 3 key videos which cover core concepts.

Includes broader language to include all drugs and alcohols (not just stimulant specific).

Is under copyright and is not in the public domain.

<https://www.hazelden.org/store/item/311126?The-Matrix-Model-Revised-and-Expanded>





Manualized Adaptations

- *Native American Supplement* – Available from Claire Matrix
- *Spanish Manual* – Available from SAMHSA and Hazelden Publications
- *Women’s Supplement* – Available from SAMHSA
- *Teen Manual* – Available through Hazelden Publications
- *Criminal Justice Manual* – Available through Hazelden Publications
- *Medication Assisted Treatment* – New section in the Hazelden updated core Matrix manual.



Matrix Training

Clare Matrix (Los Angeles, CA)

Offers two-day basic Matrix training. Next training date opportunities (per Matrix website):

- September 17-18, 2019
- November 12-13, 2019

Key Supervisory Training Dates (per Matrix website)

- September 19-20, 2019
- November 14-15, 2019

See their website for additional training details:

<https://www.clarematrix.org/training-dates/>





Resources/References

National Center on Substance Abuse and Child Welfare (2015) *Practical Issues in the Implementation of Matrix* Jeanne Obert and Ahndrea Weiner Available to view at: <https://www.youtube.com/watch?v=5yXoMIYIfmE&feature=youtu.be>

Claire Matrix – Provides training on the Matrix Model of Treatment
<https://www.clarematrix.org/training-dates/>

SAMHSA Matrix Manuals available and free to download
<https://store.samhsa.gov/series/matrix-manuals>

Hazelden Matrix Manuals

<https://www.hazelden.org/store/item/311126?The-Matrix-Model-Revised-and-Expanded>



Contact Information

Denna Vandersloot, M.Ed
Co-Director, Northwest ATTC

dennav@uw.edu

(503) 758-2112