

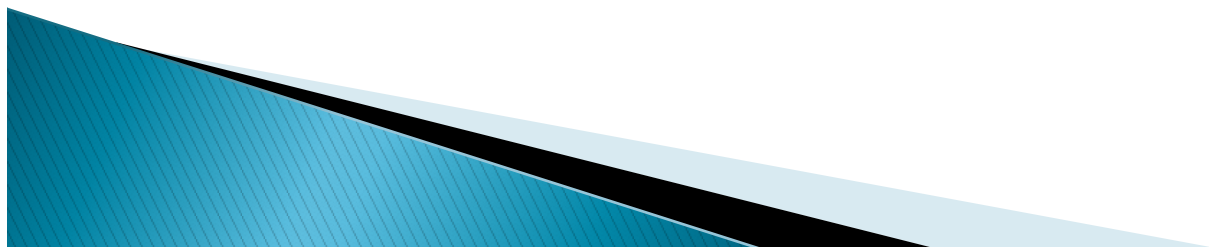
*Using the MATRIX Model
to treat stimulant
disorders in a FQHC
setting*

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Goals of Matrix

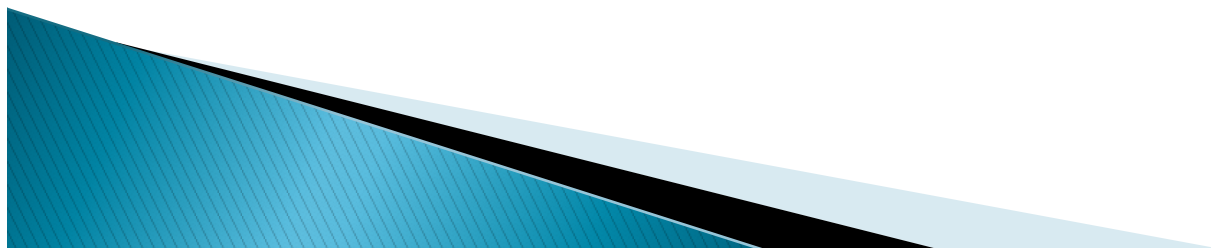
- ▶ To develop a treatment that was relevant to our patients/clients
- ▶ To develop a treatment that was effective with most of our patients/client, most of the time

Clare/Matrix



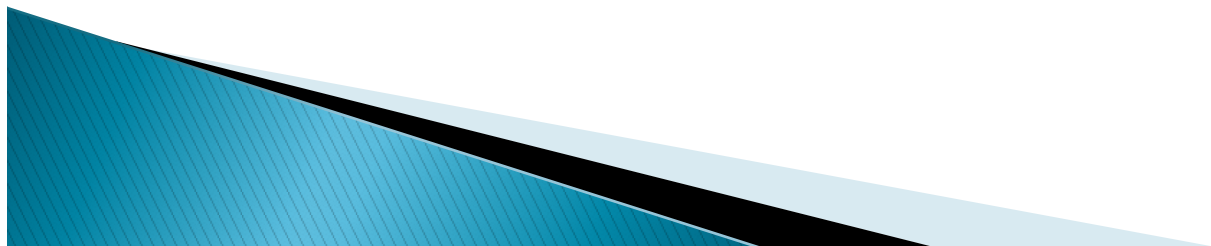
NLCC Mission, Vision, & Values

- ▶ Our Mission
- ▶ To respond to the health care needs of our communities with an integrated array of quality services and actively remove barriers to care.
- ▶ Our Vision
- ▶ Healthy, prosperous, engaged communities where everyone thrives.
- ▶ Our Values
- ▶ **Quality**– We provide evidence–based, patient–centered, lifelong care.
- ▶ **Community Health**– We focus on prevention to support and improve the health of our communities.
- ▶ **Collaboration**– We seek opportunities to strengthen all community partners.
- ▶ **Stewardship**– We invest our resources for maximum impact and sustainability.
- ▶ **Trust**– We respect and advocate for our patients and each other.
- ▶ **Innovation**– We utilize data and creativity to drive decisions.



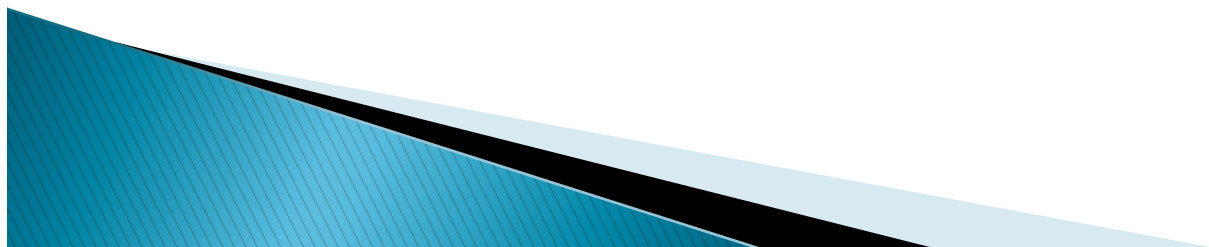
Population

- ▶ Level 1.0 Outpatient Treatment
- ▶ Adult Treatment Court Population
- ▶ Probation Referrals
- ▶ Medical/OB provider referrals
- ▶ Male and Female
- ▶ All Substances
- ▶ Poverty Level



Schedule Of Groups

- ▶ Ready for Change (RFC)
 - 1–2 weeks (M,W,Th)
 - 3x week
- ▶ Early Recovery Skills (ERS)
 - 4–6 weeks (M,TH)
- ▶ Relapse Prevention Skills (RPG)
 - 16–18 weeks (M,TH)
- ▶ Family Education (FE)
 - 12–14 weeks (W)
- ▶ Social Support (SS)
 - Min 4 sessions–Aftercare



Ready for Change

- ▶ Discuss barriers to treatment
- ▶ Acclimate to schedule/routine
- ▶ Motivate for treatment/change of behaviors



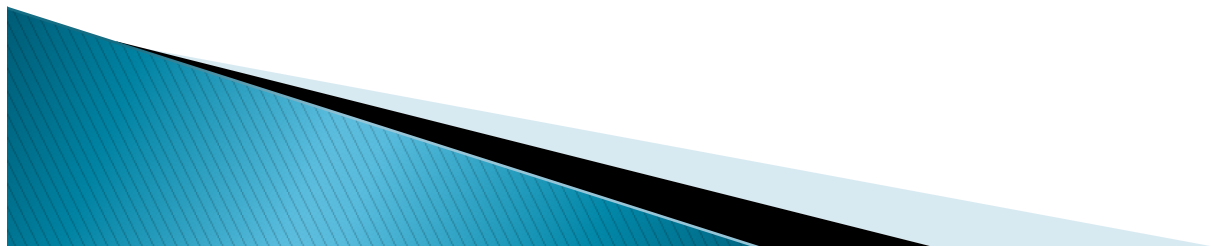
Early Recovery Skills

- ▶ Schedules / Routine
- ▶ Triggers
 - Internal / External
- ▶ Sober Meetings
- ▶ Stages of Recovery and Relapse
- ▶ Thoughts–Cravings–Feelings–Behaviors



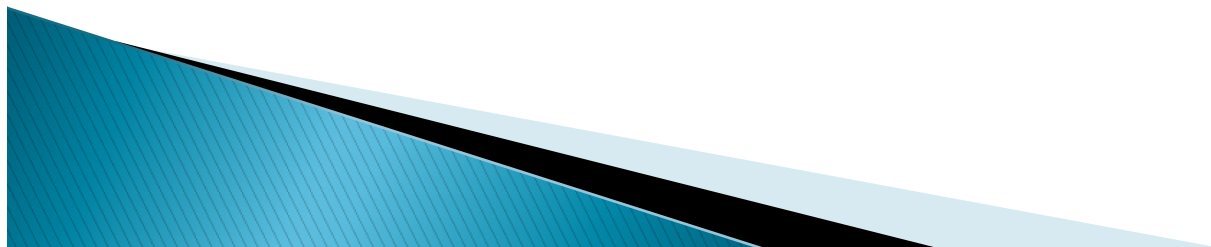
Relapse Prevention

- ▶ Coping Skills
- ▶ Relapse Justifications
- ▶ Boredom
- ▶ Feelings
- ▶ Truthfulness
- ▶ Sex and Recovery
- ▶ Budgeting
- ▶ Total Abstinence
- ▶ Self Care
- ▶ Boundaries
- ▶ Relationships
- ▶ Progression of Disease



Family Education

- ▶ Communication Styles
- ▶ Education about Substances
- ▶ Families Coping with the Addict
- ▶ Peer Panel
- ▶ Sober Meetings



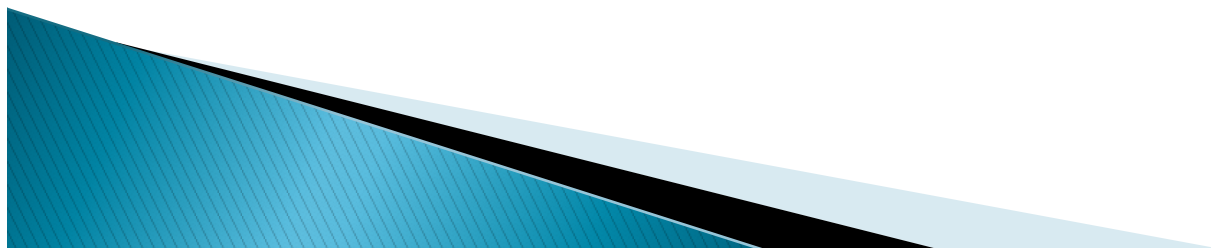
Social Support

- ▶ Aftercare Group
- ▶ Stay connected/Support
- ▶ Peer Panel



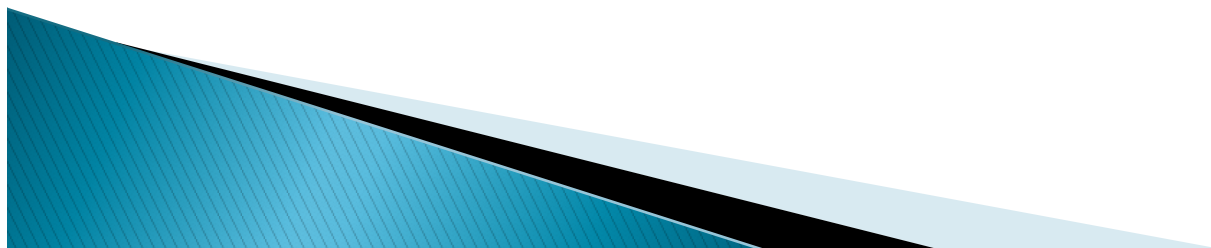
Individual Sessions

- ▶ Weekly One Hour Sessions
 - Slowly decrease amount of sessions once stabilized
- ▶ Added Support
- ▶ Urine Drug Screens
- ▶ Process Group topics in depth
- ▶ Process Relapses immediately
- ▶ Referral to Addictionologist



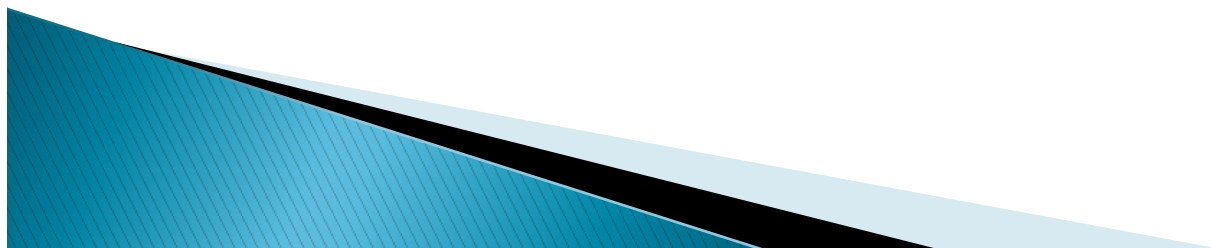
Importance of Accountability

- ▶ Accountability
- ▶ Scheduling important/Structure
- ▶ Following Policies
- ▶ Calling Clients when miss groups/individual sessions
- ▶ Brief Interventions when needed



Facilitators Role

- ▶ Add interactive skills to topics
- ▶ Material needs to “come alive”
- ▶ Keep participants’ attention
- ▶ Make atmosphere fun and exciting
- ▶ Create safe area for all



References

- ▶ NLCC website
- ▶ Clare/Matrix training PowerPoint from WPHCA

