



# Matrix Program<sup>®</sup>

## Intensive Outpatient Treatment Program for Substance Dependence

### What is the Matrix Program<sup>®</sup>?

#### The Program:

- Is an intensive outpatient treatment program for substance dependence
- Is based on the Matrix Model developed in the 1980s by the Matrix Institute (USA)
- Was developed in response to a demand for stimulant use (i.e., cocaine/methamphetamine) treatment services
- Has been extensively researched, with this research providing evidence to support its effectiveness in treating substance dependence
- Has been shown to be effective not only for stimulants, but also for alcohol and other addictions
- Is currently being implemented in several States across Australia
- Integrates evidence-based treatments, including Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), Psycho-education, and Contingency Management
- Has a structured framework involving individual, group, and family support
- Will provide you and your family members with knowledge, skills, and strategies crucial to understand relapse and maintaining recovery from substance dependence

#### Aims to:

- Assist you to gain a sense of control back into your life
- Provide you with education about addiction, relapse, and recovery
- Offer you opportunities to practice new skills
- Develop strong support networks
- Facilitate new ways of problem solving and stress management
- Encourage you to take steps towards positive change
- Improve your resilience

*The Matrix Program<sup>®</sup> Will provide you and your family members with knowledge, skills, and strategies crucial to understand relapse and maintaining recovery from substance dependence*

## What is involved in the Matrix Program®?

### This intensive outpatient treatment is a 48 week program consisting of:

- Individual/family assessment, goal setting, and review sessions
- Weeks 1-5: Early recovery skills groups
- Weeks 1-20: Relapse prevention groups
- Weeks 1-12: Family education groups
- Weeks 13-48: Social support groups
- Weekly drug testing

### The initial phase

The initial phase of treatment consists of 20 weeks of regular and frequent contacts. The following 28 weeks provide skills training and social support.

### The first 20 weeks

In the first 20 weeks, attendance is required at three sessions per week, though may contain additional contact. Your exact schedule will be determined by you and your allocated psychologist/counsellor.

Our team understands the importance of keeping your daily life functioning while in treatment. Therefore, appointments will be arranged, where possible, to fit within your work and family commitments. However, especially in the early phase of treatment, you will be required to make a commitment to the program which may interfere with some of your daily tasks.

### Missed sessions

Any sessions you miss will need to be 'made up' in order to complete the treatment goals. Your time in the program can be extended if you lapse or are unable to attend sessions. Lapses do not mean failure of the program but are instead recognised as a part of recovery and an opportunity for greater change.

## Eight Guiding Principles of the Matrix Model

1	Establish positive and collaborative relationships
2	Create a client-centred, therapeutic structure with positive expectations
3	Provide clinically relevant and evidence-based information and education
4	Use evidence-based treatment approaches to meet the client's individual needs
5	Engage in positive reinforcement and encouragement
6	Encourage family engagement and education
7	Encourage participation in self-help and community-based programs
8	Use periodic drug testing

**Please contact us for more information or to register your interest:**

(03) 6232 2900 | [Emma.Richardson@aus.salvationarmy.org](mailto:Emma.Richardson@aus.salvationarmy.org) | Counselling Clinic 0455 601 556



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