



MATRIX PROGRAM[®]

Intensive Outpatient Addictions Treatment

GENERAL INFORMATION

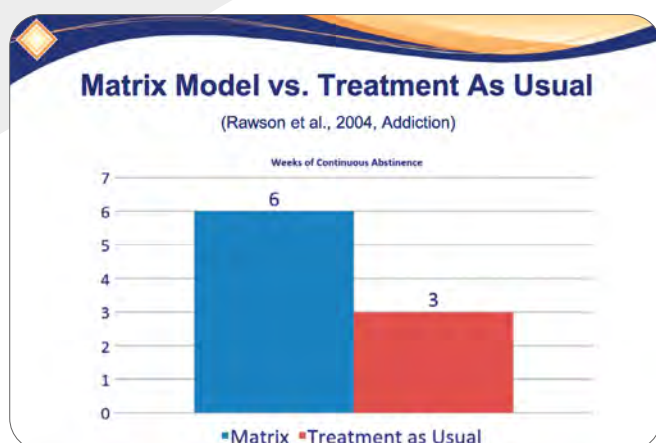
What is the Matrix Program®?

The **Matrix Program®** is an intensive outpatient treatment program for addiction. This program is based on the Matrix Model, which was developed in the 1980s by the Matrix Institute (USA). Since then, there has been a significant amount of research on its effectiveness in treating addiction. The Matrix Model is predominantly recognised as effective with treatment for stimulant addiction, in particular Methamphetamine, Cocaine and prescription stimulant medications. It has also been successful in the treatment of alcohol and other addictions.

The **Matrix Institute** (USA) cite independent clinical trials which highlight the program's success rates to be significantly higher than those engaged with other treatment approaches. We are evaluating the program in collaboration with University of Adelaide. Further information can be obtained from *PsychMed Matrix Website* (<https://www.psychmed.com.au/alcohol-drug-programs/the-matrix-program>).

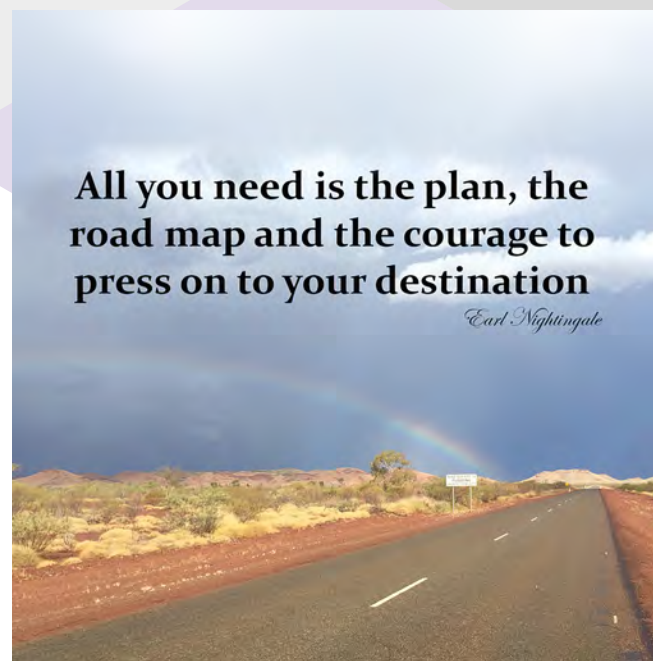
The **Matrix Model** integrates evidence-based treatments within a structured framework to provide individual, group, and family / partner support. The intensive outpatient treatment phase is for 20 weeks and a further 28-weeks of regular contact follows. The 48 week program consists of:

- Individual / Family Sessions
- Early Recovery Skills Groups
- Relapse Prevention Groups
- Family Education Groups
- Social Support Groups.



The **Matrix Model** provides you and your family members with knowledge, skills and strategies crucial to understanding relapse and maintaining recovery from addiction. The program 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 practise new skills
- Develop strong supportive networks
- Facilitate new ways of problem solving and stress management
- Encourage you to take steps towards positive change
- Improve your resilience.



Engagement Process

Your engagement in an intensive long-term program is a big commitment. The Matrix Program® is not for everyone. Your first step to enter the program is to undergo an assessment with a Matrix Psychologist. During this session, the psychologist will explain the program and the commitments expected from you and conduct a psychological assessment to determine if this is the right program for you.

There may be circumstances where the Matrix Program is not suitable:

- Being unable to commit to 3 sessions a week
- If you are a daily user and require Detox
- Have severe, current mental health issues
- Current difficulties with ongoing perpetration of violence.

Matrix Program® Treatment Schedule

Once you are accepted and commit to engage in the program, you will meet with the Matrix Psychologist and plan your treatment schedule for the first 20 weeks. If you're not ready to commit to such an intensive program, or the assessment indicates you would benefit from alternative interventions, you will be provided with referral options.

The Matrix Program® is delivered using an intensive outpatient approach. This consists of up to 20 weeks of regular contact (at least 3 sessions per week). Once the initial intensive phase of the program has been completed, a Matrix Psychologist will assist in planning a further 28 weeks of skills training and social support. This usually involves attending at least one session each week. The schedule will be determined between you and the assessing Matrix Psychologist. There are specific sessions which need to be attended for completion of the program. Our team understand it is important for you to keep functioning in your daily life while in treatment. Therefore, emphasis will be on arranging appointments, when possible, to fit within your work and family commitments.

In some cases, especially in the early phase of treatment, you will be required to make a commitment to the program which is likely to interfere with some of your daily tasks.

The Matrix Program® consists of individual and small group 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. Lapses are part of recovery and provide opportunity for greater change.

8 GUIDING PRINCIPLES OF THE MATRIX MODEL

1. *Establish positive and collaborative relationships.*
2. *Create a client-centred therapeutic structure with expectations.*
3. *Provide clinically relevant and evidence-based information and education.*
4. *Use evidence-based treatment approaches to meet client's individual needs.*
5. *Positive reinforcement and encouragement.*
6. *Family engagement and education.*
7. *Participation in small group sessions.*
8. *Random drug testing.*



The Matrix Program® involves:

- Individual assessment, goal setting and review sessions, as required
- Weeks 1-20
 - Early recovery skills sessions
 - Relapse prevention sessions
 - Social support sessions
- Weeks 1-12
 - Family education groups
- Weeks 21-48
 - Social support sessions
 - Skills development sessions
- Mindfulness/Relaxation training
- Random saliva or urine testing.

The Matrix Program® On-line via Tele-health

For people living in country and remote areas, the Matrix Program is available to anyone who has a computer or other form of internet access. Participants either link in to city-based groups or are taken through treatment modules using an internet link-up.

The program is currently being used by clients based in country and remote locations, as well as by FIFO workers, who link in to video-based, tele-health sessions while on site and attend groups while on their R&R. Please ask for more information about how we can assist if you live or work in a country or remote location.

Frequently Asked Questions on the Matrix Program®

1. What's the evidence that this program works?

The Matrix Model has been running for more than 20 years. During this time, the Matrix Institute (USA) has collated considerable data to provide evidence of the success of the program. Further information is provided at these websites:

<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-thirdedition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-3>
<https://www.matrixinstitute.org/success-rates/>
<http://www.hazelden.org/web/go/matrix>

2. Is the Matrix Program® only for stimulants like Meth?

No. The research on the program shows it is also effective for a wide range of substance use problems such as alcohol, marijuana, and the over use of prescription medications.

3. I've tried and failed many treatments in the past. What's different about this program?

More than 90% of the Matrix Program participants have been through a similar experience. The Matrix Model is a unique intensive, long-term treatment program. The intensive phase (first 20 weeks) involves regular attendance of 3 sessions per week. The structure of the program enables you to continue to engage in your normal daily life whilst learning how to change dysfunctional behaviour and abstain from using drugs or alcohol. The skills, strategies and support provided by the Matrix Program® assists you to manage your problems more effectively.

4. Does the Matrix provide support for family members?

Yes. The Matrix Program® incorporates family education sessions. These sessions run for 12 weeks and partners or family members are encouraged to attend with you. This is not a therapy group. The focus of these sessions is to provide:

1. Information on drug and alcohol dependence, treatment and recovery
2. Understanding how families are affected by someone's drug or alcohol use
3. Strategies and skills on how family members can support recovery.

5. What if I can't commit to every session?

The Matrix Model is a manualized program and all sessions are important, therefore any sessions missed need to be "made up". Please note, this means the program may take longer to complete. Individual sessions can be used to 'make up' sessions missed.

6. Do I have to do the whole 48 weeks, or can I just do the 20 week intensive phase?

The initial 20 week intensive phase provides individual and group sessions with a minimum of 3 contacts per week. Once you complete the 20 week intensive phase, a Matrix Psychologist will develop a continuing care treatment plan with you for the following 28 weeks of the program. This will generally involve you attending a weekly social support or educational group and may include individual or couples sessions.

7. Why do I have to do Urine or Saliva testing?

Testing provides you with objective results which supports your choice to abstain from drug or alcohol use. A negative test result reinforces for you and your family the success of being in recovery and maintaining abstinence. Testing also acts as a relapse deterrent and provides an opportunity for discussion should you have relapsed and you're embarrassed to disclose this.

8. My job can require me to do overtime and have late-minute shift changes. What happens if this interferes with my attendance at sessions?

The Matrix Program® is an open ended program. This means, at any time, if you miss a session, you will eventually be able to make up that session. Whenever you're unable to make a session, it is important to advise a Matrix psychologist so they can provide you with other options for making up that session.

9. What happens if I relapse?

The Matrix Program® begins to prepare you for relapse from the beginning of treatment. We highlight relapse patterns which assist you to prepare for likely high-risk times. We cannot identify all the triggers in our life that can lead to relapse. It is expected, as part of recovery, that relapses do happen. In the event of a relapse, it is important for you to contact a Matrix Psychologist as soon as possible. Support is provided to enable you to get back into recovery and develop further resilience to potential triggers.

10. This program seems really "full on". What happens if I can't cope with the intensity?

During the course of the program you will have access to a Matrix Psychologist who can support and assist you with any areas of difficulty. The Matrix Program® is intensive and does require a commitment. The aim of the group sessions is to provide you with skills to cope with stressors and problems in your life that, in the past, were medicated by substance use. If you already have a treating psychologist or counsellor, the Matrix Psychologist will obtain your consent to liaise with that person in order to provide a continuity of support during your time in the program.

11. Is this covered under Medicare or my Private Health Fund?

Unfortunately, our Australian insurance schemes do not cover long-term outpatient treatment programs at this point in time. However, payment options can be discussed with the Matrix Psychologist.

12. What if I don't want my family involved, or they don't want to be involved in the program?

We understand you may prefer to be in treatment alone, or your family may not wish to engage with your treatment program. A significant contributor to recovery is having a support network, which is the reason for the Family Education Sessions. Your support network can be determined by you and who you wish to bring along to the sessions is entirely up to you. You are still required to attend the family sessions, even if your support people cannot make it. Any queries regarding family or supports can be discussed with the Matrix Psychologist.



About Ashcliffe Psychology

Ashcliffe psychology is a private psychology practice offering a broad range of psychological services. The Ashcliffe practice is comprised of two principal Psychologists (Kerryn Ashford-Hatherly and Michael Tunnecliffe), plus a small team of affiliate psychologists offering a variety of areas of expertise. Kerryn and Michael have worked in senior management roles within government, non-government agencies and the private sector. They have both completed the Matrix Facilitator and Matrix Supervisor training with the Matrix Institute in the USA.

CONTACT DETAILS:

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Web: www.ashcliffe.com.au

www.matrixprogram.com.au

What does the Matrix Program® cost?

The Matrix Program® is provided by Ashcliffe Psychology, a private psychology practice and, as such, is not covered by any external funding sources **at this time**. Some rebates may be claimed through Medicare with a GP referral or Private Health Funds for individual therapy, if required. After the initial assessment, which can be bulk billed with a GP referral, if you consider this approach is suitable, the Matrix Program® fee is a set amount.

The fee for the Matrix Program is a set weekly amount of **\$175.00*** per participant for the duration of the intensive phase of the program. This weekly payment is required for however long it takes you to complete the initial intensive phase of the program. Once the intensive phase has been completed and you graduate to a weekly attendance, this fee is reduced. This fee is for sessions undertaken at our office in West Perth or Applecross. Online components may incur an additional fee.

WEEKLY PAYMENTS OPTION

Once you enter the program, weekly payments are required even if you miss a session. Missed sessions will need to be made up. It is up to you to arrange the make-up sessions.

INDIVIDUAL SESSIONS

Individual treatment sessions are bulk billed under a referral from your GP. If you are currently under a MHCP with another psychologist, you are encouraged to liaise with your treating psychologist. However, Matrix Program sessions that have been missed can be made up in individual sessions.

EXITING THE PROGRAM PREMATURELY

If you wish to leave the program, we encourage you to discuss this with your treating psychologist and supply your resignation from the program in writing. At this point in time, no further payments will be required even if you haven't completed the full program.

COMPLETION OF THE PROGRAM

To graduate from the Matrix Program you will need to have abstained from alcohol and other nonprescribed substances or the presenting addictive behaviour for 20 weeks (Intensive Phase). A further 28 weeks of once a week attendance is offered to consolidate the gains. Should you relapse, this will be discussed with a Matrix Program psychologist and the outcome will be determined between you and the psychologist.

TOTAL TIME TO COMPLETE THE MATRIX PROGRAM

The intensive modules of the program run for 20 weeks and these a consolidation phase of another 28 weeks, making 48 weeks in total. There is no set amount of time that you need to do to complete the program. The program is completed when you have achieved the 48 weeks abstinence and all the Matrix Program modules are completed.

*NB: This fee is valid up to and including 31st December 2020



www.ashcliffe.com.au