



General Information About the Matrix Program

The Matrix Program is an intensive treatment program for addiction. We believe education about addiction and how to manage the effects of addiction (withdrawal and cravings) is vital to recovery. Establishing new ways of thinking and behaving under stress is also important to a person's recovery from addiction. Treatment in the Matrix Program takes place while the person in recovery goes about their day-to-day activities, as we consider it's important to learn how to manage recovery in the "real world", not the artificial world of a rehab centre.

We don't consider addiction is a disease. Drawing upon recent scientific evidence, we see addiction, as a "neurobiological" issue, in which the drug "hijacks" the automatic part of the brain. The drug habit then becomes stabilised within the brain because it serves a purpose for the person using the drug. What is seen as an addiction, where the person can't stop, is due to automatic triggers that set off cravings within that individual's brain. Before someone joins the program, we like to conduct an assessment of the person's psychological functioning and drug-use profile. We then provide feedback to the person before they decide to join the program.

We are up-front with everyone who wants to join the Matrix Program. The treatment asks a lot of participants (minimum of 3 contacts a week) and there's regular homework. To be effective, the program has to be intensive, as most of our clients have a Meth addiction and stimulants change the brain like no other drug. Some people have found it difficult to maintain commitment to the program and have dropped out. However, we find people who work at the program and do the regular tasks the program requires, benefit enormously. We require people to be abstinent for at least 5 days prior to entering the program.

Anyone accepted into the program needs to be prepared to attend a minimum of 3 sessions each week and participants can attend up to 6 sessions a week for the 20 week intensive phase. There are sessions both during the day and after-hours, as well as on Saturday afternoon. Our groups are generally small (between 4 to 7 participants). Sessions are run at our West Perth office. The intensive phase is 20 weeks, followed by a maintenance phase in which people usually attend once each week. We encourage family members or support people to be involved in Family Education sessions during the intensive phase of the program.

If our program appears to meet your needs, we're happy to make time for a one-to-one session with our Matrix Mentor to discuss the program with you. You are also welcome to attend one or two of the Matrix group sessions to get an idea of how the program works. There's no cost or obligation. You can then decide if the Matrix Program is likely to be helpful for you. If so, your initial session involves an interview, plus some short assessments to produce an "addiction profile".

The program asks for a regular commitment. If you decide to sign up for the program, there's a requirement to sign an agreement to abide by the rules set for the Matrix Program. You can withdraw from the program at any time and there's no further cost or obligation. As mentioned, it is a fee-for-service program. Details are in the Matrix Brochure. The program fee can be paid on a week-by-week basis, after the decision is made to commit to the program and join. Medicare and private health insurance do not cover the Matrix Program fees.

For your information, both Kerry and Michael, who facilitate the program in WA, both trained with the Matrix Institute in the USA to Supervisor level, prior to setting up the program here in early 2017.

If you have any questions, please email or call on: **0455 455 855.**