

# **Matrix Methamphetamine Treatment Materials**

## **From SAMHSA's National Clearinghouse on Alcohol and Drug Information**

A structured approach for treating adults who abuse or are dependent on methamphetamine or cocaine is outlined in the new publications package Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders (IOP) released on August 15, 2006, by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The Matrix IOP Model is a comprehensive package that provides substance abuse treatment professionals with a yearlong intensive outpatient model for clients and their families: 16 weeks of structured programming and 36 weeks of continuing care. Clients receive information, assistance in structuring a substance-free lifestyle, and support to achieve and maintain abstinence from drugs and alcohol. The program specifically focuses on clients who are dependent on methamphetamine and cocaine and their families.

Copies of the publication package are available free of charge from SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) at 800-729-6686 or electronically through [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov).

[Counselor's Treatment Manual: Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders](#)

[Counselor's Family Education Manual: Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders \(with CD\)](#)

[Client's Handbook: Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorder](#)

[Client's Treatment Companion: Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders](#)

Other stimulant publications and packages:

*TIP 33: Treatment for Stimulant Abuse Disorders* This TIP explains

the treatment of stimulant use disorders and reviews current treatments for medical, psychiatric, and substance abuse/dependence problems associated with cocaine and methamphetamine use.

*KAP Keys For Clinicians Based on TIP 33: Treatment for Stimulant Use Disorders*

*Quick Guide for Clinicians Based on TIP 33: Treatment for Stimulant Use Disorders* This quick guide offers succinct, easily accessible information to busy substance abuse treatment practitioners. Divided into sections, the guide is based entirely on "Treatment for Stimulant Use Disorders," number 33 in the Treatment Improvement Protocol (TIP) Series.

**From Hazelden**

*A Clinician's Guide to Methamphetamine* Developed from Matrix Institute and UCLA's Integrated Substance Abuse Program This NAADAC-approved manual includes a posttest worth eight CE hours upon successful completion. It presents essential information in an approachable style, gathered by leading researchers in the field over the past 20 years. Chapter topics include the basics about meth, clinical challenges, the stages of recovery, assessment, and meth's effects on adolescents and children. (Item 7371)

*The Science of Methamphetamine: An Informed Recovery* VHS or DVD, 30 min. cc, includes Facilitator's Guide Richard A. Rawson, Ph.D., examines the biology of methamphetamine addiction and the process of recovery. (Item 7957 – DVD version and Item 7941 - VHS version)

*Stages of Family Recovery* VHS or DVD, 36 min. cc, English & Spanish are included, also includes Facilitator's Guide For families, the pain of living with a loved one's addiction can lead to shame, secrecy, and isolation. Stages of Family Recovery is an encouraging, empowering video that lets families know they're not alone- and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Clinical insights from Stephanie Brown, Ph.D., help families progress through stages

of recovery. (Item 7958 – DVD version and Item 7940 - VHS version)

*Medical Aspects of Chemical Dependency: The Neurobiology of Addiction* (Item 4913 – DVD version and 4945 - VHS version)

### **Matrix Institute on Addictions**

The Matrix Model intensive outpatient treatment was developed with an awareness of the diversity of factors that contribute to drug and alcohol problems. To produce the best opportunity for success, the needs of the individual patient are considered in the design of each treatment plan. At Matrix Institute, the elements chosen to create optimal treatment for adults and adolescents include strategies and methods that have been demonstrated to be effective in helping people who are abusing drugs or alcohol. These elements are listed below and are included within all Matrix treatment plans.

- Therapist Support - Matrix outcome reports have consistently found that the empathetic and directive support of a professional therapist is critical in developing a successful program of recovery.
- Group/Individual Participation - Matrix follow-up research has identified participation in group activities during treatment to be highly related to long-term success. The regular [4-month Matrix treatment protocol](#) consists primarily of group sessions. Also available are the [Individualized Intensive Treatment Program](#) and the [6-week Early Intervention program](#), which is an individual session only program designed for people who are at the earliest stages of readiness for treatment.
- 12-Step or Other Spiritual Group Involvement - Numerous outcome reports with patients in inpatient, rehab or outpatient treatment have demonstrated that those patients who are involved in 12-Step and/or other support group recovery activities have far better outcomes than patients who are not involved in this recovery program.
- Relapse Prevention and Education - Substance abusers benefit from learning information about how they have become addicted, how they have been affected by their addiction, what they need to do to prevent a relapse and what to do if they should return to drug and/or

alcohol use.

- Family Involvement - There is substantial research that clearly indicates superior treatment outcome for patients whose families are involved in the treatment process.
- Structure – Outpatient addiction treatment requires an explicit framework giving patients a clear understanding of the treatment schedule and requirements.