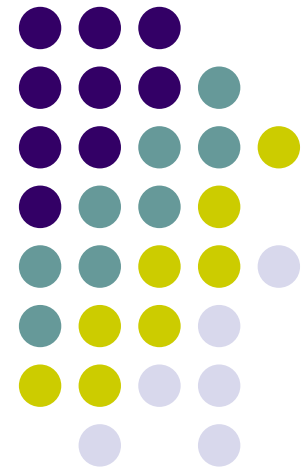


Matrix Model of Intensive Outpatient Treatment

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Programs



Defining Features of Matrix Model Treatments



- Comprehensive, manual-driven program with simple, well-organized instructions.
- Developed from grassroots, clinical program with empirically-based interventions added where they seem to work.
- Patient handouts accompany each session and patient workbook contains written and illustrated concepts.

Behavioral/Cognitive Behavioral Treatments



- **Cognitive/Behavioral Therapy-CBT**
- **Contingency Management-CM**
- **Community Reinforcement Approach-CRA**
- **Motivational Interviewing-MI**
- **Matrix Model of Outpatient Treatment**

Matrix Model of Outpatient Treatment



- Model originally developed in the early eighties in response to the cocaine epidemic
- A written protocol was developed and funded by an SBIR grant through NIDA
- Model modified over time (6 months – 16 weeks)

Matrix Model of Outpatient Treatment



Organizing Principles of Matrix Treatment

- **Create explicit structure and expectations**
- **Establish positive, collaborative relationship with patient**
- **Teach information and cognitive-behavioral concepts**
- **Positively reinforce positive behavior change**

Matrix Model of Outpatient Treatment



Organizing Principles of Matrix Treatment (cont.)

- **Provide corrective feedback when necessary**
- **Educate family regarding stimulant abuse recovery**
- **Introduce and encourage self-help participation**
- **Use urinalysis to monitor drug use**

Matrix Model: Key Elements

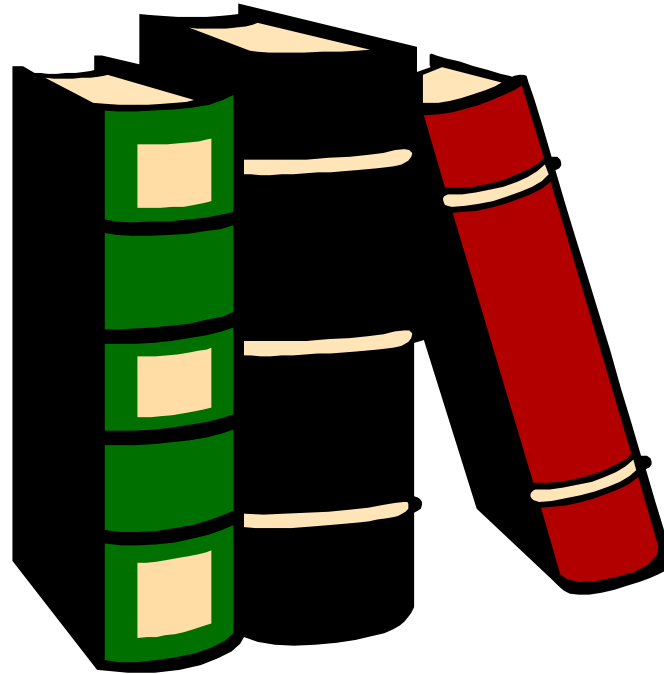


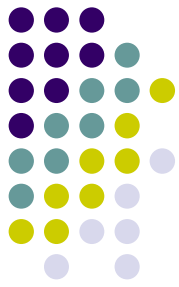
- Relies primarily on group therapy
- Therapist functions as a teacher/coach
- A positive, encouraging relationship – not confrontational
- Time planning and scheduling
- Accurate information
- Relapse Prevention
- Family Involvement
- Self Help Involvement
- Urinalysis / Breath Testing



Outpatient Recovery Issues

INFORMATION





Development of Craving Response

Introductory Phase

Entering Using Site



Use of AODs



AOD Effects

- ↕ Heart/Pulse Rate
- ↕ Respiration
- ↕ Adrenaline
- ↕ Energy
- ↑ Taste

Development of Craving Response



Maintenance Phase

Entering
Using Site



Physiological
Response



Use of
AODs



AOD
Effects



↑ Heart
↑ Breathing
↑ Adrenaline
Effects
↑ Energy
Taste



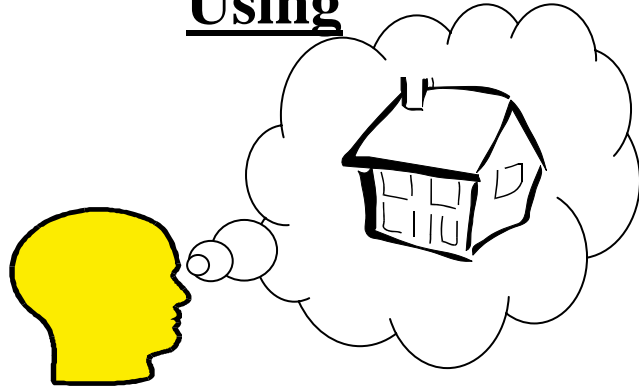
↕ Heart
↕ Blood
Pressure
↕ Energy

Development of Craving Response



Disenchantment Phase

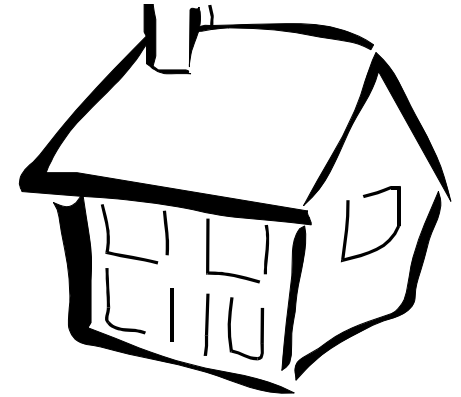
Thinking of Using



Mild Physiological Response

↑ Heart Rate
↑ Breathing Rate
↑ Energy
↑ Adrenaline Effects

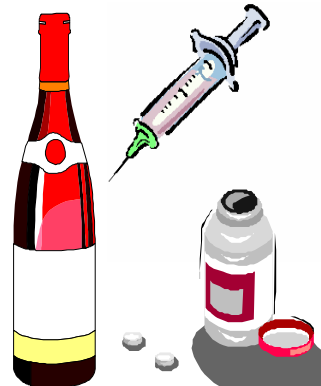
Entering Using Site



Powerful Physiological Response

↑ Heart Rate
↑ Breathing Rate
↑ Energy
↑ Adrenaline Effects

Use of AODs



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AOD Effects

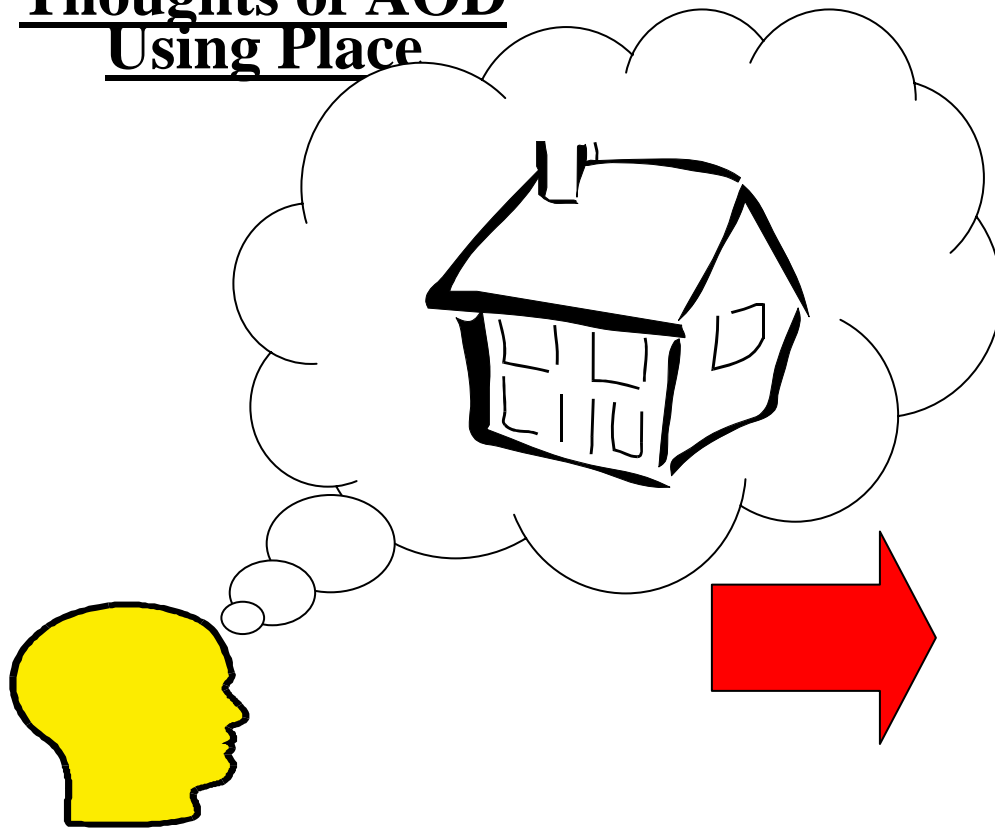
↕ Heart
↕ Blood Pressure
↕ Energy

Development of Craving Response



Disaster Phase

Thoughts of AOD
Using Place

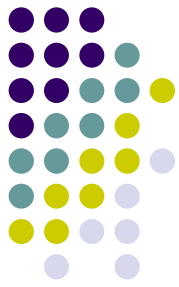


Powerful Physiological
Response

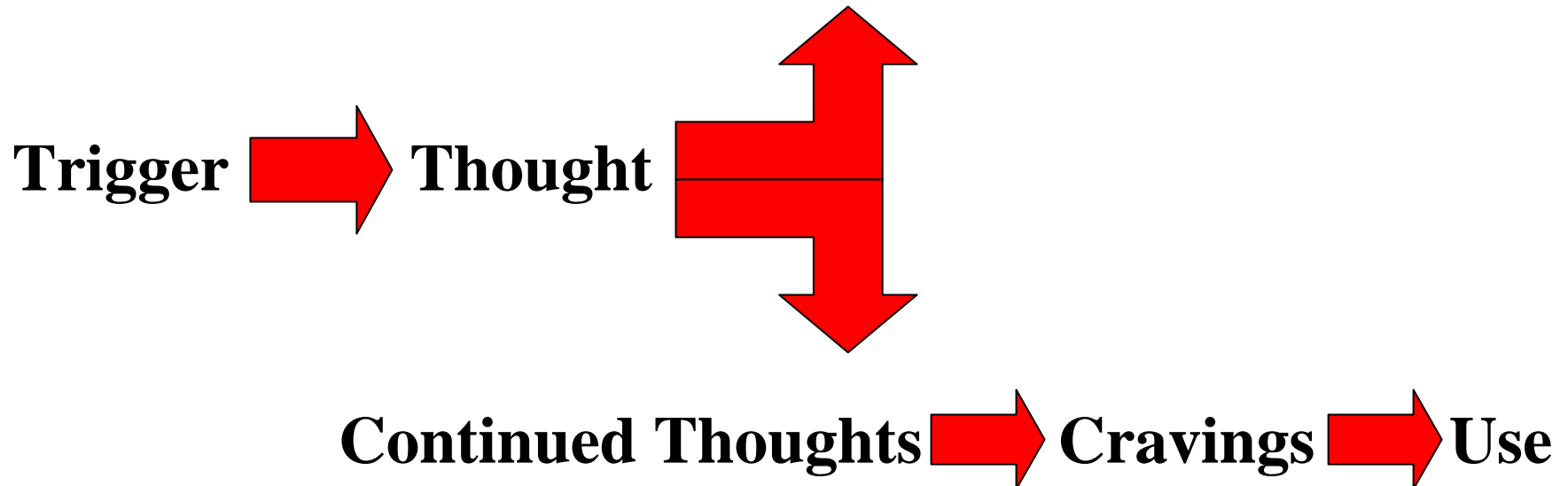
- ↑ Heart Rate
- ↑ Breathing Rate
- ↑ Energy
- ↑ Adrenaline Effects

Roadmap for Recovery

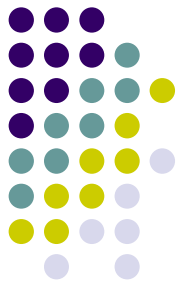
Key Concept: Thought Stopping



Thought Stopping



- Prevents the thought from developing into an overpowering craving
- Requires practice



Roadmap for Recovery

Techniques for Thought Stopping

- **Learn to recognize “using thoughts”**
- **Use visual imagery**
- **Snapping**
- **Relaxation**
- **Prayer**
- **Call someone**

