

Department of Human Services-Division Mental Health & Substance Abuse

Matrix Model

A manualized, 16-week, non-residential, psychosocial approach used for the treatment of drug dependence, especially methamphetamine.

Designed to integrate several interventions into a comprehensive approach.

Elements include:

- Individual counseling
- Cognitive behavioral therapy
- Motivational interviewing
- Family education groups
- Urine testing
- Participation in 12-step programs

Strategies Used:

- 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

MATRIX Model addresses issues that are key to use of methamphetamine dependence or when drug/alcohol use has caused brain impairment.

These issues are of heightened importance with individuals who use methamphetamine:

- Environmental cues associated with drug/alcohol use
- Severe craving
- Protracted abstinence - “The Wall”
- Stimulant - sex connection
- Boredom