

The Matrix Intensive Outpatient Treatment for Methamphetamine Users

The Matrix Program is an intensive outpatient addiction recovery program developed from over 30 years of research during the cocaine and methamphetamine epidemics in the United States. It is currently the gold standard therapeutic approach for methamphetamine dependence. It combines practical skills training for both escaping addiction and building a life without methamphetamine with frequent structured, focused social support and recognition of success.

The Matrix groups are run by trained PsychMed psychologists and co-facilitated by a recovered consumer with lived experience. The program incorporates a combination of “science made simple” education about the effect of methamphetamine dependence in the brain and body, evidence-based cognitive behaviour therapy skills, and a clear and structured way for family and/or others to be helpfully involved in recovery.

The initial phase of PsychMed’s Matrix program runs for 16-weeks, 3 times a year across three locations, South, North and City. This is an intensive program involving attendance on a regular basis throughout the week in order to maintain focus and support as follows:

- Weeks 1-4: 50-min Early Recovery Skills groups on Mondays and Fridays
- Weeks 5-13: 50-min Women’s Group on Mondays
- Weeks 1-16: 90-min Relapse Prevention groups on Mondays and Fridays
- Weeks 1-16: 90-min Family/Friends & consumer Education groups on Wednesdays
- Weeks 13-16: 90-min Social support group on Wednesdays (continues for 32 weeks)
- Periodic 3 Individual counselling sessions to set goals and review progress
- Weekly 12-step Narcotics Anonymous group meetings or relaxation training groups
- Weekly Brief medical review
- Weekly (random) urine testing to provide objective recognition of efforts to stay clean

LOCATION OF SERVICES:

The Matrix program will run at 3 locations - city, southern, and northern locations. There are no costs associated for attendees.

Central	Southern	Northern
9 Hutt Street Adelaide, SA 5000 Ph: (08) 8232 2424 Fax: (08) 8232 5277 psychmedcity@gmail.com	118 Main South Road Morphett Vale, SA 5162 Ph: (08) 8326 6600 Fax: (08) 8326 6611 psychmedsouth@gmail.com	7/ 25-27 Wiltshire Street Salisbury, SA 5108 Ph: (08) 8281 2499 Fax: (08) 8281 2755 psychmednorth@gmail.com

ELIGIBILITY CRITERIA

Inclusion criteria

- Has met DSM V criteria for severe (6 or more of the 11) stimulant use disorder in past 3 years (this is to allow recovered individuals to train to become co-leaders with lived experience).
- Has undergone acute withdrawal from methamphetamines (*i.e.*, last use > 2 weeks)
- Willingness to pursue abstinence from all substances as treatment goal
- Willingness to submit to urine drug analysis and alcohol breath analysis weekly throughout program
- Agrees to attend PsychMed 3 times/week, on time
- Willingness to discuss drug and alcohol use as part of the program
- Agrees not to get romantically or sexually involved with other group members or to enter into business relationships with them
- Agrees not to try to sell drugs or encourage other members to use drugs
- Ability to understand, speak, read and write English to 8th grade level
- There is no age restriction

Exclusion criteria

- Cognitive impairment that causes continual disruption to group discussion due to difficulties with concentration, memory or formal thought disorder (*e.g.*, due to an acute unstable psychotic or bipolar affective disorder, severe attention deficit hyperactivity disorder [where diagnosis in childhood and evidence of severe impairment continuing into adulthood])

- Severe substance use disorder (other than psychostimulants) requiring detoxification and/or maintenance pharmacotherapy to stabilise (e.g., alcohol, cannabis, non-prescribed benzodiazepines, non-prescribed opioids).
- Repeated self-injury, suicidal threats or gestures.
- Individuals who consistently engage in hostile, bullying, threatening or belittling interactions or threaten other group members' sense of safety.

PREFERRED REFERRAL PROCESS

- **Walk in & Phone:** Interested individuals, or referrers, can call PsychMed directly to arrange a referral and/or assessment.
- **Fax/ ReferralNet:** Referrals using PsychMed's intake referral form can be faxed to any PsychMed Location.
- **Web & Social Media:** Enquiries can be made via Facebook, www.psychmed.com.au
- **Master Care:** Referrals can be made via Master Care using PsychMed's intake referral form.
- **Service Providers:** Referrals can be made using PsychMed's intake referral form.