

TRAINING ANNOUNCEMENT

MATRIX INTENSIVE OUTPATIENT TREATMENT FOR PEOPLE WITH STIMULANT USE DISORDERS

The Division of Alcohol and Drug Abuse, Access to Recovery project, and the Substance Abuse Mental Health Services Administration, Center for Substance Abuse Treatment, is offering training on the Matrix Model at no cost to ADA treatment providers in Missouri. The goal of this training is to equip treatment providers with evidence-based treatment approaches for stimulant use disorders, particularly for methamphetamine abuse and dependence.

This two day, intensive training is designed for clinical treatment staff working in ATR-funded programs. **Reservations are required and attendance is limited to 30 participants at each event.**

First preference for reservations will be given to individuals employed in clinical treatment programs with ATR-funded contracts including: PR+, EPR+ and ADA Corrections PR+. All others interested in attending are encouraged to RSVP and will be contacted if space is available.

To register, please e-mail Linda Nolte at the Division of Alcohol and Drug Abuse at: linda.nolte@dmh.mo.gov with your name, contact information, place of employment, and training dates/location you wish to attend. **Participants are responsible for their travel, lodging, and meal expenses.**

DATES	LOCATION	SPONSOR	LAST MINUTE DRIVING DIRECTIONS
January 12-13, 2009	Columbia Resource Center 1500 Vandiver Dr. Room A and B Columbia, MO	Department of Mental Health	(573) 882-9835
February 12-13, 2009 New Event	Trails Regional Library 125 N. Holden Warrensburg, MO 64093	Trails Regional Library and Pathways	660 747-9177

What is the Matrix Intensive Outpatient Model?

The Matrix Model is an evidence-based treatment model for stimulant drug use disorders. It has been tested and widely used with cocaine and methamphetamine addicts. One of the landmark studies for its effectiveness was the multi-site Methamphetamine Treatment Project funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Effectiveness of the model was compared to treatment as usual at eight community-based treatment sites. The results showed that Matrix participants had consistently better retention, were 27% more likely to complete treatment, and were 31% more likely than the control group to have methamphetamine-free urine tests while in treatment.

The Matrix Model is recognized by SAMHSA, the Center for Substance Abuse Treatment (CSAT), National Institute on Drug Abuse (NIDA), and Office of National Drug Control Policy and Department of Justice (National Synthetic Drugs Action Plan).

The Matrix Model is a comprehensive approach integrating therapeutic components of Cognitive Behavioral Therapy, Motivational Interviewing, Marriage and Family Therapy, Contingency Managements, individual and group psycho educational components, 12-Step concepts, and social support. The integration of all components results in a multi-format program that covers individual and conjoint therapy, early recovery skills and relapse prevention, family education, social support, and clinical utilization of urine testing. It comes with a manualized protocol that is easy to follow, yet allows flexibility to counselors to utilize clinical judgment.

SAMSHA provides agencies (free of charge) with all four publications of the Matrix Model, two of which are manuals for counselors and two are client manuals. A set of all materials will be made available to each participant at these trainings sessions.

Training Objectives

Participants of this training will be able to:

1. Describe the research on evidence of the effectiveness of the Matrix Intensive Outpatient Model in treating stimulant disorders compared to treatment as usual based on a SAMHSA initiated multi-site study known as the Methamphetamine Treatment Project.
2. Develop an understanding of the theoretical integration of the Matrix model. Describe in general terms the tenets of Cognitive Behavioral Therapy, Motivational Interviewing, Contingency Management, Family Systems, traditional relapse prevention approaches, self-help programs, and how they were integrated in the development of the Matrix Model.
3. Describe the fundamental principles of the Matrix Intensive Outpatient Model. Participants will develop a clear understanding of principles such as: therapeutic rapport, positive reinforcement, teaching and coaching, family education, cognitive restructuring, and establishment of a structure for recovery.
4. Articulate the developmental stages of addiction and phases of recovery based on the Matrix Model. Participants will learn about pathways to addiction based on NIDA research and utilized by the Matrix Model. They will learn about the stages of addiction and how those impact the individual addict and the family. Participants will develop a clear understanding of the phases of recovery and implications and recommendations for treatment for each phase of recovery for the individual and the family.
5. Describe the clinical and administrative procedures of implementing the Matrix Model. Participants will learn the mechanics of clinical and operational application of the Matrix Model. They will develop an in depth understanding of its implementation with all its treatment components – theoretically and through hands-on practice modules during the training.

Information about the Presenter

Adriatik Likcani is a Ph.D. Candidate in Marriage and Family Therapy (MFT) at Kansas State University. He earned his MS degree in MFT and a post post-graduate certificate in Medical Family Therapy at the

University of Nebraska. He is a Certified Advanced Substance Abuse Counselor (CASAC) in Missouri. He has worked in the field of addictions since 1993 as vice president and co-founder of Teen Challenge Albania, and later as substance abuse counselor in residential and outpatient settings in Missouri providing individual, couple, and family therapy. He currently works with Recovery Lighthouse, Inc., in Missouri, where he has implemented the Matrix Model for the past two years. His focus is to promote evidence-based treatment models and family engagement in treatment for drug and alcohol abuse. He has provided training and presentations in the Midwest region on addiction and family dynamics, family therapy in substance abuse treatment, motivational interviewing, cultural competency, teenage drinking/drugging and co-morbidity, the Matrix Model, and other related topics. He is a SAMHSA/CSAT consultant and two-term fellow of the SAMHSA MFP award for doctoral research and training on substance abuse and mental health issues and cultural competency.

Matrix Model Training Schedule

DAY ONE

8:00 a.m. – 8:30 a.m.	Registration
8:30 a.m. – 12:00 p.m.	Background of the Matrix Model Research and Implications for Treatment Theoretical Development and Integration
1:00 p.m. – 4:00 p.m.	Phases of Addiction Triggers and Cravings Phases of Recovery

DAY TWO

8:00 a.m. – 8:30 a.m.	Registration
8:30 a.m. – 12:00 p.m.	Review of Phases of Recovery Implications for Treatment Group and Individual Sessions Implementation of the Matrix Model
1:00 p.m. – 4:00 p.m.	Practice Modules and Discussion Summary of Matrix Model and its Implementation Questions/Discussion