



"Leader in Research-Based Practices"



The Matrix staff wishes all of you a safe and happy holiday season.

Paul Brethen, MFT

Matrix Institute, Administrative Director
Rancho Cucamonga

The Rancho Cucamonga office is the largest of the existing facilities at Matrix Institute. We serve about 250 clients each month and lead the Nation in state of the art, outpatient treatment for methamphetamine dependency. I am proud to be part of this organization, especially the outstanding, dedicated staff who believe in the work we do and the impact it has in the community.

Ahndrea Weiner, MFT

Matrix Institute, Clinical Director
San Fernando Valley

The Valley office has been seeing clients since 1990. We are very proud of our established after-care group of alumni Matrix graduates. This group, all of whom maintain quality sobriety, continually has an attendance of 20 to 34 alumni per week. Thanks for all the community support over the years. Happy Holidays from our "family" to yours.

Al Hasson, MFT

Matrix Institute, Clinical Director
Los Angeles

The Matrix Institute Los Angeles office was founded in 1992 to provide the highest quality treatment for narcotic addiction. We are gratified to see many patients with 20 year histories of heroin use respond positively to our treatment and change their lives. We have ongoing research studies conducted by Friends Institute and UCLA ISAP investigators. Matrix Los Angeles remains in the forefront of narcotic addiction research and treatment. Currently we are offering services to over 180 patients daily through Prop 36, Medi-Cal, CSAT funding and private pay.

Deborah Service, MFT

Matrix Institute, Clinical Director
Orange County

As the music has stopped, I have moved from our Rancho Cucamonga office to the Costa Mesa office as clinic director. Currently, we have research studies on methamphetamine as well as adolescent tobacco use. The Costa Mesa office has been heavily involved with the Orange County methamphetamine task force. We are looking forward to our continued work within our community and with our referral sources. Thank you.



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Janice Stimson, Psy.D.

Matrix Institute, Clinical Director
West Los Angeles

Recently transferred from our Costa Mesa office to WLA, I am enjoying the challenges of a larger office. The WLA office currently has private, research, and Prop 36 clients. Our adolescent program is growing, and we are implementing a parents group, which will further help these families in recovery. I am looking forward to working with all of you that have supported us for so many years. From the WLA staff, we thank you and wish you a safe holiday season.

HAPPY HOLIDAYS!

Matrix Thailand November 2002 Assessment Finds Favorable Outcomes

The twelve major treatment centers delivering the Matrix Model of Outpatient Treatment show great strides in their progress with the model. These centers will serve as training sites for other Matrix programs in Thailand.

MAILING LIST SIGN UP

Yes, I would like to be added to your mailing list.

NAME: _____

ADDRESS: _____

CITY, STATE AND ZIP: _____

EMAIL ADDRESS: _____

Send to: Sabrina Montano, Matrix 12304 Santa Monica Blvd, #108, WLA, CA 90025



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THERAPISTS' TIPS

A Parent's Call for Help

"My son is currently in treatment, but he continues to relapse. He has relapsed twice in the last 5 months. He sticks with his program, but says he has nightmares about using. The first relapse was at the 2nd month in treatment and then again just recently. Is there medication he can take? My husband and I are going to Alanon support meetings and some of the members tell us to walk away. I see that as pushing him further into the circle of meth. What is your take?"

Therapist's Tip

Our experience with meth users is that many, if not most, have a period of relative ease and good mood after a couple of weeks of not using, which is followed by a period we call, "the Wall" (characterized by irritability, depression, and often cravings and relapse). It is very common for newly recovering patients to relapse in the first few months of recovery. This does not necessarily reflect failure, lack of motivation, or the beginning of chronic use. How the person responds to relapse is critical. Staying in treatment, going to meetings, learning what led up to the relapse and doing things tangibly different are the keys to coming out of relapse with a stronger recovery. If the person feels that the relapse reflects failure or that they are incapable of recovery, then this can be a self-fulfilling prophecy.

Unfortunately there are no medications yet identified to help with your son's problem. There are many research efforts underway though, and we hope to find an effective medication.

Regarding Alanon, this is an extremely helpful support group for families. "Walking away" is usually best if the person is actively using and not seeking help. The situation is different when the addicted person, like your son, is trying to deal with his problem. Support in this case is different from enabling; but the support should be contingent on his continuing to work on his addiction.



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Give a Helping Hand!

Become a Matrix Sponsor!

As a person on our mailing list we know you are someone who cares about people struggling with drug and alcohol issues.

This holiday season finds so many hardworking people who would like to access treatment unable to find the financial help they need.

This is your opportunity to give the gift of sobriety to someone who needs a chance. Do it for yourself or do it in the name of a person, or persons, special to you. This is your opportunity to make a difference.

Matrix Institute treats over 2,000 patients annually. We do free evaluations daily with people in need of services, but are unable to afford treatment. Some of these people are hardworking people whose insurance will not cover treatment.

Matrix does the best we can by providing free and low cost treatment for some of these people; however, there are many that we must refer to other facilities. Unfortunately, taking the first steps into treatment is very difficult and starting a second time can be too much. Many give up. We would like to avoid turning patients away who need financial assistance. Research shows that if patients continue to attend sessions, the likelihood of a successful treatment drastically improves. Matrix would like to get them in treatment and have them stay in treatment.

We are asking for your support to give a gift of sobriety. We thank you for wanting to help those in need.

Sponsorship Form Below



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I'd like to be a Matrix Sponsor:

(PLEASE PRINT AND FAX TO (310) 207-4404)

Full scholarship (\$4,000)

Partial scholarship (\$2,000)

Make my identity known to recipient

Make me an anonymous sponsor

I cannot sponsor, but I would like to give a gift in the name(s) of: _____

(add a separate sheet for more than one name)

Make my gift for the amount of:

\$1,000

\$500

\$ 100

\$ 50

other _____

Enclosed is my check made payable to:

Matrix Institute on Addictions
12304 Santa Monica Blvd, Suite 108
West Los Angeles, CA 90025
(310) 207-4322

My gift may be charged to the following credit card:

Visa

Mastercard

Account # _____ Expiration Date: _____

Signature: _____ Name on Card: _____
(Please Print)

Address: _____ City, State, Zip: _____

Phone: _____

Please send an acknowledgment to the following person:

Name: _____ Address: _____

City, State, Zip: _____ Phone: _____

THANK YOU!

Matrix Institute is a non-profit (501(c)(3)) organization. This charitable contribution is tax-deductible.



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MATRIX NEWS

Y The Los Angeles Matrix office is working hard on complying with CARF accreditation standards. Under Federal Law all Narcotic Treatment Programs must be CARF certified by 2003. We're predicting our NTP office will receive certification with flying colors.

Y Already scheduled for 2002-2003 are the required HIV/AIDS trainings, which will be given in a four-part series by Prototypes. Anyone interested in attending any one of these trainings, please call Leana Gadbois-Sills at (310) 207-4322 x-272. The first training was in October 2002. The next trainings will be February 18th, May 6th, and June 3rd, 2003. All county providers are required to attend 16 hours of HIV/AIDS training, so you are more than welcome to attend these trainings held at Matrix WLA office.

Y WLA office has a new intake coordinator. We welcome Jerry Griffee from our Rancho Cucamonga office and wish him the best in this new position. Jerry handles all hotline calls and can schedule evaluations for any of our Matrix offices. Please feel free to call him with any questions or information you may need.

Y Matrix thanks all those attending the Orange County Sierra Tucson/Matrix Institute professional series workshops. The last workshop had over 50 attendees. This is amazing that it has grown so fast. Not even a year ago the number in attendance was 10. So, thank you all for showing your interest. We'll continue to provide topics of interest in 2003.

Y Matrix Institute will be hosting a 2-day training on the Matrix Model of Outpatient Substance Abuse & Dependence Treatment on March 6 & 7, 2003. This model of treatment is being implemented nationwide and internationally and has been empirically tested for efficacy. Attendees will be coming from all over the United States. Information will be sent out in December, however for those interested please call (800) 310-7700 x-272 for more information. 12 CEU hours will be provided. Please see the attached notice to save the date. Mark you calendars!

Y Visit www.pathstorecovery.org to learn more about a \$9.5 million initiative of the **Robert Wood Johnson Foundation**[®] that will fund up to 20 treatment programs to design and implement strategies to improve patient access and early engagement.

Inland Empire: 9375 Archibald Ave, Suite 204, Rancho Cucamonga, CA 91730, (909) 989-9724
Los Angeles: 5220 Washington Blvd., Suite 101, Los Angeles, CA 90016, (323) 933-9186
Orange County: 275 Victoria St., Suite 2L, Costa Mesa, CA 92627, (949) 631-1510
San Fernando Valley: 19100 Ventura Blvd., Suite 5, Tarzana, CA 91356, (818) 654-2577
West Los Angeles: 12304 Santa Monica Blvd., Suite 200, West LA, CA 90025, (310) 207-4322