



"Leader in Research-Based Practices"



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JUDGE RON GILBERT AND DRUG COURT: A PERFECT TEAM

By Michael McCauley

When the need for a drug court in Rancho Cucamonga became apparent in the late 1990's, Matrix was chosen as the treatment provider and Judge Ron Gilbert was chosen to preside over the court. Judge Gilbert is now in his sixth year and still enjoys sitting on the drug court bench. "I have a good understanding of addiction and its effect on this community," he says "and I know how to relate to that population. When I speak to the defendants I am speaking *to* them rather than at them."

Judge Gilbert has earned the respect of the Matrix staff and the drug court participants. He has become well versed in the Matrix Model and in the principles of recovery. He always attends the graduations and demonstrates his commitment to the recovering community.

There are usually twenty-five to fifty people enrolled in the drug court system at any given time. The eighteen-month episode has four separate phases, each phase a little less stringent than the last. The goal of drug court is fidelity to the program; attend the classes and pass the tests or else face the consequences. "The need for drug court is great and the success rate is high. It simply works," he says. After eighteen months, if the client has been faithful to the program, Judge Gilbert will happily withdraw the plea of guilty and enter a not guilty plea.

Judge Gilbert went to Cal State Fullerton for his undergraduate work and studied law at the La Verne University. Before entering the realm of drug court, he applied his trade in the public defender's office for nine years working as a defense attorney for adults and juveniles. Besides drug court sessions, Judge Gilbert presides over small claims, unlawful detainees, and traffic issues in Rancho Cucamonga. He has a special affection for his Friday drug court, however. "Some judges don't consider it 'judge work'. They consider it more like social work, but I think my personality makes me a good fit in the program." We think so too. Thank you, Ron Gilbert, for your contributions to our field.

Cabergoline Medication Tested for Cocaine Dependence

Principal Investigator, Dr. Thomas Newton and Co-Principal Investigators, Drs. Walter Ling, Steven Shoptaw, Richard Rawson, Donnie Watson and David Niz are collaborating on a double-blind, placebo-controlled medication trial using cabergoline for the treatment of cocaine dependence at the Torrance UCLA-ISAP office.

The purpose of this NIDA-funded project is to assess the efficacy and safety of cabergoline in reducing cocaine use in cocaine dependent subjects. One hundred and forty persons meeting the DSM-IV criteria for cocaine dependence will be equally randomized into one of two groups. One group will be assigned to receive 0.5 mg cabergoline and the other will receive a placebo once per week for 12 weeks. Weekly cognitive behavioral therapy will be given to both groups. A follow-up assessment will be completed four weeks after treatment.

This project will be ongoing until February 2004. For more information or to see if one of your patients qualifies, please call **1-800-991-DRUG**.

MATRIX LOS ANGELES OFFICE SCORES BIG

Matrix L.A. office has achieved 96% follow-up rates for the last 6-month period and 95% rates for the last 12-month mark as part of the Targeted Capacity Expansion (TCE) project. The Los Angeles office of Matrix Institute is in the third year of the TCE/HIV grant from the Center for Substance Abuse Treatment (CSAT). In this study, CSAT requires the collection of data on all clients at baseline, 6 months, and again at a 12-month follow-up. This data is referred to as GPRA (Government Performance and Results Act) and is part of the established protocol requiring agencies to monitor programs and evaluate outcomes. Dr. Westley Clark, Director of CSAT, has addressed CSAT grantees on the importance of these data not only so we can have outcome data, but so there is a basis for asking Congress for funding and informing them and the public of the impact funding has on drug addiction.

Many of the TCE/HIV grantees were collecting GPRA data far below the expected 80% rate; some were near 0%. Congratulations to Dan George, the Director of the Matrix Los Angeles clinic, who served as the evaluator for the project. He is primarily responsible for seeing that these data are collected and transmitted to the database. The work and dedication of the clinic staff under his leadership has resulted in these outstanding numbers. Results like this pave the way for future grants and service standards.



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Matrix Institute has been a recipient member of iGive.com since 2000. However, we have neglected to promote this site and the fantastic opportunity it gives to our non-profit organization. Proceeds from your internet purchases can be utilized for our scholarship fund, helping those patients in need of financial assistance.

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**Matrix Model Intensive Outpatient Drug & Alcohol Treatment
2-Day Training**

October 24th & 25th - Santa Monica, CA.

Visit our website www.matrixinstitute.org on the Training Page to download a brochure *OR* call Leana Gadbois-Sills at (800) 310-7700 x-272 to request a brochure.

NATIONAL ALCOHOL & DRUG RECOVERY MONTH

The U.S. Department of Health and Human Services: Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment, the Office of National Drug Control Policy, and Matrix Institute invite all residents of Los Angeles to participate in *National Alcohol and Drug Addiction Recovery Month*.

The month of September marks the 14th annual *National Alcohol and Drug Addiction Recovery Month*. The focus of this dedication is to promote education and awareness throughout our communities. This year's theme, *"Join the Voices for Recovery: Celebrating Health,"* encourages all of us to begin looking at the public health system and how community treatment and recovery can be an integral part of that system. As part of this year's message, we would like to communicate that drug and alcohol recovery can become a reality with the assistance of accredited professionals and programs, family support, and peer help services.

With September's celebration, we should all recognize the tremendous strides taken by individuals who have undergone successful treatment, families in recovery, and those in the treatment field who have dedicated their lives to helping people recover. This year's theme invites all segments of society to join the recovery community in improving the quality of treatment programs and coordinated services in an effort to eradicate the disease of addiction.

For more information and to see how you or your organization can help throughout the year or for next year's National Alcohol & Recovery Month visit www.recoverymonth.gov.

San Bernardino County Department of Behavioral Health, Alcohol and Drug Services in partnership with Association of Community-Based Organizations (ABCO) presents Recovery Happen's Month Walk and Celebration at Sylvan Park, Redlands, CA. on Saturday, September 27th from 10:00am - 3:00pm. Join community leaders, treatment providers, and the public for a 1.5 mile walk from Redlands City Hall to Sylvan Park. Activities throughout the day include speakers (Warden Gordon, Judge Patrick Morris, and others), children's games, vendor displays, food and music. Matrix will have a booth, so please stop by and say, "Hello."

National Alcohol
& Drug Addiction
Recovery Month



Sierra Tucson/Matrix Institute 2003 Professional Series workshops will be October 10th (Beverly Hills) “*Co-Occurrence of Psychological Trauma & Addiction*” by Leslie Cooper, PhD and December 12th (Beverly Hills) “*Treating Alcohol/Bipolar Comorbidity*” by Mark A. Frye, MD. For registration or more information please call (800) 624-5858 x3986.

Are you stressed out? Does it seem impossible that you’ll ever be able to relax? If so, you are not alone, but there is something you can do. Matrix Institute introduces the ***Stress Reduction Group***. At Matrix we see how stress negatively impacts the lives of our patients and is a strong risk factor for relapse. In response to this problem we have developed this group which is an optional four-week course designed to educate members about stress, help them identify their own unique stressors, and teach new skills that can be used both to defuse stress and increase one’s overall stress tolerance. Relaxation techniques will also be part of this group, so at the end of each session everyone will leave feeling great.

The Matrix Stress Reduction Group begins on the first Wednesday of each month and is held from 7:15p.m. - 8:15 p.m. For more information or to sign up call (310) 207-4322.

Call 800-310-7700 x-272 or email lsills@matrixinstitute.org to be added to our mailing list.

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