

## MISSION STATEMENT

The Matrix Institute is committed to improving the lives of individuals and families affected by alcohol and other drug use through treatment, education, and research.

## MATRIX INSTITUTE ON ADDICTIONS

Matrix was established in 1984 to promote a greater understanding of addiction disorders and to improve the quality and availability of addiction treatment services.

The Matrix approach emphasizes the use of outpatient techniques, which allow patients to live at home and continue working or attending school while they are in treatment. Treatments focus on concrete lifestyle modification, training in relapse prevention, education about dependencies, and family involvement.

The institute is internationally recognized for its structured, outpatient treatments and research-supported interventions. It is the only specific treatment noted by the National Institute on Drug Abuse "Principles of Drug Addiction Treatment."

The Matrix Adolescent Treatment Model is recognized in Drug Strategies, a non-profit research institute as an exemplary treatment approach.

## MATRIX INSTITUTE LOCATIONS

### Adult Treatment Programs

---

Inland Empire  
(909) 989-9724

Orange County  
(949) 631-1510

San Fernando Valley  
(818) 654-2577

West Los Angeles  
(310) 207-4322

Los Angeles  
(323) 933-9186

### Adolescent Treatment Programs

---

West Los Angeles  
(310) 207-4322

215 West "C" Street  
Ontario CA 91762  
(At the Ontario/Montclair YMCA)

A Non-Profit Organization  
**(800) 310-7700**  
**[www.matrixinstitute.org](http://www.matrixinstitute.org)**

# Matrix Institute on Addictions

Substance  
Abuse  
Services

Road  
to  
Recovery



A Southern California  
Treatment Network

## TRAINING TOPICS

Matrix Model of Outpatient Treatment

Motivational Interviewing

Basic Drug and Alcohol Information

Methamphetamine Information and Treatment

Buprenorphine Information and Treatment

And Other Topics

(Scheduled at Matrix or at

Requesting Facility)

## PROGRAM ACTIVITIES

Early Recovery Skills

Relapse Prevention

Individual and Family Sessions

Family Education Groups

Social Support Groups

Urine Testing

Buprenorphine Detox

On-Site 12-Step Meetings

## CONFIDENTIAL ASSESSMENT AND INTERVENTION SERVICES

A Matrix Institute professional staff member conducts the personal assessment in a ninety-minute clinical interview. Matrix staff are renown for interacting with interviewees using a clinical style that increases readiness for treatment. The result of the assessment interview is a recommendation to the most appropriate level of care. Options include admission into the Matrix outpatient treatment system, referral to an inpatient, partial hospitalization, or residential program.

Formal interventions can be arranged upon request.

## MATRIX PROGRAMS

### EARLY INTERVENTION (6 WEEKS)

The early intervention program consists of six individual sessions designed for those people in the early stages of substance use, or those early in the stages of readiness for treatment. Families are included in the process when possible.

### MATRIX MODEL OUTPATIENT

(Up to 4 MONTHS)

The basic elements of the Matrix Model Outpatient approach are group sessions (early recovery skills, relapse prevention, family education and social support) and 2-3 individual sessions delivered over 8 - 16 weeks of intensive treatment. The approach is comprised of components that have been proven effective.

### INDIVIDUALIZED INTENSIVE

OUTPATIENT PROGRAM (Up to 6 MONTHS)

This Matrix Model program is an intensive treatment episode lasting up to 6 months that offers additional individual and conjoint sessions. This more intensive program is designed for those who have been diagnosed with co-occurring disorders, severe dependence, concurrent medical condition, or otherwise need more intensive treatment.

### BUPRENORPHINE TREATMENT

Buprenorphine is the newest medication for opioid dependence. It is very safe and well tolerated by opiate dependent individuals. Individual treatment plans will be developed to include psychosocial support, medication monitoring, urine testing and 12-Step participation. Medication management can be done at Matrix if requested.

# MATRIX INTENSIVE OUTPATIENT SUBSTANCE ABUSE SERVICES

(800) 310-7700