

# 20<sup>th</sup>

## Matrix Institute Goes Platinum

This year will mark the 20th anniversary of Matrix Institute. Traditionally, twentieth anniversaries have been celebrated with china. Modernization of our society has upgraded such a hallmark event to platinum. This is preferred since china is fragile and breakable. Platinum is pure, rare, eternal, and versatile -- qualities Matrix Institute aimed for twenty years ago and are strived for today.

### Matrix Institute: 1984

Over the past few years, Matrix Institute has received increasing national and international attention. Matrix Institute clinicians have done trainings in 20 states and in Thailand, Mexico, Israel, and Palestine. The five Matrix clinics host a number of projects conducted by UCLA ISAP researchers and are part of National Institute on Drug and Alcohol's (NIDA) Clinical Trials Network.

All of this evolved out of humble beginnings. In late 1983, Richard Rawson, Ph.D. and Jeanne Obert had dinner at The Pomona Valley Mining Company and talked about the increasing number of cocaine dependent patients seeking treatment, and the treatment available at that time. Inpatient programs were oriented towards alcoholics who were generally older with drinking histories of 15 years or more. Outpatient programs were designed to help heroin users and were medically oriented (generally methadone treatment programs). The massive epidemic of cocaine use was resulting in thousands of treatment-seeking people who were not finding appropriate and relevant help. Rather than forcing them into a treatment that may have been a poor fit, Dr. Rawson and colleagues attempted to determine the shape of the "peg" before making the "hole." The "hole" that fit was the embryonic Matrix Model. The core elements were, and still are, relapse prevention, education, family involvement, and emphasis on behavioral elements in a non-confrontational approach.

Over the following decade, Matrix would open additional clinics, institute an internship program, collaborate with hospital-based programs, publish articles, work with researchers, and begin county-funded programs. It is a source of continuing satisfaction that this treatment approach continues to help people who might have more difficulty finding their way to recovery without it. Our goal had not been to develop a treatment model or achieve notoriety, rather to simply seek the most effective methods for treating the people who came to us for help. This is still our goal. We hope we can continue to achieve this and that greater numbers of people will benefit from our work.

### November 12, 2004

Friday, November 12th, 2004, Matrix Institute is celebrating twenty years with an anniversary fundraising dinner honoring Dae Medman and Carol Archie, M.D., Matrix Institute Founding Board Members, Lou Johnson, Dodger Baseball Organization EAP, and UCLA Neuropsychiatric Institute, Department of Psychiatry and Biobehavioral Sciences. This is the first fundraising event hosted by Matrix Institute, and hopefully it will become an annual function for all of you to look forward to attending.

The time has come for Matrix Institute to develop a scholarship fund for those people in need of services. Some are unable to pay, do not qualify for research, or their insurance benefits cover only minimal treatment. We are looking forward to contributing to a person's recovery in this way. We invite each of you to help us achieve this goal. We invite each of you to help us celebrate our twenty years in accomplishing our mission. Call Leana Gadbois-Sills at 310-207-4322 for more information.

Anniversary Event

## TREATMENT

The Matrix Institute provides outpatient substance abuse treatment at five separate sites in three Southern California counties. The Matrix Model offers intervention, treatment, and recovery to over 1,400 adult and adolescent patients each year. Our mission is to improve the lives of individuals and families affected by alcohol and other drug use through treatment, education, and research.

The focus of our program is to provide a structured, effective model of treatment to substance users in diverse sites and cultures. The basic elements of the approach consist of a collection of group sessions (early recovery skills, relapse prevention, family education and social support) and individual counseling delivered over a 16-week intensive treatment period.

The key concepts and treatment components include: 1) the classical conditioning explanation of craving, which demystifies the craving experience; 2) early recovery skills, which provides simple and important information and direction in the early weeks of treatment when cognitive abilities may be limited; 3) the stages of recovery, which convey the concept of protracted abstinence helping patients realize they are in a transitional mode; 4) relapse prevention focusing on tangible behavior change and prevention principles, which provides a clear, unambiguous roadmap for recovery.

As the model was developed and refined, an extensive set of data on the value of the treatment approach has been collected. Evaluations of the Matrix Model have been conducted at Matrix Institute sites for over eighteen years. It is the only specific treatment noted by the National Institute on Drug Abuse as a scientifically based approach in *Principles of Drug Addiction Treatment, a Research-based Guide* (1999). The Matrix Adolescent Treatment Model is recognized in *Drug Strategies: Treating Teens* (2003) as an exemplary treatment approach. The Matrix Model was recently tested in the CSAT-sponsored *Methamphetamine Treatment Project* (2003), the largest randomized clinical trial of treatments for methamphetamine dependence to date. The study reported that in the overall sample, and in the majority of sites, those who were assigned to Matrix treatment attended more clinical sessions, stayed in treatment longer, provided more methamphetamine-free urine samples during the treatment period, and had longer periods of methamphetamine abstinence than those assigned to receive treatment-as-usual.

In the past 20 years, Matrix Institute has continued to develop and modify the Matrix Model of Outpatient Treatment. Hazelden Publishing has selected our Matrix Model of Intensive Individualized Substance Abuse Treatment manual to publish in late 2004. The Center for Substance Abuse Treatment (CSAT) is developing the Matrix Model of Intensive Outpatient Treatment for Stimulant Addiction, which will also be available in late 2004. Variations of this manual are being developed for residential and adolescent treatment. Manuals have been translated into Spanish, Thai, Slovakian, and Arabic. For years our claim was that we are the best kept secret in substance abuse treatment. The secret is definitely out.

## RESEARCH

Since our inception we have been leaders in collaborating with researchers in clinical settings. Before “research to practice” was a popular slogan, Matrix was working closely with investigators from Friends Research Institute and UCLA.

Leading our research efforts over the years have been Drs. Walter Ling, Director, UCLA Integrated Substance Abuse Programs, Richard Rawson, Associate Director, UCLA Integrated Substance Abuse Programs, and Michael McCann, Associate Director of Matrix Institute.

Clinical trials conducted at Matrix Institute have included evaluations of psychosocial treatments and medications for alcohol, opioids, and stimulants. Matrix currently is part of NIDA’s Clinical Trials Network helping to bring new, effective clinical interventions to clinical practice.

Research findings of UCLA ISAP investigators including Drs. Ling, Rawson, Doug Anglin, John Roll, Leslie Amass, and Edythe London have found their way into the clinical programs in the Matrix clinics.

The Matrix office in Costa Mesa is one of 5 sites participating in NIDA’s Methamphetamine Clinical Trials Network (MCTG). Along with investigators in Des Moines, Kansas City, San Diego, and Honolulu, Matrix/Costa Mesa is the site of a series of clinical trials to evaluate medications for methamphetamine dependence over the next several years. This project is being conducted through UCLA ISAP under Drs. Rawson, Newton, and Ling. The Principal Investigators at the Costa Mesa site are Tony Pham, M.D. and Michael McCann, M.A.

Congratulations to Don MacDonald, Matrix Prop 36 counselor, for his published article in the August issue of *Counselor Magazine*. The article on treating Prop 36 clients caught the attention of Prop 36 co-author, Daniel Abrahamson. In an email to Don, Mr. Abrahamson states, “I quite enjoyed your excellent article on ‘The Successful Mandated Client.’ Keep up the good work!” Thanks, Mr. Abrahamson for noticing.

## TRAINING

Training has become an equally important component within the structure of our organization. Without marketing training services, this department has increased dramatically over the past five years. Matrix Institute conducts free community presentations in high schools, universities, churches, managed care organizations, and other mental health facilities. Other local trainings are in conjunction with Sierra Tucson and Los Angeles County. Our annual 2 day trainings certify attendees to deliver the Matrix Model of Intensive Outpatient Drug and Alcohol Treatment. Greater attention has been given to the Matrix Model nationally and internationally, which has allowed our trainers to travel extensively and experience a vast diversity in treatment providers and systems. Several states including Nebraska, Colorado, Idaho, Wyoming, Oklahoma, Washington, and Nevada have requested training with the goals of disseminating the Matrix treatment information throughout existing treatment facilities. Currently the government of Thailand, having designated methamphetamine use as the country’s major public health problem, has undertaken a massive effort to train over 1,000 providers in the Matrix Model.

In collaboration with UCLA ISAP, a series of annual trainings and workshops have been created to give attendees the most recent information on substance abuse treatment, research, and other relevant information. The largest of the five events planned is the Western Conference on Addictions (WCA) on November 11th through November 14th, 2004 at the Universal City Sheraton Hotel. The scheduled agendas, topics, and speakers create an amazing array of knowledge and expertise in the field of addiction. (Go to [www.uclaisap.org](http://www.uclaisap.org) for more information and registration.)

The opening night reception for the WCA event is Thursday, November 11th, and is sponsored by Matrix Institute and Summit Centers, Malibu. Please stop by for refreshments, food, and networking. Hope to see you there!

