



The Evening Matrix Program

Matrix Phase I: Mondays, Wednesdays, and Thursdays 6:30pm-7:30pm for 8 weeks

Phase II: Mondays and Thursdays 6:30pm-7:30pm for 12 weeks

Phase III: Wednesdays 7:30pm-8:30pm for at least 4 weeks

The Matrix Group is a structured intensive outpatient group that focuses on the development of early recovery skills, relapse prevention skills, and support. The group meets 3 days per week for 8 weeks, 2 hours per week for 12 weeks, followed by 1 hour per week for 4 weeks. There are 4 treatment groups that make up the program: Early Recovery Skills (ERS), Relapse Prevention (RP), Family Group, and Social Support Group. The program is divided into 3 phases.

The ERS and RP groups are designed to increase recovery skills. There are 8 ERS sessions and 32 RP sessions. Some of the topics include Thought Stopping, External and Internal triggers, Scheduling, 12 Step Introduction, Avoiding Relapse Drift, Recognizing and Reducing Stress, Dealing with Downtime, Relapse Prevention, Total Abstinence, and Spirituality.

The Family Group is made up of 8 sessions and is designed to educate the client and family member on the disease of addiction, the relapse and recovery processes, enabling behaviors, and positive communication. It is also designed to promote support for both the client and family member. Involvement in The Family Education Group has been found to alleviate anxiety and negative feelings felt by both the client and the family member. Family members who do attend must be at least 14 years of age and should not be struggling with active addiction issues. Some of the topics include Triggers and Cravings, Alcohol and Recovery, and Communication Traps.

The Social Support Group includes at least 4 sessions and is designed to assist the client with learning or relearning socialization skills. It is more client-driven than the other groups. It provides the client a catalyst to learn from participants who are more advanced in recovery and in turn gives the advanced recovery client the chance to serve as role models for those in earlier recovery stages. Social Support group members are given the opportunity to serve as mentors (Matrix Client Co-Leader) in the Early Recovery, Family, or Relapse Prevention Groups. Social Support topics include Patience, Honesty, Commitment, Grief, Masks, Triggers, and Recovery.

Good candidates for the Matrix Group would be participants who: are at least contemplative or have some insight in regard to their substance abuse or addiction, need an intense program that provides structure, and learn best through visual aids, written work, and repetition.

Clients are expected to attend regularly, bring a family member or members (limited to two family members each) to the Family Education Group, obtain a planner, actively participate in group discussions, attend at least 3 recovery support meetings weekly, obtain and utilize a sponsor, and be willing to set daily recovery tasks and carry them out between sessions.