

# THE MATRIX MODEL FAMILY PROGRAMME

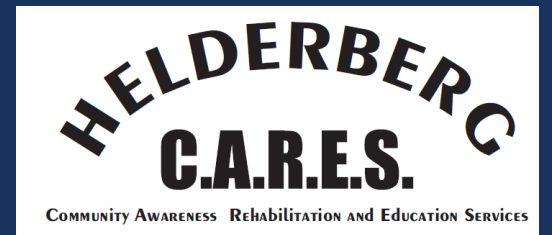
**NATASHA MERLO**  
**CLINICAL SOCIAL WORKER**

*B.S.W (SOCIAL WORK) (UNISA)*

*B.A (HONS) (PSYCHOLOGY) (SU)*

*M.SOC.SC (CLINICAL SOCIAL WORK - CURRENT) (UCT)*

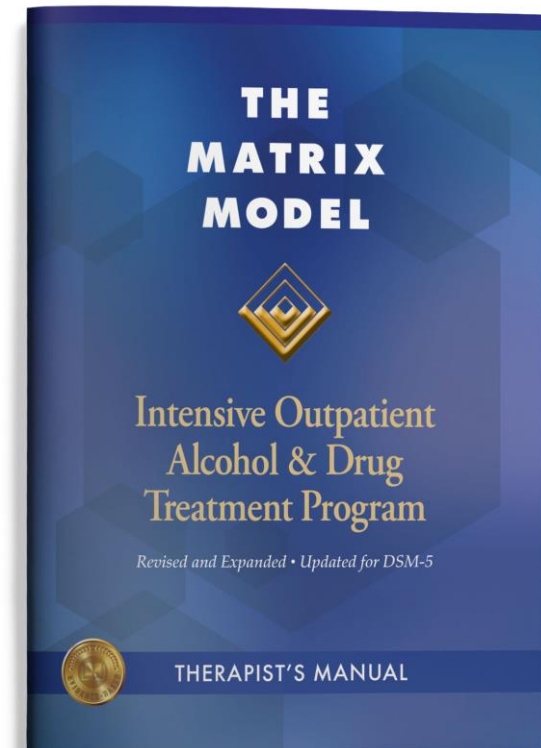
*NEURO-BASED COACHING (BBCC®) (NEUROLEADERSHIP INSTITUTE)*



# THE MATRIX MODEL

## INTENSIVE OUTPATIENT ALCOHOL AND DRUG TREATMENT PROGRAMME

- The Matrix Model is a structured, multi-component behavioural treatment model that consists of evidence-based practices, including relapse prevention, family therapy, group therapy, psycho-education, and self-help.
- The model consists of 16 weeks of group sessions held three times per week, which combine Cognitive Behavioural Therapy, family education, social support, individual counselling, alcohol and urine drug testing.
- It is an easy-to-use manualized treatment protocol that gives patients the skills and understanding they need to overcome a substance use disorder.



ADULTS ONLY

# FAMILY INVOLVEMENT – HELDERBERG CARES

*FAMILY IS DEFINED AS A FAMILY MEMBER, PARTNER, FRIEND OR ANY CONCERNED SIGNIFIGANT OTHER*

**Family members should be involved as early and in as much of the treatment process as possible**

**This can be encouraged by**

- Family participating in the intake, screening, assessment and treatment planning process.
- Learning about the treatment programme and recovery process.
- Attending family education groups, appointments with the therapist (conjoint and individual appointments), and family support groups like Al-Anon or Nar-Anon.
- We also offer information, support and guidance to family members whose loved ones are not be ready to participate in a treatment or recovery process.

***Family involvement is done with the client's consent***

MATRIX SCHEDULE	Individual sessions will be scheduled according to both the client's and therapist's availability		
	WEEKS 1-4	WEEKS 5-10	WEEKS 11-16
<b>MONDAY</b>	09h00-09h30 Testing, scheduling and calendars  09h30-10h30 Early recovery skills group  10h30-10h45 BREAK  10h45-12h00 Relapse prevention skills group	09h00-09h30 Testing, scheduling and calendars  09h30-10h30 Early recovery skills group / Social support group  10h30-10h45 BREAK  10h45-12h00 Relapse prevention skills group	09h00-09h30 Testing, scheduling and calendars  09h30-10h30 Social support group  10h30-10h45 BREAK  10h45-12h00 Relapse prevention skills group
<b>TUESDAY</b>			
<b>WEDNESDAY</b>			
<b>THURSDAY</b>	14h00-16h00 Family education groups	14h00-16h00 Family education group	
<b>FRIDAY</b>	09h00-09h30 Testing, scheduling and calendars  09h30-10h30 Early recovery skills group  10h30-10h45 BREAK  10h45-12h00 Relapse prevention skills group	09h00-09h30 Testing, scheduling and calendars  09h30-10h30 Early recovery skills group / Social support group  10h30-10h45 BREAK  10h45-12h00 Relapse prevention skills group	09h00-09h30 Testing, scheduling and calendars  09h30-10h30 Social support group  10h30-10h45 BREAK  10h45-12h00 Relapse prevention skills group

## THE MATRIX MODEL FAMILY PROGRAMME

- Helderberg CARES facilitates ten, 90-minute Family Education Groups over the 16-week programme. This group meets once per week.
- Family sessions are interactive and allow the therapist to address the most pressing issues for clients and their families.
- Sessions include video lectures and discussion groups.
- Some of the topics covered include Triggers and cravings; Road map for recovery; Families in recovery; Avoiding/Coping with relapse; Living with an addiction; and managing comorbid mental health disorders.
- **ALL family members** are encouraged to attend the family education groups, whether their loved ones are ready to seek help or not.

*Addiction is a family struggle, and therefore healing is also a family recovery process*

# THE MATRIX MODEL FAMILY PROGRAMME

## **The goals of the Matrix Family Programme include:**

- Present accurate information about addiction, recovery, treatment, and the resulting interpersonal family dynamics.
- Teach, promote, and encourage healthy and appropriate individuating of clients and family members in addictive relationships.
- Provide an atmosphere that conveys the highest level of professionalism, treating clients and their families with dignity and respect.
- Allow clients and their families an opportunity to become comfortable with the treatment process.

# THE MATRIX MODEL FAMILY PROGRAMME

## **The goals of the Matrix Family Programme include:**

- Give clients and their family members a nonthreatening group experience with other recovering people and their families.
- Provide a programme component for clients and their families to participate in together.
- Help clients and their families understand how the recovery process may affect their relationships now and in the future.
- Helps to build stronger relationships by establishing healthy communication and boundaries.



## Living with an Addiction

*Making a commitment to live in recovery requires a recognition of and acceptance of certain realities.*

Living with a person who is actively using is unhealthy, but what happens after the drug or alcohol use stops? Does life eventually go back to normal? Can a recovering person lead the same lifestyle as a person who has never been addicted? If you are in a relationship with a recovering person, what effect can you expect the recovery to have on your life? If you are a recovering person, what do you need your spouse, partner, or family member to understand about the limits an addiction puts on your life? Discuss the following principles and determine if they are relevant in your relationship.

1. A recovering person needs to learn his or her own limits and relapse signals.
2. A recovering person needs to respond to the relapse signals as a first priority.
3. Family members of a recovering person need to understand that he or she needs to avoid relapse even when that avoidance takes priority over the relationship and the family. Avoiding relapse is in everyone's best interest.
4. A recovering person has to maintain a balanced lifestyle, more so than if there had been no addiction.
5. Recovery is a process—a slow process—and all aspects of it, including sexual readjustment and reestablishment of trust, may occur slowly.
6. It is often difficult for family members to live without a guarantee that the addiction will not reoccur.

### Questions

1. Which of these principles apply to your situation? Explain.

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# THE MATRIX MODEL FAMILY CONJOINT SESSIONS

## **The goals of the conjoint sessions include:**

- Conjoint sessions include the therapist, client and family members or other supportive persons.
- Provide clients and their families with an opportunity to establish an individualised connection with the therapist and learn about treatment.
- Provide a setting where clients and their families can, with the therapist's guidance, work out crises, discuss issues, and determine the continuing course of treatment.
- Address and explore the client's and their family's needs and expectations.
- Offer referrals to outside mental health professionals and other types of support (if needed).



## The Helping Checklists

*The Helping Checklists were designed in response to family members asking, "How can I help in this recovery process?"*

The treatment model clearly defines what the person with a substance use disorder needs to do and how he or she needs to change during recovery. The checklists provide a way for family members to clarify what role they can play in the process. The lists contain suggestions that have come from families with successful recoveries. When used properly, they can strengthen relationships and greatly increase the probability of a healthy recovery.

The treatment activities are designed to be used at specific stages of the recovery process. Both family members and patients recovering from a substance use disorder have different needs at different stages of recovery, so it is important to use the suggestions that correspond to the beginning or middle stage of the recovery process. A more advanced checklist can be made for the post-treatment stage (beyond four months).

The patient and family member(s) should read the suggested activity and decide whether it might be appropriate. In making that decision, the patient needs to decide what is helpful to him or her and express that opinion. The family member needs to decide if he or she is willing to help in that specific way. If so, the activity is checked and becomes part of their mutually agreed-upon contract. Additional items can be added if both parties and the therapist agree that the items would be beneficial to the recovery process.

The final product of this session will be a mutually derived contract for recovery. Patients and their families can take the agreement home and use it regularly to help focus the recovery process for all concerned.



## CHALLENGES / GAPS

- Helderberg CARES is a non-profit organization funded by DSD, as a result there are certain financial and physical constraints.
- Therapists can't always prioritise the family as often as they would like.
- FE sessions are educational, and skill based, its not family therapy per se.
- Some family members struggle with their own SUD or mental health disorders.
- Limited mental health and SUD resources in the community.
- Experience low family attendance rates (due to financial difficulties such as the cost of transport, lack of childcare , work priorities (FE sessions are held in the afternoon)).
- CARES doesn't explore or address family burnout – Could explore self-care or stress management for the family.
- Family estrangement.
- Somerset West has an Al-Anon group but people from Strand, Macassar and Gordons Bay can't always access this service. We could explore hosting an Al-Anon group on our premises.