

Per Question G on Application:

Evidence Based Curriculum Descriptions:

1) Hazelden "Living in Balance"

Balanced living means considering all aspects of your life: relationships, work, fitness and health, and emotional well-being

The Hazelden model can be tailored to the individual youth's specific needs and goals.

- Perfect for all types of care, inpatient, extensive outpatient, hospital, evening or weekend programs, continuing care and more.
- Ideal for a variety of settings including treatment, mental health and corrections.
- Extremely comprehensive and customizable. With 47 unique sessions that address a variety of topics, your clinicians can pinpoint what is right for each and every client you serve.
- Sessions are easy to facilitate and can be done in 60 to 75 minutes. Session parts can be delivered in 30 minutes or less.
- Clients can join the treatment process at any point in the program delivery.
- Typical sessions range from 13-33 unique topic sessions.

It's client focused!

- Clients will identify situations that trigger cravings and pinpoint the decisions that can lead to drug use.
- They will develop immediate alternatives to drug use and implement a long-term plan for full recovery, including relapse prevention.
- **Counselor Fidelity Scorecards help improve the delivery of sessions for optimal outcomes**
- **Three Mini-tracks address clients' unique needs: (are also available)**
 - **Anger and Emotional Management**
 - **Trauma and Violence**
 - **Twelve Step Participation**

2) Matrix

The Matrix Model is a structured, multi-component behavioral treatment model that consists of evidence-based practices, including relapse prevention, family therapy, group therapy, psycho-education, and self-help, delivered in a sequential and clinically coordinated manner. There is a client hand/work book and a therapist guide for each intervention / session.

The MATRIX program is an intensive outpatient addiction recovery program developed from over 30 years of research during the cocaine and methamphetamine epidemics in

the United States. It is currently the gold standard therapeutic approach for methamphetamine dependence.

The Matrix Model is an integrative treatment model meant to directly address the needs of people who suffer from stimulant addiction through the strategic combination of evidence-based therapies.¹ People who participate in Matrix therapy participate in an intensive outpatient treatment program for 16 weeks, where they are provided different evidence-based therapies in a highly structured environment.¹ While the creators of the Matrix Model originally intended that this model addressed people with stimulant addictions, some researchers examine the Matrix model for its potential benefits for treating addiction to other substances, including opioids.³

The Matrix Model is a 16-week **treatment approach** that takes place on an intensive outpatient basis.¹ It involves different groups as well as individual sessions over the course of treatment.¹ The Matrix Model combines a variety of behavioral therapies to promote positive and healthy changes to a person's thoughts and behaviors that lead to substance abuse issues. Therapies that are frequently incorporated in the Matrix Model include cognitive-behavioral therapy (CBT), contingency management, 12-step facilitation, motivational interviewing, and family therapy.⁵

During the course of treatment, a patient will participate in a program that involves different substance abuse treatment types that may help them recover from stimulant addiction. A patient's Matrix Model program may consist of the following modalities:^{1,5}

- Individual psychotherapy to set goals and develop a positive, trusting relationship with the patient's therapist. People typically receive 3-10 individual sessions during their treatment time over the course of about 16 weeks.
- Early recovery skills groups to learn different recovery techniques, such as ways to stop substance use and how to deal with cravings. These groups are used in the first month of treatment, although someone can return to them later if needed. People may attend two of these groups each week.
- Relapse prevention groups to help someone stay sober and learn ways to avoid relapse. These structured groups are a major component of the Matrix Model. They start from week 1 and continue to week 16. People attend two of these groups each week.
- Family education groups to provide education to patients and their **family members** about addiction. This is a 12-week series that requires weekly attendance.
- 12-step programs, which substance abuse treatment programs may offer onsite at least one night a week. These groups provide people with social support from their peers so they can remain committed to recovery.
- Random urine testing on a weekly basis. A patient may also receive additional drug tests if staff members suspects that a patient is misusing other substances
- Relapse analysis with their individual therapist to help those who relapse unexpectedly. These sessions are designed to help someone understand why the relapse occurred and help someone prevent relapsing in the future.

- Social support groups, which are more informal than other groups. These groups are designed to help people develop new relationships with others who do not use substances. These groups typically begin in the last month of treatment.