

INTRODUCING THE MATRIX METHAMPHETAMINE TREATMENT PROGRAM TO AUSTRALIA: A PILOT AND SUBSEQUENT DEVELOPMENT AND TRIAL OF THE AUSTRALIAN ADAPTATION.

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Introduction: Methamphetamine use is on the rise in Australia and is of increasing concern. The MATRIX program is a multimodal structured community based intensive treatment program for methamphetamine users initially developed by the US Centre for Substance Abuse Treatment. In 2016, PsychMed successfully tendered Adelaide Public Health Network to provide Commonwealth funding for a three-year multisite trial in South Australia.

Method: After an initial pilot the Adelaide Matrix programme was modernized to incorporate culturally appropriate Australian language and statistics, additional modules for the early recovery skills and relapse prevention, male gender groups, online 'apps', lived experience mentors and was extended from a 16 to a 20-week program. Participants are required to attend three sessions per week, consisting of 2 early recovery skills and relapse prevention sessions, and one session that covers gender specific recovery issues, family education and social support. Following the initial 20-week intensive program there is ongoing support for 104 weeks. Measures collected from each participant include the K10, DASS21, OTI, SDS, VAS craving scale, Timeline follow back, Buss Perry aggression scale, WHOQoL BREF and outcome data from self-report usage measures and drug screens.

Key Findings: The initial results show a significant decline in methamphetamine use; 55% of participants achieving remission during the intensive period.

Discussions and Conclusions: Future analyses will be able to determine the efficacy of the Matrix program. The Adelaide based Matrix program appears to be successful in overcoming methamphetamine dependence, and further investigation into the success of the program as it expands out across Australia is eagerly anticipated.

Disclosure of Interest Statement:

The Australasian Professional Society for Alcohol and other Drugs (APSAD) recognises the considerable contribution that industry partners make to professional and research activities. We also recognise the need for transparency of disclosure of potential conflicts of interest by acknowledging these relationships in all written publications.

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