

MAKING A DIFFERENCE - THE MATRIX METHAMPHETAMINE PROGRAM - CLIENTS RECOVERY STORIES

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Introduction / Issues OR Introduction and Aims: The use of methamphetamine is widespread and contributed to a considerable number of deaths in Australia (Kaye et al.2008; Lee, & Rawson (2008) and poses a significant challenge for treatment providers. PsychMed has developed an Australian adaptation of the US Matrix program currently the gold standard therapeutic approach for methamphetamine dependence providing an evidence-based structured approach using high intensity therapy that leads to the success of the Matrix program (Black et al 2018). This qualitative study is part of a larger study.

Aim: This presentation provides examples of the experiences of participants with a history of Methamphetamine use who completed the Matrix program.

Method / Approach OR Design and Methods: Clients who have engaged the Matrix program provided case studies and artwork reflecting their progression from intake to treatment completion.

Key Findings OR Results: Clients developed specific skills that have enabled them to remain abstinent.

Discussions and Conclusions: These case studies demonstrate the efficacy of the Matrix program for the treatment of high-risk methamphetamine users.

1. Kaye, S., Darke, S., Duflou, J., & McKetin, R. (2008). Methamphetamine-related fatalities in Australia: demographics, circumstances, toxicology and major organ pathology. *Addiction*, 103(8), 1353-1360.
2. Lee, N. K., & Rawson, R. A. (2008). A systematic review of cognitive and behavioural therapies for methamphetamine dependence. *Drug and alcohol review*, 27(3), 309-317

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