**Matrix Model for Criminal Justice Settings**

The Matrix Model® for Criminal Justice Settings is a structured treatment experience designed to give offenders with substance use disorders the knowledge, structure, and support to allow them to achieve abstinence from substance use and criminal behavior and initiate a long-term program of recovery and prosocial life.

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**Matrix Criminal Justice**

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The Model has been endorsed by:
- David Deitch, PhD Professor of Psychiatry Emeritus University of California, founding Director for The Center for Criminality and Addiction, Co-Founder Daytop Villa, CEO, Phoenix House Foundation, White House Presidential Commission of the Study of Crime and Delinquency
- Ed Roberts, VP Clinical Services Civigenics, Former Director of the Texas Department of Criminal Justice and Substance Abuse Author Commitment to Change with Stanton Stamm
- Judge Ronald Gilbert, Superior Court Rancho Cucamonga, California

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**Training Goals**

- Provide overview of components of the Matrix Manual for Criminal Justice Settings and differences with the core Matrix program.
- To better understand criminal logic and strategies that can be used in working with justice involved clients with substance use disorders utilizing the components of Matrix
- To present substance use disorders and criminality as a treatable co-occurring issue.

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**Matrix for Criminal Justice Settings**

- Most criminal justice programs, such as drug court and correctional programs, retain offenders for about 12 months.
- The CJ manual is designed to work with drug courts or correctional programs utilizing a phased system of lesson plans and structure for 32 weeks covering early recovery and relapse prevention through the adjustment phase of recovery.
- The program can also be adapted to meet programs with shorter time frames.

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**Matrix Criminal Justice**

- **Assessment**
  - A comprehensive assessment is critical in determining not only treatment needs, criminogenic risk, child protection and public safety risk, but to determine the category of client typically associated in working with this population.
  - **Screening and assessment very different**
  - If the assessment is inappropriate then the treatment will likely be ineffective.

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**Level of Care**

- Ensuring the appropriate level of care is also critical.
- Often in the criminal justice setting a court or judge will order a specific treatment program that does not meet the offender needs.
- Work with courts. Probation/parole to have them order a comprehensive assessment and then to comply with treatment recommendations not just order what they think.
- The offender in the correct level of care will improve outcomes significantly.
Types of Populations

- Generally, in working with substance use disorders and justice involved clients there are 2 categories:
  1. Those who have a substance use disorder and commit crimes to support their use or enter the system as result of their use.
  2. Those who meet anti-social criteria and use substances.
- Professionals need to be aware of the different treatment needs and behaviors of these two types of clientele.

Understanding Criminal Justice Populations With Substance Use Disorders

Neuroscience of Addiction and Neurocriminology

- Research indicates that individuals with anti-social personality disorder often lack full development of the pre-frontal cortex.
- Substance use may causes brain chemistry changes in pre-frontal cortex and limbic areas of the brain.

Brain Chemistry

- Activity in a region called the anterior cingulate cortex helped determine not only which prisoner’s were most likely to commit a crime upon release from prison, but also how long it would take before the prisoner’s broke the law.
- People who reoffended were much more likely to have lower activity in the anterior cingulate cortices than those who had higher functioning ACCs.
- Lack of full development or damage to the pre-frontal cortex from substance use will impact appropriate judgment, decision making, emotional regulation, impulsivity, social dynamics.

Environment

Research also indicates that a person’s environment and family history also have an impact on criminality and substance use. Matrix CJ will help participants/clients understand where their values, attitudes are developed.

Best Practices

- Provide interventions that:
  - Address resistance, emphasize engagement, develop pro-social activities, encourage peer support, teach self-management and relapse prevention skills specific to offender populations.
  - The offender learns skills to manage triggers and issues of substance use and criminal behavior in an integrated approach.

Criminal Thinking and Logic

- Most correctional and behavioral practitioners admit that dealing with antisocial logic is the single most important part of public safety and offender change. At the same time they also report they lack the necessary skills to deal with criminal thinking.
Therapists need to understand how and why justice involved clients with substance abuse disorders think (criminal thinking) in order to assist in this change process.

Cognitive Behavioral Treatment (CBT)

Cognitive Distortions

The way a person thinks influences how he or she feels and acts. Negative thinking can become habitual. It leads to anger behavior and many CJ clients do not know how to think positively.

Cognitive Distortions

Negative thoughts lead to negative emotions. The escape may be to use drugs or to engage in criminal conduct. This must be addressed and new skills taught.

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TOP 10 LIST

Tactic #10

- Malicious compliance
- You told me to report in everyday so I was here on Sunday and you were not
- You said not to talk to someone if I couldn't be respectful so I......
- You said to stop using crack so I only use when......

Point out the tactic

Tactic #9

- Question the questioner
- What is your name? What is your name? Repeats the question
- The offender does not recognize your authority you......
- Don't allow them to make you the problem

Tactic #8

- Saying What You Want To Hear
- Offer statements that make you think you are "getting through"
- Professes new found changes
- Tend to volunteer or say things to get you off their back.

Address it. Clarify and ask additional questions

Tactic #7

- The 3 illusions
- The illusion of unlimited skill...I should have done something about my family
- The illusion of unlimited ability to know the future...if I only knew then what I know now
- The illusion that our thinking is unquestionable......that's just what I think

Turn the story from past to present

Tactic #6

- Side deals
- Get the professional to speak off record
- Receives small considerations that can be used later into big favors
- Establishes an other than professional relationship
- Don't get roped into side deals

Tactic #5

- The Disrespect Trap
- You Are Not Respecting Who I Am, What I Am Saying And My History
- Jump On This Ask For Two Reasons To Respect The Offender
- Be Curious But Careful
- What Part Of..... Goes With Being A Good Athlete, Good Mother, Good Guy
### Tactic #4

- Victimology
- Hey don’t you understand I am the victim here.
- Used 99% of the time
- Do not attempt to explain to the offender his culpability... He will never buy it.
- Keep on the message
- If you see yourself as a victim change is impossible

### Tactic #3

- I tried treatment it and it did not work
- Socially this leads to a trap or dead end
- Ask how badly do you want it?
- Do you have a plan?
- Tell me what you did on the 4th or 5th try

### Tactic #2

- Claiming where they have been is the only place they can go.
- Searching for the perfect past.
- What do you expect I am from........
- I am different you have nothing to say to me
- Use the silent treatment sit and not say anything.
- Have them sit with you in silence
- Open up for comments

### Motivational Interviewing

Most clients have an issue [button] that is so important to them that it will motivate behavior change. MI can be a powerful tool to determine the “button” that will motivate that client. This is especially true for CJ clients.

### Use of Motivational Interviewing

- Often justice involved clients have been subjected to institutionalized trauma and further demeaning them is counterproductive to behavior change and positive outcomes.
- MI helps develop the rapport and resistance for the participant/client to open up about issues.

### Motivational Interviewing

Caution is needed when using MI with those clients who meet anti-social criteria. If not aware those clients can use the process and rapport building found in MI to manipulate and seek out the vulnerabilities of the counselor.
**Matrix Criminal Justice**

The Matrix Model® for Criminal Justice Settings addresses core clinical areas within six components:

- **Individual/Conjoint Sessions**
- **Early Recovery Skills group**
- **Relapse Prevention group**
- **Family Education group**
- **Adjustment group (Added)**
- **Social Support group**

Urine analysis and alcohol breath testing are also critical clinical tools recommended for use with this program.

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**Individual & Conjoint Sessions**

- **Goals**
  - Allow the participant co-leader to provide a model for gaining initial abstinence.
  - Introduce recovery support involvement (Twelve Step programs or other appropriate support participation) and create an expectation of this participation as a part of the Matrix Model® for Criminal Justice Settings treatment.
  - Help participants adjust to participation in a group setting, such as the Relapse Prevention group, the Social Support group, and outside Twelve Step, spiritual, or other recovery support meetings.
  - Allow the participant co-leader to provide a model for gaining initial abstinence.
  - Provide the participant co-leader with increased self-esteem and reinforce his or her recovery progress.

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**Individual Sessions Topics**

- Orientation to Matrix Criminal Justice
- My Current Needs
- Why Did I Do It?
- Looking At My Fears
- My Safety Plan
- Understanding Risk Factors
- Continuing Care Plan

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**Early Recovery Skills**

- Offenders recovering in a hospital or jail/prison program have the structure of the program, even the building, to help them stop using. In outpatient treatment, participants have to build that structure around them as they continue functioning in the world.
- For that reason, the Matrix Model® for Criminal Justice Settings has participants learn to schedule each day in the Early Recovery Skills group between the present meeting and the next.
- Schedules are utilized throughout the Matrix program.

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**Early Recovery**

- Ending Group on a Positive Note
  - The session should end on a positive note by emphasizing some of the benefits each participant may receive from staying sober and pro-social lifestyle.
  - Any participants who will be moving on can be given several minutes to discuss what benefits the group has provided in their first month of sobriety. After the group ends, any participants who are struggling can meet briefly with the therapist.
  - The co-leader is not to engage in one-on-one counseling.
Early Recovery

- For Every Session
- During the last twenty minutes of every session in the Early Recovery Skills group, participants fill out the appropriate handout for scheduling and marking time.
- The handouts are designed to give participants a routine way of creating a plan for recovery and monitoring their progress.
- Remind participants to fill out their Daily/Hourly Schedule and Calendar handouts for every session in the Early Recovery Skills group.

Early Recovery Topics

- Scheduling
- Triggers of Criminal Behaviors
- Triggers –Thoughts-Criminal Behaviors
- External Triggers (Core plus integration of CB)
- Building Your Supports
- Road Map for Thinking
- Criminal Behavior

Triggers of Criminal Behavior

- This session allows the participant to identify specific triggers associated with acting on their criminal behaviors. These triggers may have some commonality with their substance use but may also have separate and distinct triggers.
- Allow the co-leader to discuss how the intensity of his or her primary triggers may have decreased since entering treatment. The other participants need to know that these triggering sensations will fade as they move forward in sobriety.

What is a Trigger?

This

A conditioned response that happens automatically when faced with a stimuli associated with substance use or criminal behavior and or trauma

Not This

Triggers of Criminal Behavior

Experiential exercise:

- Form into groups, one counselor, one co-leader other are group members
- Role play group utilizing the Session - Triggers of Criminal Behavior

Relapse Prevention

<table>
<thead>
<tr>
<th>Goal</th>
<th>Task</th>
<th>Steps</th>
<th>Time</th>
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Stages of Recovery

WITHDRAWAL STAGE

PROBLEMS ENCOUNTERED

Medical Problems
- Alcohol Withdrawal
- Withdrawal

Mood Problems
- Depression
- Difficulty Concentrating
- Severe Cravings

Contact with Stimuli
- Vicarious Drug Use

Relapse Prevention

- Goal
- The goals for the Relapse Prevention group are as follows:
- Allow offenders to interact with other people in recovery.
- Prevent specific relapse prevention material.
- Allow the co-leader to discuss his or her long-term sobriety experience.
- Produce some group cohesion among participants.
- Allow the therapist to witness the interpersonal interaction of participants.
- Allow offenders to benefit from participating in a long-term group experience.
- Prevent specific materials on thinking errors leading to criminal behavior and those often are co-occurring with their substance use disorder.
Relapse Prevention Topics
- Alcohol, Marijuana and Rx Drugs
- Alcohol and Criminal Behavior
- Work and Criminal Behavior
- Why DO I Think This Way
- What's Important To Me
- Commitment
- Manipulation and Recovery
- Rush of Risky Behaviors
- Anger and My Criminal Behaviors

Make it Interesting
- Mooring Lines
- Guilt and Shame

Relapse Prevention
- In the Matrix Model for Criminal Justice Settings the relapse prevention groups will teach skills to manage the criminogenic risk and behaviors integrated with the substance use.
- One area may trigger the other. Learning skills to manage both is vital.

Manipulation & Recovery Session
Typically offenders are masters at manipulation. In order to live a life of substance use with criminal behaviors, they had to develop those skills to be effective. This session deals with manipulation straight on. This gives participants an opportunity to recognize ways they have manipulated others and why.

Stages of Recovery
- THE WALL
  - Inertia
  - Depression
  - Relapse
  - Return to Cocaine Stimuli
  - Relapse Justification
  - Cognitive Rehearsal
  - Treatment Termination

Problems Encountered
- Alcohol Use
- Relapse

Family Education
- Early Recovery Phase
  - Weeks 1 through 7
  - 6-7 p.m. Early Recovery Skills
  - 7-8:30 p.m. Relapse Prevention
- Adjustment Phase
  - Weeks 23 through 32
  - Week 32 Through 52
  - 6-7:30 p.m. Adjustment Skills
  - 7-8:30 p.m. Social Support

Center for the Study of Addictions and Recovery (CSAR)
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Family Education

• Because the Matrix Model<sup>®</sup> for Criminal Justice Settings is intended to be used in a wide variety of programs, such as correctional programs, re-entry, drug courts, jail programs and outpatient programs that treat mandated populations, some settings may have to adapt the normal structure of the family education component.

• A common problem is that families may be in another part of the state or out-of-state, and the offender is incarcerated or located away from the family.

• For logistical reasons face-to-face family education may not be possible in some Criminal Justice Settings.

Family Education

• Just as it is important to educate the families on substance use and mental health issues it is also important to help the family understand why family members act on criminal behaviors.

• Integration of these components in the family education process is another important and critical factor in successful outcomes.

Family Education

• The goals for the family education group are as follows:

  - Provide accurate information about addiction, recovery, treatment, and the resulting interpersonal family dynamics.
  - Teach, promote, and encourage healthy and appropriate individualizing of the participant and family members in addictive relationships.
  - Provide an atmosphere that conveys the highest level of professionalism, where offenders and their families are treated with dignity and respect.
  - Allow participants and their family/support systems an opportunity to become comfortable in the treatment process.
  - Give participants and their family/support systems a safe/reassuring group experience with other recovering people and their families.
  - Provide a program component designed for offenders and their family/support systems in which they can participate together.
  - Help participants understand how the recovery process may affect their relationships now and in the future.
  - Help the offender understand how past criminal behaviors and thinking type caused family problems.

Family Education

• Discussion of typical program issues, system issues within agency context and discussion of ways to incorporate Family Education into the agency. In CI settings families are often not around so accommodations need to be addressed.

• Options for Discussion:

  - Face to Face as in original model, barriers etc.
  - Phone sessions with client and family
  - Mailing of materials to family with phone support
  - Internet & web based options
  - Skype

Criminal Behavior & Impact on the Family

This session will explore how criminal thinking and behaviors impacted the family by addressing topics such as money or financial gain that criminal activity brought into the home and family. Other topics include the stigma and accompanying issues of having a family member who has been incarcerated.

Adjustment Group

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<tr>
<th>Week</th>
<th>Monday</th>
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Stages of Recovery - Stimulants

Problems Encountered

Adjustment/Resolution Stage

- Anger
- Isolation
- Lack of Support

Problems Encountered

- Vocational/Leisure
- Relationship Problems
- Overconfidence
- Underlying Psychopathology
Adjustment Groups and Session Structure

For those programs that do not offer extended treatment times, these handouts can also be used on an individual basis for homework assignments, or during individual sessions to aid in addressing and providing skills identified by the therapist that are specific to each offender and his or her behaviors.

Adjustment Group Philosophy

• Family issues are also a big concern during this phase. The participant is beginning to think and act differently, and for the family this can be a difficult and challenging time.
• Many offenders meet their significant other while using substances and may have never known that other person when not under the influence of substances.
• The participant is changing but sometimes the significant other is not. This can result in new and different family dynamics.

Adjustment Group

• The sessions are topic oriented and designed to identify particular issues common in offender populations.
• Included in the discussion may be an assigned topic, such as sobriety issues, criminal thinking, and current problems the offender may be experiencing in establishing an alcohol and other drug free and pro-social lifestyle.

Adjustment Group Philosophy

• After offenders have been incarcerated for periods of time and then return home, some think they need to assume their traditional parental roles in the family. When they try to discipline and set boundaries for their children, the result may be anger and other negative emotions.
• The children often think, "How can you tell me what to do when you have not been in my life for years?" These family issues are vitally important to address as the offender learns and begins new life options.

Adjustment Group Philosophy

• Adjustment groups are designed to identify and address common problems found in offender populations, to manage thinking errors, and to teach life skills that can promote positive recovery from a substance use disorder and criminality.
• During this time in recovery participants are beginning to regain brain functioning and are beginning to think more clearly, have better judgment and also realize that recovery is a process that extends long beyond formal treatment.
• They may be angry at the prospect of lifelong recovery and often have a "why me" stage with some self-pity. These sessions will help them understand the importance of thinking differently and enjoying life without substances.

Adjustment Group

• The goals for the Adjustment group are as follows:
• Provide a safe, family, structured group experience in which participants can identify issues common with offender populations: anger, family dysfunction, challenges with employment due to criminal history, problems obtaining employment, poor communication skills that prevent appropriate social interaction, and for those in re-entry even the serious issues of housing and homelessness.
• Facilitate access to resources for food, housing, employment, job training, and the continuation of building a pro-social life.
• Encourage participants to continue to broaden their support system of sober, recovering and pro-social friends.
• Provide self-management skill building that can also assist in relapse prevention from substance use and acting on criminal behaviors.
• Included in the discussion may be an assigned topic, such as sobriety issues, currently on the offender's brain, and specific to his or her behavior.

Adjustment Group Session Structure

• Session Structure
• Ideally, eighteen sessions are scheduled after relapse prevention for those participants who are in drug court programs or extended correctional and re-entry programs.
• Drug court programs and correctional and re-entry programs allow for extended treatment time and offer programs the ability to address not only the substance use disorder, but also the criminal behavior that led them into the criminal justice system.

Adjustment Group Topics

• Thinking Errors
• Managing Confrontation and Authority
• Roadmap for Life Plan
• Values
• I Am So Overwhelmed
• Getting a Job
• My Resume
• Interviewing for Employment
• How My Attitudes Impact My Behavior
• How To Interview for A Job
• Getting Past The Code
• Adapting to the Free World
The Reintegration Process

- When a justice involved client who has been incarcerated returns back in to society and their home they often lack the needed skills to manage the stress and challenges of the return.
- It is critical that the client learn additional skills to manage those issues.

The Reintegration Process
Typical Issues

- The justice involved client will return back to society with the expectation and demands of obtaining employment.
- The system however often presents roadblocks to employment with criminal background checks that often eliminate them from employment.
- The client also wants to return to their respective place in the home and their role in the family. This often causes family conflict and the client gets confused on how to respond and what to do.
- Programs should educate and teach skills on how to manage these issues.

Social Support Group

- Goals:
  - The goals for the Social Support group are as follows:
  - Provide a safe, familiar, less-structured group experience in which participants can begin to practice re-socialization skills.
  - Facilitate access to program graduates who can serve as role models for participants in the middle-stage of the recovery process.
  - Encourage participants to continue to broaden their support system of sober, recovering, and pro-social friends.
  - Provide a "bridge" support group for participants moving from the first phase of the program into the second phase.
  - Give participants in an outpatient setting an opportunity to go to outside meetings accompanied by other graduates of the Matrix Model® for Criminal Justice Settings program.

Social Support

- In criminal justice settings it is important to learn appropriate re-socialization and pro-social skills.
- Social support will provide on-going support in offender populations.

Urine Testing in Criminal Justice Settings

- Regular urine testing is part of the structure that helps to control substance use. Urine testing is a valuable tool that is presented to the participants as something that can assist in recovery and is most often required as part of the program for those in the criminal justice system.
- However, due to the fact that this manual is specific to offender populations it is also likely used to monitor substance use for court systems. Therefore care and consideration must be used with urine testing.

Urine Testing in Criminal Justice Settings

- Because the model will be used with drug courts, correctional programs, re-entry programs and outpatient programs the use of urine screening will need to follow the contracts and agreements you have with court systems.
- Programs must also establish policies and procedures to guide and direct the testing process.
- Even in criminal justice settings the UA can be used as a positive. Let the offender know that a negative drug screen show progress and let's the court know of improvement.
Urine Testing in Criminal Justice Settings

- **Goals**
  - The goals for urine testing are as follows:
  - Deter resumption of alcohol or other drug use.
  - Provide information regarding alcohol or other drug use.
  - Establish the presence of an alcohol or other drug problem with a person who is ambivalent about his or her use.
  - Diagnose an alcohol or other drug problem requiring more intensive treatment.
  - If contracted or required by agreements with courts systems or drug courts, urine testing provides a system to monitor compliance with court and program rules and regulations.

Medication Assisted Therapy

With the increase of justice involved clients presenting with opiate and prescription drug use it is also important to utilize a treatment model that incorporates Medication Assisted Therapy (MAT) to manage the symptoms - especially in early recovery.

Drug Courts and MAT

Drug treatment courts are an increasingly important tool in reducing the census of those incarcerated for non-violent drug offenses; medication assisted treatment (MAT) is proven to be an effective treatment for opioid addiction.

Recommendations

- Use evidence based models but be on your toes to address the tactics and behaviors associated with anti-social behaviors often found in CJ treatment.
- Social vs professional language
- Inspect your tone, carriage, demeanor to de-escalate behaviors
- Set appropriate boundaries
- Complete a full and comprehensive assessment to determine treatment and risk issues and needs
- Use cognitive behavioral therapy to teach new skills to remain clean and sober and behaviors leading to criminal behaviors
- Educate the family on substance use and criminal behaviors
- Use MAT when indicated

HOW MUCH THEY SHOW YOU...
Depends on your approach!