

Matrix Model for Criminal Justice Settings

Donna Johnson, JD, CAS, ICADC, ICCIP, ICCDP, LADC
Trainer & Consultant
Matrix Institute on Addictions
Los Angeles, Ca.
770-714-7605
djohnson@matrixinstitute.org

MATRIX
INSTITUTE ON ADDICTIONS

©2005 Matrix Institute

Matrix Criminal Justice

- Lead Author, Donna Johnson, Matrix Institute
- Authors, Richard Rawson, UCLA Dept. of Neuroscience
- Jeanne Obert, Matrix Institute
- Walter Ling, Professor Psychiatry UCLA

The Model has been endorsed by the below and others:

- David Deitch, PhD Professor of Psychiatry Emeritus University of California, founding Director for The Center for Criminality and Addiction, Co-Founder Day Top Village, CEO, Phoenix House Foundation, White House Presidential Commission of the Study of Crime and Delinquency
- Ed Roberts, VP Clinical Services Cielgenics, Former Director of the Texas Department of Criminal Justice and Substance Abuse Author Commitment to Change with Stanton Samenow
- Judge Ronald Gilbert, Superior Court Rancho Cucamongo, California

©2005 Matrix Institute

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.

©2005 Matrix Institute

Matrix 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 pro-social life.

©2005 Matrix Institute

Matrix Criminal Justice

- The *Matrix Model[®] for Criminal Justice Settings* addresses resistance, engagement, developing pro-social activities, peer support, self-management and relapse prevention skills specific to offender populations.
- The offender/participant learns skills to manage triggers and issues of substance use and criminal behavior in an integrated approach

©2005 Matrix Institute

Matrix Criminal Justice

- Individuals with substance use disorders who are involved in the criminal justice system must learn skills to address substance use but also the criminogenic risk and thinking errors that cause them to act on criminal behavior.
- With criminal justice populations, the substance use and criminal behavior often trigger each other and are often related to acting on those behaviors. Just as we address the triggers of substance use, we must teach the offender/participant how to identify and manage the triggers of their criminal behaviors.

©2005 Matrix Institute

Matrix Criminal Justice

- 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.

©2005 Matrix Institute

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.

Screening

Assessment

©2005 Matrix Institute

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


©2005 Matrix Institute

Types of Populations

- Generally, in working with substance use disorders and justice involved clients there are 2 categories:
 - Those who have a substance use disorder and commit crimes to support their use or enter the system as result of their use.
 - 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.

©2005 Matrix Institute 10

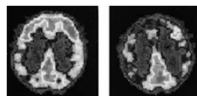
Understanding Criminal Justice Populations With Substance Use Disorders



©2005 Matrix Institute

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.



©2005 Matrix Institute 12

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.



©2005 Matrix Institute 13

Brain Chemistry

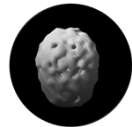
People who reoffended were much more likely to have lower activity in the anterior cingulate ACCs

HOMICIDE DEFENDANT	NORMAL CONTROLS
	

©2005 Matrix Institute 14

Brain Chemistry


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.



©2005 Matrix Institute 15

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.



©2005 Matrix Institute 16

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.

©2005 Matrix Institute 17

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.



©2005 Matrix Institute 18

Cognitive Behavioral Treatment (CBT)


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.



©2005 Matrix Institute 19

Cognitive Distortions


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



©2005 Matrix Institute 20

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.



©2005 Matrix Institute 21

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

©2005 Matrix Institute 22

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

©2005 Matrix Institute 23

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

©2005 Matrix Institute 24

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

©2005 Matrix Institute 25

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

©2005 Matrix Institute 26

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**

©2005 Matrix Institute 27

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

©2005 Matrix Institute 28

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

©2005 Matrix Institute 29

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 day to me

**Use the silent treatment sit and not say anything.
Have them sit with you in silence
Open up for comments**

©2005 Matrix Institute 30


Tactic #1

- Accuse the counselor/officer
- Hey what about you. I bet you.....
- Who are you to judge?
- I knew a cop, judge, officer that used
- You are always telling me something

Ask how is it we came to meet each other

©2005 Matrix Institute 31

Tools to Address Substance Use With CJ Populations



©2005 Matrix Institute 32


Motivational Interviewing

- Justice involved clients with substance use disorders typically enter treatment ambivalent and angry. This is typically viewed as resistance.
- Motivational Interviewing can be a valuable resource for this population but needs to be used with sophistication especially with clients who have anti-social tendencies.
- Treatment providers need to learn how to recognize when CJ clients are coping by using manipulation.

©2005 Matrix Institute 33


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.



©2005 Matrix Institute 34

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.

©2005 Matrix Institute 35

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.



©2005 Matrix Institute 36

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

©2005 Matrix Institute 37

Individual & Conjoint Sessions

- These sessions are ideally scheduled weekly and consist of eight, one-hour meetings for the first two months followed by one each month or as needed for the offender.
- Additional sessions are designed to address issues related to criminal justice issues and thinking errors. Conjoint sessions should be arranged as early in treatment as possible and should continue regularly throughout the treatment episode.
- Individual/Conjoint sessions are designed to orient the participant (and, whenever possible, family members) to the expectations of the program, complete the administrative documentation, and establish rapport with the offender to encourage treatment compliance

©2005 Matrix Institute 38

Individual & Conjoint Sessions

- A separate set of individual sessions has been added to this edition specifically for those participants wanting to explore or who are already using addiction medications (medication-assisted treatment or MAT) along with psychosocial treatment.
- These sessions address the special issues surrounding MAT in recovery. They are designed to be delivered as supplementary individual sessions



©2005 Matrix Institute

My Safety Plan

Directions: Write in a pencil or ballpoint pen. Blank lines are provided for you to write your answers. Use the information provided in this document to help you complete the plan. You may use the information provided in this document to help you complete the plan. You may use the information provided in this document to help you complete the plan.

My current triggers are:

This is my safety plan if I find it hard for substance use or related thoughts:

My safe places are:

The thoughts coping techniques I will use to:

©2005 Matrix Institute 40

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

©2005 Matrix Institute 41

Early Recovery Skills

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Early Recovery Phase					
Weeks 1 through 7	6-7 p.m. Early Recovery Skills	Spiritual or Self-Help Meeting	6-7 p.m. Early Recovery Skills	Spiritual or Self-Help Meeting	6-7 p.m. Early Recovery Skills
	7-8:30 p.m. Relapse Prevention		7-8:30 p.m. Family Education		7-8:30 p.m. Relapse Prevention
Weeks 8 through 23	6-7:30 p.m. Relapse Prevention	Spiritual or Self-Help Meeting	7-8:30 p.m. Family Education (only thru week 14)	Spiritual or Self-Help Meeting	6-7:30 p.m. Relapse Prevention
Adjustment Phase					
Weeks 23 through 32	6-7:30 p.m. Adjustment	Spiritual or Self-Help Meeting	7-8:30 p.m. Social Support	Spiritual or Self-Help Meeting	6-7:30 p.m. Adjustment
Week 32 through 33			7-8:30 p.m. Social Support		

©2005 Matrix Institute 42

Early Recovery Skills

- **Goals**
- The goals for the Early Recovery Skills group are as follows:
- Provide a structured place for new participants to learn about recovery skills for a substance use disorder and pro-social behaviors and self-help programs.
- Introduce participants to basic tools of recovery and aid them in stopping alcohol and other drug use.
- 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.

©2005 Matrix Institute 43

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

©2005 Matrix Institute 44

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 benefit 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.

©2005 Matrix Institute 45

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.

©2005 Matrix Institute 46

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

©2005 Matrix Institute 47

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.


©2005 Matrix Institute 48

What is a Trigger?

This

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

Not This




©2005 Matrix Institute

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**



©2005 Matrix Institute

Triggers of Criminal Behavior

Handout 4 - Early Recovery Skills Group

Triggers of Criminal Behavior

Read or re-read your substance use triggers list after treatment to identify your substance use triggers. You may identify new triggers or find that some of your triggers have changed. Write down any new triggers you identify for your criminal behavior. For example, you might identify a trigger like "seeing a friend who is still using drugs."

- Circle high risk situations.
- Develop a plan for coping with high risk situations, such as drinking group.
- Apply the plan to the situations you identify.
- Think about how you want and are feeling the things to help it.

What are your triggers for criminal behavior?

What are some ways you can prevent possible triggers of your criminal thinking?

What are other ways you can manage your triggers? (For example, you could identify personal boundaries, avoid situations you have with your triggers, or identify a safe person.)

Remember, your substance use disorder and your criminal behavior are often related. Avoid support for both, that will also trigger the other.

©2005 Matrix Institute 51

Relapse Prevention

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Early Recovery Phase					
Weeks 1 through 7	6-7 p.m. Early Recovery Skills	Spiritual or Self-Help Meeting	6-7 p.m. Early Recovery Skills	Spiritual or Self-Help Meeting	6-7 p.m. Early Recovery Skills
	7-8:30 p.m. Relapse Prevention		7-8:30 p.m. Family Education		7-8:30 p.m. Relapse Prevention
Weeks 8 through 21	6-7:30 p.m. Relapse Prevention	Spiritual or Self-Help Meeting	7-8:30 p.m. Family Education (only this week 14)	Spiritual or Self-Help Meeting	6-7:30 p.m. Relapse Prevention
Adjustment Phase					
Weeks 22 through 32	6-7:30 p.m. Adjustment	Spiritual or Self-Help Meeting	7-8:30 p.m. Social Support	Spiritual or Self-Help Meeting	6-7:30 p.m. Adjustment
Week 33 through 32			7-8:30 p.m. Social Support		52

©2005 Matrix Institute

Stages of Recovery WITHDRAWAL STAGE

DAY 0 DAY 15

PROBLEMS ENCOUNTERED

- Medical Problems
- Alcohol Withdrawal
- Depression
- Difficulty Concentrating
- Severe Cravings
- Contact with Stimuli
- Excessive Sleep

©2005 Matrix Institute

Relapse Prevention

- Goals
- The goals for the Relapse Prevention are as follows:
 - Allow offenders to interact with other people in recovery.
 - Present specific relapse prevention material.
 - Allow the co-leader to share 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.
 - Present specific materials on thinking errors leading to criminal behavior and how those often are co-occurring with their substance use disorder.

©2005 Matrix Institute 54


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

©2005 Matrix Institute 55

Make it Interesting

- Mooring Lines
- Guilt and Shame



©2005 Matrix Institute 56




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.

©2005 Matrix Institute 58

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.



©2005 Matrix Institute 59

Manipulation and Recovery

Those who are substance and are involved in the criminal justice system are typically very skilled at manipulating others.

Manipulation is being a "social skill." It's to receive more of your substance in a better place and situation, even when it's not your own substance.

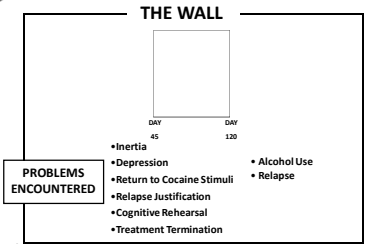
Which of the following have you used to manipulate those around you? Check all that apply to you.

- _____ Making those who change get uncomfortable
- _____ Being angry to control others
- _____ Making others feel inadequate
- _____ Making others feel bad
- _____ Making others feel guilty or feel off
- _____ Cheating to get any substance you can get away with
- _____ Making your friends or others get drunk with you
- _____ Threatening others
- _____ Making others feel lonely
- _____ Making others feel stupid to avoid getting into trouble
- _____ Making someone else feel bad
- _____ Making someone else feel guilty
- _____ Behaving to manipulate in jail
- _____ Making someone else feel bad by making them feel bad

©2005 Matrix Institute 60

Stages of Recovery

THE WALL



©2005 Matrix Institute

Anger and My Criminal Behavior

Anger itself can be a harmful, inappropriate emotion. The problem is, we don't know what to do with anger in a healthy way in our everyday lives. Anger often becomes a person's substance use, and it often is the trigger to criminal behavior. Many offenders who use substances have been charged with offenses like domestic violence, battery, assault, and others.

Which of the following reflect your feelings, beliefs, or attitudes now or in the past?

- _____ I feel more confident, calm, I feel relaxed up the wallo!
- _____ I'm different than other people. They just don't understand me.
- _____ I tried to talk it out, but they wouldn't listen to me.
- _____ I wanted my own and still each week in prison. Why should I say?
- _____ Every time I try to talk to others when I get out, they tell me off. They I can get their substance when I'm free and get together.
- _____ When I am using substances I have anger outbursts.
- _____ The wallo is not to get out.
- _____ I never thought I could get caught.
- _____ I never intended to hurt anybody. I just saw red and couldn't help it.

A person can feel angry in any of these situations - and might even feel like returning to criminal activity.

When you try to talk to others about your anger, do you feel they understand what you're saying? Explain.

©2005 Matrix Institute 62

Family Education

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Early Recovery Phase					
Week 1 through 7	6-7 p.m. Early Recovery Skills	Self-Help Meeting	6-7 p.m. Early Recovery Skills	Self-Help Meeting	6-7 p.m. Early Recovery Skills
Week 8 through 23	7-8:30 p.m. Relapse Prevention	Self-Help Meeting	7-8:30 p.m. Family Education (only five week 14)	Self-Help Meeting	7-8:30 p.m. Relapse Prevention
Adjustment Phase					
Week 23 through 25	6-7:30 p.m. Adjustment	Self-Help Meeting	6-7:30 p.m. Social Support	Self-Help Meeting	6-7:30 p.m. Adjustment
Week 26 through 28			7-8:30 p.m. Social Support		6-7:30 p.m. Adjustment

©2005 Matrix Institute 63


Family Education

- Because the Matrix Model[®] 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

©2005 Matrix Institute 64

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.



©2005 Matrix Institute 65

Family Education

Goals

- The goals for the Family Education group are as follows:
 - Present accurate information about addiction, recovery, treatment, and the resulting interpersonal family dynamics
 - Teach, promote, and encourage healthy and appropriate individuating 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 families/support systems an opportunity to become comfortable in the treatment process.
 - Give participants and their family members/support systems a nonthreatening group experience with other recovering people and their families.
 - Provide a program component designed for offenders and their families/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 have caused family problems.

©2005 Matrix Institute 66


Family Education

- Discussion of typical program issues, system issues within agency context and discussion of ways to incorporate Family Education into the agency. In CJ 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

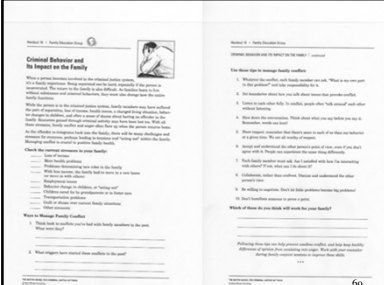
©2005 Matrix Institute 67

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.



©2005 Matrix Institute 68

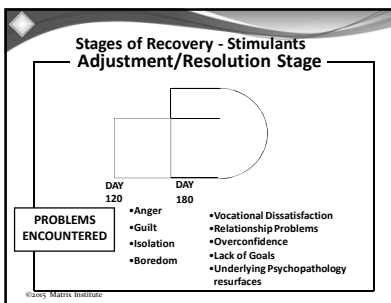


©2005 Matrix Institute 69

Adjustment Group

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Early Recovery Phase					
Weeks 1 through 7	6-9 p.m. Early Recovery Skills	6-9 p.m. Self-Help Meeting or Early Recovery Skills	6-9 p.m. Early Recovery Skills	6-9 p.m. Self-Help Meeting	6-9 p.m. Early Recovery Skills
Weeks 8 through 21	7-8:30 p.m. Relapse Prevention	Self-Help Meeting or Self-Help Meeting	7-8:30 p.m. Family Education (only this week 14)	Self-Help Meeting	6-9:30 p.m. Relapse Prevention
Adjustment Phase					
Weeks 22 through 32	7-7:30 p.m. Adjustment	Self-Help Meeting or Self-Help Meeting	7-8:30 p.m. Social Support	Self-Help Meeting	6-7:30 p.m. Adjustment
Week 33 through 32			7-8:30 p.m. Social Support		70

©2005 Matrix Institute 70



Adjustment Group

- The Adjustment group was added to the Matrix Model[®] for Criminal Justice Settings to address issues common for offenders during this phase of recovery.
- Anger, self-esteem, changes in family systems, challenges with employment, housing, homelessness, and poor communication skills are all issues that must be addressed.
- Offenders in the criminal justice system have stressors which challenge recovery from a substance use disorder and impede them from moving away from criminal behaviors

©2005 Matrix Institute 72

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

©2005 Matrix Institute 73

Adjustment Group

- **Goals**
- The goals for the Adjustment group are as follows:
 - Provide a safe, familiar, 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.

©2005 Matrix Institute 74

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

©2005 Matrix Institute 75

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

©2005 Matrix Institute 76

Adjustment Groups and Session Structure

- Often program and state requirements require at least nine hours of treatment to meet the definition of intensive outpatient. Adjustment group topics can be used to meet the additional hours needed to meet these requirements. These sessions should then be added during the initial 23 weeks of programming.
- Each session focuses on a topic and lasts for one and a half hours.
- Co-leaders are used in these groups.
- Discussion groups should be limited to around 12 people with experienced co-leaders who can facilitate smaller discussion groups.

©2005 Matrix Institute 77

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.

©2005 Matrix Institute 78

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 met 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

©2005 Matrix Institute 79

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

©2005 Matrix Institute 80


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
- How To Make A Budget
- Getting Past the Code
- Adapting to the Free World

©2005 Matrix Institute 81

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.



©2009 Matrix Institute 82

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

©2009 Matrix Institute 83

Adjustment Group Session: Managing Confrontation

- Offenders are subject to confrontation just as a result of being in the criminal justice system. Often the offender has problems with authority figures. For some offenders this issue alone has caused recidivism.
- This session will identify issues with authority and better ways to manage authority and confrontation.

©2009 Matrix Institute 84

Managing Confrontation and Authority

Remember: Offenders often have trouble with authority figures or with someone telling them what to do. Learning to deal with authority will be a key to continued success in establishing a personal identity.

Post-Workshop

- Is a justice involved setting, have you ever made a problem worse by meeting (anger, defiance or defiance) against such as a professor or grade officer?
... Yes ... No
If yes, what have you learned to do better (appropriately)?
- What would you have done differently?
- Have you ever felt that you have been unfairly treated by someone in authority and reacted inappropriately?
... Yes ... No
If yes, what were the circumstances?

©2009 Matrix Institute 85

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 resocialization 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 arrange to go to outside meetings accompanied by other graduates of the Matrix Model® for Criminal Justice Settings program.

©2009 Matrix Institute 86


Social Support

Do	Don't
1. Listen to members.	1. Give answers.
2. Ask open-ended questions.	2. Ask "why" questions.
3. Help clarify what a member is saying.	3. Give advice or moralize.
4. Encourage group members to support and accept each other.	4. Set yourself up as the primary source of support and acceptance.
5. Keep discussions from digressing.	5. Allow alcohol or other drug stories or stories about past criminal activities.
6. Participate as a member of the group occasionally.	6. Monopolize the time with lengthy input.
7. Make sure everyone gets time to talk.	7. Get carried away dealing with one person's problem.
8. Be regular in your attendance.	8. Be late or let the group run over its time limit.
9. Speak directly to group members.	9. Make generalized statements.
10. Talk about people's behavior, not them personally.	10. Attack members personally.
11. Respect every member of your group.	11. Allow members to show disrespect for each other.

©2009 Matrix Institute 87

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



©2009 Matrix Institute 88

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.

©2009 Matrix Institute 89

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

©2009 Matrix Institute 90

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

©2005 Matrix Institute 91

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.



©2005 Matrix Institute 92

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.



©2005 Matrix Institute 93

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

©2005 Matrix Institute 94



©2005 Matrix Institute

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



©2005 Matrix Institute 95