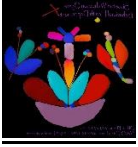


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Meth and Suicide Prevention Initiative
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Level II-Intensive Outpatient Treatment-Matrix Model Group
Group Meeting Schedule

The Matrix Model approach provides a structured treatment experience for clients with substance use disorders. Clients receive information, assistance in structuring a substance-free lifestyle and support to achieve and maintain abstinence from drugs and alcohol. The program specifically addresses the issues relevant to clients who are dependent on stimulant drugs, particularly methamphetamine and cocaine, and their families.

	Intensive Treatment Weeks 1-4	Intensive Treatment Weeks 5-16	Continuing Care Weeks 16-48
Monday	Orientation 10:00am MSPI Building Family Education Group 5:00PM-6:30PM MSPI Building	Relapse Prevention 2:00-3:30 Family Education Group 5:00PM-6:30PM MSPI Building	
Tuesday	12 Step or Mutual Self Help Group	12 Step or Mutual Self Help Group	12 Step or Mutual Self-Help Group
Wednesday	Individual Session (to be scheduled with primary counselor)	Individual Session	Individual Session
Thursday		Crystal Meth Anonymous Aftercare and Social Support Group 5:00PM- 6:00PM MSPI Building	Crystal Meth Anonymous Aftercare and Social Support Group 5:00PM- 6:00PM MSPI Building
Friday	Early Recovery 10:00AM- 12PM Relapse Prevention 1:00PM- 4:00PM MSPI Building	Relapse Prevention 1:00PM- 4:00PM MSPI Building	

For 16 weeks, clients attend several intensive outpatient treatment sessions per week. This intensive phase of treatment incorporates various counseling and support sessions: Early Recovery Skills group sessions (8 Sessions), Relapse Prevention group sessions (32 sessions), Social Support group sessions (36 sessions).

We will have a Family Education Group every Monday at 5:00pm to 6:30pm at the MSPI Building located at 45654 Willard LaFromboise Ave. In Old Agency. This group is to help family members understand the struggles of addiction and what their loved ones are going through.

Clients may begin attending Social Support groups once they have completed the Early Recovery Group Sessions, but are still attending Relapse Prevention group sessions. Overlapping Social Support group attendance with these intensive phase of treatment helps ensure a smooth transition to continuing care.

The Matrix Model method also familiarizes clients with 12-step programs and other support groups, teaches clients time management and scheduling skills and entails conducting regular drug and breath alcohol testing. A sample schedule of treatment activities is shown above.

All Matrix Model groups are open ended, meaning that clients may begin the group at any point and will leave that group when they have completed the full series of sessions. Because the Matrix groups are open ended, the content of sessions is not dependent on that of previous sessions.

Orientation typically is scheduled on Monday mornings at 10:00AM. The participant must have an evaluation completed by an Addictions Counselor and be recommended our services in order to start orientation and Matrix groups. Please call 605-698-2110 or 605-698-3918 to set an evaluation time and date.

Early Recovery Skills Group

Clients attend 8 Early Recovery Skills group sessions-two per week for the first month of treatment.

Relapse Prevention Group

The Relapse Prevention group is a central component of the Matrix Model. This group meets 32 times, at the beginning and end of each week during the 16 weeks of primary treatment.

Family Education group

This is a one-day event that every client must attend at least once.

Crystal Meth Anonymous (CMA) and Social Support group (Aftercare)

Clients begin attending Social Support group at the beginning of their last month in primary treatment and continue attending these groups once a week for 36 weeks of aftercare.