An Overview to Implementing the Evidenced Based Matrix Model for Criminal Justice Settings

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Manualized Treatment Protocol

The Matrix Model for Criminal Justice Settings

Criminal Justice Manual

The Matrix Model for Criminal Justice Settings is geared towards treating:
- Offender/mandated populations
- Drug court programs
- Re-entry programs
- Prison treatment programs
- DUI programs
- Outpatient programs with offenders and mandated populations
- Any program that includes justice involved clients
The treatment protocol can be as short as 16 weeks or as long as 32–52 weeks depending on the need of the agency.

Substance use disorders and criminogenic factors of the client are being treated in an integrated fashion addressing both issues simultaneously, as opposed to one now the other later.

Reintegration issues that many justice informed individuals are faced with when integrating back into society are addressed.

Adapting the Model

The 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.

Components of the Model

The Matrix Model® for Criminal Justice Settings addresses core clinical areas within 7 components:

- Individual/Conjoint sessions
- Early Recovery Skills group
- Relapse Prevention group
- Family Education group
- Adjustment group
- Social Support group
- MAT

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

- Sessions are neither process therapy groups nor the confrontational sessions often seen in criminal justice treatment.
- The goal of the groups is to address important issues in the areas of initial stabilization, abstinence, maintenance, prosocial skills, criminal thinking errors, relapse prevention skills, and reintegration during the recovery process.

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<th>Treatment Schedule</th>
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<td><strong>Week</strong></td>
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<td><strong>Weeks 1 through 7</strong></td>
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<td><strong>Weeks 24 through 32</strong></td>
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<td><strong>Weeks 33 through 52</strong></td>
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Manualized Treatment Protocol

- Reduces therapist differences
- Ensures uniform set of services
- Enhances training capabilities
- Facilitates research to practice
- Can be easily evaluated
<table>
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<th>Best Practices</th>
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<tr>
<td>• A comprehensive assessment to help determine treatment needs and safety issues</td>
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<td>• Cognitive behavioral therapy (CBT) to teach skills necessary for recovery from substance use disorders and also to address criminal thinking</td>
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<td>• Motivational interviewing (MI) to address resistance</td>
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<td>• Education of the family</td>
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<td>• Education and use of medication-assisted therapy (MAT), as appropriate</td>
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<th>Best Practices</th>
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<td>Provide interventions that</td>
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<td>• address resistance</td>
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<td>• emphasize engagement</td>
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<td>• develop prosocial activities</td>
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<td>• encourage peer support</td>
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<td>• teach self-management and relapse prevention skills specific to offender populations</td>
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The client learns skills to manage triggers and issues of substance use and criminal behavior in an integrated approach.

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<th>Criminal Thinking and Logic</th>
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<tr>
<td>• Most correctional and behavioral practitioners admit that dealing with antisocial logic is the single most important part of public safety and offender change.</td>
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<td>• Many report they lack the necessary skills to deal with criminal thinking.</td>
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### Principals of Drug Abuse Treatment for Criminal Justice Population

- Treatment should target factors that are associated with criminal behavior.
- “Criminal thinking” is a combination of attitudes and beliefs that support a criminal lifestyle and criminal behavior. The pattern often contributes to drug use and criminal behavior.
- Having treatment that provides specific cognitive skills training to help individuals recognize errors in judgment that lead to drug abuse and criminal behavior may improve outcomes.

### Treatment

- Typically, treatment programs who treat justice involved clients only treat the substance use and mental health issues and ignore the criminality aspect.
- This populations has unique comprehensive treatment needs
- Integrated care, addressing both the treatment needs AND the criminality issues, results in best practices and improved outcomes

### Criminal Justice Manual

- 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.
Something To Ponder

What Evidenced Based Treatment protocols are you currently using?

Evidence Based Therapies (EBT’s) that are incorporated in the Matrix Model

- Cognitive Behavioral Therapy
- Motivational Interviewing
- Contingency Management
- Family Therapies
- Neurobehavioral Concepts

Matrix Model

judgment
coordination
movement
sensation

vision

reward
memory
pain
coordination
Brain Changes

- Research indicates that individuals who have antisocial personality disorder often lack full development or have damage to the prefrontal cortex.
- Substance use may cause brain chemistry changes in the prefrontal cortex and limbic areas of the brain.

Brain Changes

Changes to the prefrontal cortex from damage or substance use will affect
- Appropriate Judgment
- Decision Making
- Emotional Regulation
- Impulsivity
- Social Dynamics

Cognitive Risk

Any thought, feelings attitude or belief that moves a person closer to doing something hurtful, dangerous or destructive to themselves or others is a cognitive risk.
Criminogenic Risks

- Impulsivity
- Affiliation With Criminals
- Low Frustration Tolerance
- Boredom Or Dissatisfaction
- Danger Or Thrill Seeking
- Drug Abuse History
- Poor Consequential Thinking
- Poor Family Relations
- Poor Option Generation
- Conflicted Spousal Relations
- Alienation From Mainstream
- Conflicts With Authority Socialization
- Conflicts With Peers

Similarities of Criminal Thinking & Addictive Thinking

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<td>• Controls with deceit</td>
<td>• Controls with deceit</td>
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<td>• Manipulates with threats &amp; lies</td>
<td>• Manipulates with threats &amp; lies</td>
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<tr>
<td>• Undermines and confuses</td>
<td>• Undermines and confuses</td>
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<tr>
<td>• Cheats and cons</td>
<td>• Cheats and cons</td>
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<tr>
<td>• Instant gratification</td>
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Cognitive Distortions

Many CJ clients do not know how to think positively:

- Negative thinking can become habitual leading to angry behavior.
- Negative thoughts can lead to negative emotions
- The escape may be to use drugs or to engage in criminal conduct
Cognitive Distortions

What are some of the automatic thinking patterns you have noticed this population has developed over the years

• Taking the victim stance
• Blaming. It is everyone else’s fault.
• Avoiding responsibility….”Why should I have to be the one to do it”?
• Paranoia…… “Everyone is out to get me”
• Defeatist Attitude….”What’s the point in trying so hard. It never goes my way”

Cognitive Behavioral Therapy

• It is crucial that justice-involved clients who have substance use disorders learn not only the triggers of their substance use, but also the triggers of their cognitive distortions and addictive behavior that lead to acting on criminality.
• This approach is most effective when done in an integrated fashion as it reinforces both at the same time
Cognitive Behavioral Treatment (CBT)

Justice involved clients with substance use disorders need to:
• learn ways of thinking and new skills to manage the substance use.
• apply new thinking and behaviors to learn how to avoid acting in a criminal way.

To assist in this change process, therapists need to understand how and why justice-involved clients who have substance use disorders think—in other words, criminal thinking.

Integral to the Model

• A comprehensive assessment to help determine treatment needs, criminogenic risk and safety issues
• Knowledge of the brain and stages of recovery
• Use of cognitive behavioral therapy to teach skills necessary for recovery from substance use disorders and also to address criminal thinking
• Use of motivational interviewing to address resistance. With Caution!
• Education of the family
• Education and use of Medication Assisted Therapy when appropriate
Early Recovery Skills Group

Offenders learn many of the basic skills they need to achieve initial sobriety and develop prosocial behaviors.

Goals are:

- Provide a structured place for new participants to learn about recovery skills for a substance use disorder and prosocial 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 (12-Step programs or other appropriate supports) and create an expectation of this participation as a part of treatment.

### Triggers

Triggers are people, places, objects, and situations that cause stress. They are examples of what triggers you to use. You can identify these triggers by looking for patterns in your life. For example, if you notice that you often use alcohol or drugs when you are feeling stressed, then that feeling could be a trigger for you. If you identify a trigger, you can work to avoid it or find ways to cope with it. This may involve finding healthier ways to handle stress or avoiding situations that are likely to trigger you.

1. **Identify the Triggers:**
   - Physical triggers: If you are feeling stressed, you may need to take a break or find a way to relax.
   - Emotional triggers: If you are feeling angry or anxious, you may need to talk to someone or take some time for yourself.
   - Social triggers: If you are feeling lonely or isolated, you may need to reach out to friends or family or find a support group.

2. **Prevent Exposure to Triggers:**
   - Avoid people or places that may trigger you.
   - Find alternative activities or hobbies that you enjoy.
   - Keep busy with activities that make you feel good.

3. **Learn to Cope with Triggers:**
   - Develop coping skills: This may include relaxation techniques, meditation, or exercise.
   - Talk to someone: A therapist or counselor can help you learn new ways to handle stress.
   - Use self-help resources: Many self-help books, websites, and support groups can help you learn new coping skills.

By identifying your triggers and learning to cope with them, you can take steps to avoid relapse and achieve sobriety.
Triggers

Triggers are people, places, objects, feelings, and times that cause cravings. For example, if every Friday night you cash a paycheck, go out with friends, and use alcohol or other drugs, the triggers would be the following:

- Friday night
- After work
- Money
- Friends who use
- The bar or club

Your addicted brain associates these triggers with substance use. As a result of constant triggering and using, one trigger can cause you to move toward alcohol and other drug use. The trigger → thought → craving → use cycle feels overwhelming.

An important part of treatment involves stopping the craving process. The first and easiest way to do this is:

1. **Identify the triggers.**
2. **Prevent exposure to triggers whenever possible** (for example, do not handle large amounts of cash if that is a trigger for you).
3. **Deal with triggers in a different way** (for example, schedule exercise and a Twelve Step or community support meeting for Friday nights).

Remember, triggers will affect your brain and cause cravings even though you have decided to stop using alcohol and other drugs. Your intentions to stop must therefore translate into behavior changes, which steer you clear of possible triggers.

1. What are some of the strongest triggers for you?

   ![Image](image_url)

   ![Image](image_url)

2. What particular triggers might be a problem in the near future?

   ![Image](image_url)

   ![Image](image_url)
Triggers of Criminal Behavior

Just as it’s important to identify your substance use triggers, it’s also important to identify your triggers for criminal behavior. Often these triggers overlap. But some are specific to your criminal behavior: for example, a trigger might be knowing someone has been paid and is carrying cash. Others could be:

- Getting high with antisocial peers
- Seeing opportunities for making money through illegal means, such as dealing drugs
- Anger or frustration
- Opportunities to take something from others
- Seeing something you want and not having the money to buy it

1. What are your triggers for criminal behavior?

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

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3. What are some ways you can manage your triggers? (For example, you could develop prosocial friendships, avoid old friends you know will cause you problems, or exercise in a safe atmosphere.)

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Remember, your substance use disorder and your criminal behaviors are often related. Avoid triggers for both. One can often trigger the other.
Relapse Prevention Groups

The Goals for the Relapse Prevention group:

- Allow offenders to interact with other people in recovery.
- Present specific relapse prevention material.
- Produce 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 these are often co-occurring with their substance use disorder.
The Rush of Risky Behaviors

*For many substance-using offenders, criminal activity isn’t just a way to get valuables or money. It also provides the gratification, rush, and excitement of taking a risk and getting away with something.*

List the crimes you’ve been convicted of:

_________________________________________________________________________________________________________
_________________________________________________________________________________________________________

List the crimes you got away with:

_________________________________________________________________________________________________________
_________________________________________________________________________________________________________

What were your emotions while you committed those crimes? And afterward?

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Just as you have triggers for substance use, there are feelings that can also be triggers for criminal behaviors. When a person commits a crime and gets a rush, the brain is responding as it would to alcohol or another drug: it gives an intense feeling of reward. It’s a similar feeling to a drug rush, but in the end, it’s a false reward. That’s why avoiding criminal behavior triggers is just as important as avoiding substance-use triggers.

What is your plan to avoid these triggers?

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Avoiding Relapse Drift

How It Happens
Relapse to substance use and criminal thinking does not suddenly occur. It does not happen without warning, and it does not happen quickly.

The gradual movement toward relapse, however, can be so subtle and so easily explained away or denied that often a relapse feels like it happened suddenly. This slow movement away from sobriety can be compared to a ship gradually drifting away from where it was moored (anchored). The drifting movement can be so slow you don’t even notice it.

Interrupting the Process
During recovery, each person does specific things that work to keep him or her sober. These “mooring lines” need to be clearly stated and listed in a very specific way so they are understandable and measurable. These are the ropes that hold your recovery in place and prevent the relapse drift from happening without being noticed.

Maintaining Recovery
Use the Mooring Lines Recovery Chart (handout 6) to list and track the things that are holding your recovery in place. Follow these guidelines when filling out the form:

1. Identify four or five specific, measurable things that are now helping you stay sober (for example, working out for twenty minutes, three times per week).
2. Include items such as exercise, therapist and group appointments, scheduling, spiritually based or community recovery meetings, and eating patterns.
3. Do not list attitudes. They are not as easy to measure as behaviors.
4. Note specific people or places that are known triggers and need to be avoided during recovery.

The checklist should be completed regularly (probably weekly). When two or more items cannot be checked, it means relapse drift is happening. Sometimes things loosen your mooring lines and support systems. A change in your schedule, illnesses, and holidays sometimes cannot be controlled. The mooring lines disappear. Many people relapse during these times. Use the chart to recognize when you are more likely to relapse and decide what to do to keep this from happening.
“The way you see them is the way you treat them, and the way you treat them is the way they often become.”

A MYTH about Change ...

<table>
<thead>
<tr>
<th>MYTH</th>
<th>FACT</th>
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<tr>
<td>Punishment is the only way to really motivate long-term change.</td>
<td>There is no empirical evidence to support the use of excessive confrontation, pain or shame in order to make lifestyle changes. Shame, humiliation and character assassination are not primary catalysts for change. The individual has to VALUE change intrinsically.</td>
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<tr>
<td>* If they feel bad enough, they will change.</td>
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<tr>
<td>* People need to really suffer before they will change.</td>
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Types of Clients

Generally, when 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.
Motivational Interviewing

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

Motivational Interviewing

• Most clients have an issue (button) that is so important to them that it will motivate behavior change.
• Motivational interviewing (MI) can be a powerful tool to determine the issue that will motivate a client. This is especially true for justice-involved clients.
• Often justice-involved clients have been subjected to institutionalized trauma.
• Demeaning them further would be counterproductive to behavior change and positive outcomes.

Not Motivational Interviewing

• threats
• saying “Just do it ‘cause I said so.”
• persuading with logic
• arguments
• control
• shame and ridicule

• It is important to learn how to respect the individual, but at the same time, to set appropriate boundaries.
Visualize the most difficult decision or change that you have had to make in your life.

How long do you give the individuals you work with to change?

Stages of Change Model

1. Precontemplation: Lacks thinking about change, but others disagree
2. Contemplation: Lacks weight in the pros and cons of changing
3. Preparation: To carry on or to change
4. Action: Putting the Brakes into practice
5. Maintenance: Staying Mending change
6. Termination: Returns to previous behavior

Figure 2. Transtheoretical Stages of Change Model.
Reintegration

When justice-involved clients who have been incarcerated return to their homes and society, they often lack the needed skills to manage the stress and challenges of their return.

It is critical that the clients learn additional skills to manage these issues.

Reintegration Issues

- The client will return back to society with the expectation and demand of obtaining employment.
- The system presents roadblocks to employment through criminal background checks that often eliminate the client from employment opportunities.
- The client wants to return to his or her respective role in the family many times causing family conflict. Confusion about how to respond and what to do ensues.
- Ideally programs should educate and teach the client the skills to manage these reintegration issues.

Reintegration Issues

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:
- Anger
- Trust (especially with “the system”)
- Positive support systems
- Challenges with employment,
- Housing/homelessness issues
- Poor communication skills
- Assimilation back into a family system after being gone, sometimes for years
Adjustment Groups

Adjustment groups are designed to identify and address common problems such as:

- Managing thinking errors
- Handling basic life skills
- Remaining abstinent from substances and criminal acting act.

During this stage in their treatment they may be angry at the prospect of lifelong recovery and often have a “why me” stage with some self-pity.

The goal of this group is to help them understand the importance of thinking differently and enjoying life without substances and living an offenders lifestyle.
Interviewing for Employment

After you submit your resume, you may be called for an interview—so be ready to present yourself. You already know you’ll have some challenges due to your criminal past. Just be honest about that, and do whatever you can to be at your best.

Plan ahead to make sure you are dressed appropriately. If you don’t have appropriate clothing, there are many agencies that will donate clothes for an interview. Ask for help in finding those resources.

**Don’t let fear of rejection keep you from striving for your career goals.** Everyone who applies for a job will experience some rejection. For some jobs, hundreds of resumes may be submitted, and only a few people are interviewed. Rejection is part of the process. Don’t give up!

**Be honest.** During the interview, you may be asked about time gaps in your resume. Just be honest and let the interviewer know you made some bad decisions in the past, but you’re now making a new life, which includes being the best employee you can possibly be. Lying on an application may terminate you from the process or, if it’s discovered later, would likely dismiss you from the job.

**Follow these interview tips:**

- Be polite.
- Be on time.
- Believe you can do it.
- Be positive.
- Be honest.
- Show your skills.

Now think about some of the job-seeking challenges for recovering ex-offenders. These include:

- A criminal record
- No work history due to incarceration
- Employer bias against past offenders
- Not enough training or skills
- The job seeker’s attitude (e.g., defeatist or “chip on the shoulder”)  
- Transportation problems
These issues don’t mean you can’t get a job. They are simply challenges that have to be solved as part of the process. Which of the above challenges most apply to you?

____________________________________________________________________________________________________

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Are there any challenges that were not listed above? If so, what are they?

____________________________________________________________________________________________________

____________________________________________________________________________________________________

Your criminal history may seem like a huge mountain to climb. It will be challenging, but you can do it. Stay positive, focus on your goals, look for opportunities to improve your skills, and look for a way to volunteer if you find something that you like. Sometimes volunteers get full-time jobs.

**Interview Do’s and Don’ts**

*Do:*

- Do bring a pen.
- Do arrive early to show you are organized, prepared, and dependable.
- Do greet everyone, including the receptionist, in a courteous, friendly way.
- Do smile and show a positive attitude; be enthusiastic.
- Do greet the interviewer by his or her full name (not first name!).
- Do look the interviewer in the eye.
- Do offer a firm handshake and introduce yourself.
- Do wait for the interviewer to ask you to be seated.
- Do speak clearly and loudly enough to be easily heard.
- Do relax if you can; remember the interviewer may be nervous, too.
- Do sit still.
- Do thank interviewers for their time. Smile and shake hands after the interview.
- Do leave in a positive manner.
- Do send a thank-you note recapping your interest in the job.
Don’t:

• Don’t chew gum or smoke; even if the interviewer does.
• Don’t put anything on the interviewer’s desk (elbows, purse, notebooks, etc.).
• Don’t play nervously with your keys, rings, or pens.
• Don’t slouch or look tired.
• Don’t mumble or speak too softly.
• Don’t avoid looking the interviewer in the eyes.
• Try not to look too scared or nervous.
• Don’t argue or act defensive or secretive.
• Don’t talk too much or too little.
• Don’t wear a hat or dark glasses.
• Don’t talk about personal problems.
• Don’t talk negatively about past schooling, jobs, or supervisors.
• Don’t ask the interviewer if the company is stable or unstable.
• Don’t fidget.
• Don’t use slang.
Adapting to the Free World

Recovering offenders who have been incarcerated had highly structured lives during that time. There was a set time to get up, to eat, to do various activities, and to go to bed. Once released you may have some problems adapting to free world life.

Below is a list of common problems some people experience. Determine where you are on each rating scale.

Currently I’m having problems with:

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Specific problems with family:

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Specific problems with employment:

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Specific problem with friends:

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THE MATRIX MODEL FOR CRIMINAL JUSTICE SETTINGS
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### Other Support Systems

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Specific problems with other support systems:

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Specific problems with housing:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

### Other

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Specific problems with other issues:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

**Now that you’ve identified some problems, what might be some possible solutions?**

For my family issues I plan to:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________
For my employment issues I plan to:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

For my problems with friends I plan to:

____________________________________________________________________________________________________
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____________________________________________________________________________________________________

For my other support system issues I plan to:

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For my issues with housing I plan to:

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For my other problems I plan to:

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...
Families, Friends & Loved Ones

- Deals with specific issues with reintegration back into the families and communities.
- Assesses how the families have been impacted by their loved one’s substance use and involvement with the criminal justice system.
- Teaches families and the client the skills they need to communicate and understand each other’s unique perspectives.

Family Education

- Just as it is important to educate the family about substance use and mental health issues, it is also important to help the family understand why the client acts on criminal behaviors.
- Integrating these components in the family education process is another critical factor in successful outcomes.

Family Education

- Criminal Justice Manual is intended to be used in a wide variety of programs, so some settings may have to adapt the normal structure of the family education component.
- For logistical reasons face-to-face family sessions or participation in Family Education group may not be possible due to:
  - family member/s out-of-state or too far away
  - offender is incarcerated
  - alienated from family
Medication-Assisted Therapy

- With the increase of justice-involved clients presenting with opiate and prescription drug abuse, it is also important to use a treatment model that incorporates medication-assisted therapy (MAT) to manage the symptoms especially in early recovery.

- Drug treatment courts are an increasingly important tool in reducing the numbers of those incarcerated for nonviolent drug offenses. Medication-assisted therapy (MAT) is proven to be an effective treatment for opioid addiction.

Medication-Assisted Treatment

- Addresses counseling issues related to taking addiction medications.
- Includes sessions for patients who are taking addiction medications. Sessions can be done in face to face, conjoint or family sessions.
- Includes sessions to introduce medications to all patients. You can use some of the topics in your RP groups if appropriate.

Training

Training is recommended in the Matrix Model especially for those agencies and organizations looking to meet clinical and structural fidelity.

For Training Information call 877-422-2353
training@clarematrix.org
Or visit our website:
clarematrix.org
Thank You