

The Matrix methamphetamine treatment programme

The Matrix programme is an intensive group treatment programme for people who want to stop using methamphetamine.

It is an outpatient programme available in Nelson.

Key things about the programme

- It's based at the Nelson Addiction Service clinic
- It runs for 20 weeks with three sessions each week: Monday/ Wednesday/ Friday 10am-12:30pm
- The sessions are organised into: Early Recovery Skills (10x sessions), Relapse Prevention (40x sessions), Gender-specific Groups (10x sessions), Family/Whānau Support Groups (weekly)
- It's for people who are using methamphetamine and who want to stop. People are encouraged to bring whānau, family or a support person with them
- The programme aims for abstinence.

Why the Matrix programme is effective

- People are treated with respect and understanding. There is no shaming or judgement
- Intensive group therapy is proven to work
- This programme was originally developed in the USA to treat cocaine, and then methamphetamine, addiction. It is still running in the USA and Australia and has now been adapted for Aotearoa, New Zealand
- Family, whānau and support person involvement is encouraged
- The programme includes the contribution of people who have used methamphetamine and who have had significant periods in recovery
- The programme facilitators have extensive knowledge and experience in addiction treatment.

How to refer someone, or yourself, to the Matrix programme

For more information, or refer someone (or yourself):

- Contact the Nelson Addiction Service and ask for a Matrix assessment time
- Phone: (03) 548 1994