

Differences Between Adult & Teen Matrix Models

The differences between the adult and teen Matrix Model programs are substantive, ranging from subtle to significant. The teen Matrix Model differs from the adult Matrix Model by roughly 30 to 60%. Major differences include:

- *The adult Matrix Model was included in the NIDA Principles of Drug Addiction Treatment: A Research-Based Guide. The Matrix Model for Teens and Young Adults was recognized as an exemplary approach in the Treating Teens: A Guide to Adolescent Drug Programs (2003) published by Drug Strategies. Both publications bring substantial credibility to the adult and teen Matrix Models.*
- *The teen Matrix Model draws from several of the successful CYT Cannabis Youth Treatment interventions. The Adolescent Community Reinforcement Approach and Family Support Network is also utilized.*
- *In the teen Matrix Model, the family component is significantly different from the adult family component. The teen family group has two tracks or subgroups, one track just for teens and one track for teens plus their parents and the adult family group has only one track.*
- *The adult Matrix Model has many outcome studies. The teen Matrix Model, though adapted from the adult version, is in early stages of collecting outcomes. Ongoing outcomes are being collected by the Matrix Institute. The first six-month outcomes on a small sample size are very promising.*
- *The Social Support Group in the adult Matrix Model is not considered a major group in the teen version. The adult Matrix Model has five major groups, compared to four in the teen Matrix Model.*
- *Content such as handouts and calendar stickers of the teen Matrix Model has been redesigned to appeal to youth.*
- *All of the sessions for teens are shortened in time and/or number. For example, group sessions for teens are one hour long instead of 90 minutes to accommodate for shorter attention spans.*
- *The teen Matrix Model includes free educational materials from SAMHSA/NIDA/NCADI.*
- *The teen Matrix Model includes the PowerPoint presentations on CD-ROM.*
- *The adaptability of the teen Matrix Model approach can be integrated into a variety of non-traditional outpatient, school-based, and community-*

based settings, such as YMCAs.

- *The teen Matrix Model includes slide guides as a resource for parents and caregivers.*

Important: *The teen Matrix Model is adapted from the adult Matrix Model, which is recognized by SAMHSA as an evidence-based practice listed in the National Registry of Evidence-based Programs and Practices (NREPP).*