Matrix Model for Teens and Young Adults: Teen-ASI Outcomes

Michael J. McCann, M.A.
Janice Stimson, Psy.D.
Laura Etre, M.A.
Anita Baghaee, B.S.

The Matrix Institute on Addictions
Los Angeles, California

Joint Meeting on Adolescent Treatment Effectiveness
Washington, D.C.
March 2007
Introduction

- The Matrix Model treatment is listed on NREPP.

- The adolescent program was derived from adult model; has CBT, MI, and CM components, but has not been evaluated.
Assessment Procedures

- Challenge of data collection in a non-research context.

- The T-ASI was administered at intake, 3 months following intake (clients were still in treatment), and 6 months after intake (2 months after completion of the intensive phase of treatment)

- Assessments were done by a research assistant, counselor, or intake worker.
Assessment Procedures

- Data were collected on 57 adolescents in publicly and privately-funded treatment at two clinics in Southern California.

- Clients were not included in the sample if they did not enter treatment because of insurance issues, or if they did not return to begin treatment after the initial evaluation session.

- Assessments were done on 100% (n=57) at the 3-month point, and on 74% (n=42) at the 6-month follow-up.

- 6-month data are presented here.
The T-ASI (Kaminer et al., 1991, 1993) is a semi-structured interview.

T-ASI assesses seven domains: chemical (drug and alcohol) use, school status, employment-support status, family relationships, peer-social relationships, legal status, and psychiatric status.
Teen ASI

- Client and interviewer ratings are on a 5-point scale.

- Clients rate how troubled or bothered they are by problems in each domain, and rate the importance of getting treatment for each. The interviewer also rates the client’s need for treatment.

- Each domain is scored as a mean of these three ratings to obtain severity scores.

- Approximately 45 minutes to complete.
Description of the Sample

- The mean age was 16.2 years (range 14-18)
- 44% were female.
Race/Ethnicity

- White: 53%
- Hispanic: 28%
- Biracial: 11%
- Asian: 5%
- Black: 4%
Drug of Choice

- THC: 42%
- Meth: 35%
- Alcohol: 9%
- Poly: 7%
- Cocaine: 7%
Days Used Past 30

Drug and Alcohol use Past 30 days at Intake and 6-month Follow-up

- Alcohol use: 1.8 days at Intake, 1.0 days at 6 months
- Drug use: 11.6 days at Intake, 3.9 days at 6 months

$t = 4.54, p < .001$
% Reporting no Use Past 30 Days

% Clients Reporting no use in Past 30 Days at Intake & 6-month Follow-up

Chi square = 3.91  
Chi square = 17.44  
Chi square = 15.77  
$p<.05$  
$p<.001$  
$p<.001$
% Reporting no Use Past 30 Days
Matrix and MET/CBT-5

% Clients Reporting no use in Past 30 Days
Matrix and MET/CBT-5

Matrix (n=42)
- 11.9%
- Chi square = 15.77
- p<.001

MET/CBT-5 (n=133)
- 33.6%
- 35.9%
- Chi square = 0.15
- ns

Chi square = 0.15
ns
Teen ASI Severity Scores at Intake and 6-month Follow-up (n=57)

Paired t-tests
*** p<.001
** p<.01
* p<.05
Summary and Conclusions

- The Matrix Model for Teens and Young Adults resulted in significant decreases in self-reported days of drug and alcohol use at 6-month follow-up compared to intake.

- The treatment resulted in significant increases in clients reporting no drug or no alcohol use at the 6-month assessment.
Summary and Conclusions

- There were significant improvements on the T-ASI severity scales at the 6-month follow-up in all domains except work.

- These findings provide preliminary support for the effectiveness of the Matrix Model for Teens and Young Adults.