

What is a Matrix Program?

An approach to intensive outpatient treatment tailored to suit each patient's diverse backgrounds and needs in their journey to recovery. In a matrix program, strategies are implemented from among six fundamental elements for the optimal treatment of substance abuse disorders to produce the most desirable outcomes for clients.

6 Elements of a Matrix Program

- » Therapist Support
- » Group/Individual Participation
- » 12-Step or Other Spiritual Group Involvement
- » Relapse Prevention and Education
- » Family Involvement
- » Structure
- » Holistic Acupuncture Treatment



"Getting Off"

is a matrix curriculum designed specifically to address gay and bisexual men's issues and needs around drug use, self esteem, and sexual behaviors. It is a culturally sensitive, tailored matrix program involving group and individual sessions as well as outside support mechanisms and has shown remarkable success with meth and stimulant addiction. Issues such as HIV, HepC, and other STD's are also addressed as needed without judgement or shame. Authentic and appropriate referral system also available for many other needs.



The Council

The Council was founded in June of 1960 in order to provide community services in the prevention, intervention, and reduction of alcoholism. In more recent years, The Council has broadened its focus to include other addictive disorders and drug abuse. The organization strives to promote innovative, collaborative programs designed to reduce alcohol and drug abuse, and enhance mental health.

Our Mission

The Council is a leader in innovative prevention and treatment techniques for alcohol abuse, other drug use, and addictions. The Council is dedicated to providing quality services and programs with a focus on promoting prevention, treatment and education.

Alcoholism

Alcoholism is the number one health problem in the United States today. Most people who choose to drink alcoholic beverages drink responsibly. Their drinking habits are under control. The alcoholic loses control and develops a physical and psychological dependence on alcohol. With the alcohol abuser, the dependence can begin with the very first drink taken or it can develop over a number of years. Alcoholism is not a sign of moral weakness or lack of will power. It is a disease, a complex, progressive disease that likely will kill its victim unless successfully treated.

Phone (303) 825-8113
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a Matrix Program
for Methamphetamine Addiction Recovery
for gay and bisexual men

www.milehighmethproject.com

The Mile High Meth Project is a program of **The Council** on Substance Abuse and Mental Health

The Council is a...

- » Adult Parole Dept. of Corrections Provider
- » Colorado Access Behavioral Health/CHP+ Provider
- » Colorado Vocational Rehabilitation Provider
- » Denver Drug Court/Adult Probation Provider

The Council offers other therapeutic services like couples, individual, family, DUI, and career coaching.

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Help and Support for the LGBT Community

Adult Programs at The Council

Project Recovery

An outpatient substance abuse treatment program, which incorporates the use of acupuncture with traditional counseling and support services, comprehensive evaluations and counseling. In addition, clients are also offered mental health services. Groups available are: dual diagnosis, drug and alcohol education, men's, women's, relapse prevention, anger management and cognitive therapy. Level II DUI education and therapy are also offered.

Miracles Program

Culturally sensitive treatment program for women referred from the Denver Drug Court or Denver Adult Probation. Professional volunteers deliver sessions on: employment & interviewing, Dress for Success, Image and Grooming, Educational Opportunity Center, nutrition, literacy and women's health issues. Treatment includes issues of alcohol and drug education, therapy, anger management, parenting skills, trauma and domestic violence. The program is designed to strengthen interpersonal bonds with children, families, and drug-free peers. It will also increase the self-sufficiency of recovering female offenders and help to improve their overall health.

Acupuncture

Acupuncture is safe for youth and for pregnant women. This treatment can reduce the often-painful withdrawal from drug use and can be helpful eliminating or reducing cravings. When relapse occurs, clients are encouraged to have more frequent acupuncture sessions and to increase counseling and support services as well.



For more information, to donate or to volunteer, please contact The Council at:

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DUI Education

Certified provider of state approved DUI education and therapy curricula. Colorado Access Medicaid Provider. We accept some insurance plans. Individual, group and family counseling for substance abuse disorders. Culturally sensitive instructors.