Intensive Methamphetamine Treatment (IMT)

Intensive Methamphetamine Treatment (IMT) services offer long-term, evidence-based programming to individuals with severe methamphetamine use disorders. Individuals receiving IMT services require extended treatment to allow for recovery of cognitive capacity as well as on-going case management. Treatment may include residential services, outpatient treatment and care coordination to support long-term recovery.

Programming Provided

Best practices for the treatment of severe methamphetamine disorders include a combination of Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Contingency Management and community reinforcement approaches. The core curriculum used is the Matrix Model, which includes the above approaches.

The Matrix Model includes eight topic sessions on early recovery, 32 sessions covering relapse prevention, 12 sessions of family involvement and education, involvement in 12-Step or self-help programs and continuing care services. The core curriculum is 16 weeks in length. Clients will participate in continuing care services and 12-Step or self-help programs following the completion of the core programming to continue to establish a healthy recovery program.

Additional Services

Clients will be assessed for additional services including mental health counseling such as Dialectical Behavior Therapy (DBT), medication management, case management and criminal thinking programming.

Frequently Asked Questions

- **How are services determined?**
  - A trained clinician recommends treatment services based on an assessment with the individual.

- **Who is appropriate for services?**
  - IMT programs provide treatment services for adults who are assessed with a severe methamphetamine use disorder and who require 24-hour structure and support.

- **How are services funded?**
  - A variety of funding options are available for an individual who is assessed as needing treatment services. Funding options include the following:
    - Insurance
    - Private pay

        - Other 3rd party payers
        - Combination of state and federal funding
        - Medicaid

For more information, call the South Dakota Resource Hotline 1-800-920-4343, 988, or search the Helpline Center Resource Database:

- www.helplinecenter.org/9-8-8
    - Enter your zip code
        - Select the Substance Use (or Addictions) category

Sources:

- Center for Disease Control and Prevention https://www.cdc.gov/overdose-prevention/treatment/index.html
- DSS Behavioral Health – South Dakota Intensive Methamphetamine Treatment Services https://dss.sd.gov/formsandpubs/docs/BH/IMT_brochure.pdf
- South Dakota Department of Social Service
    - A Roadmap of South Dakota's Substance Use Involuntary Commitment For Professionals
    - Substance Use Disorder Involuntary Commitment Process in South Dakota
        - https://dss.sd.gov/formsandpubs/docs/BH/ivc_brochure.pdf
- Substance Abuse and Mental Health Services Administration – Find Treatment
    - https://www.samhsa.gov/find-treatment

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