



Our Mission -

To empower women to achieve life changing recovery through proven treatment and critical support services.

Job Title: Matrix IOP Counselor
Reports to: Clinical Director
Job Classification: Non-Exempt

Position Summary:

The Matrix IOP Counselor is a collaboration with Lancaster County Community Corrections (LCCC) and will provide gender-specific Matrix IOP treatment to clients. The Matrix Model is a structured, multi-component behavioral treatment model that consists of evidence-based practices, including relapse prevention, family therapy, group therapy, psycho-education, and self-help, delivered in a sequential and clinically coordinated manner. The model consists of 16 weeks of group sessions held three times per week, which combine Cognitive Behavioral Therapy, family education, social support, individual counseling, and urine drug testing.

Essential Job Duties:

- Help foster and maintain a welcoming, trauma-informed, and safe environment for all clients.
- Provide individual, group, and family therapy specific to the needs of the client.
- Facilitate groups including early recovery, relapse prevention, family education, and social support.
- Incorporate several therapies, such as cognitive behavioral therapy, motivational interviewing, and contingency management.
- Implement the core principals of Matrix IOP:
 - Establish a positive and collaborative relationship with the client, treating them with empathy and respect instead of confrontation.
 - Create structure and set expectations so the client knows what is expected of them, such as attendance at weekly groups.
 - Teach the client about the nature of addiction, including how drug use has affected their brain and what changes they can expect to see in key areas (thinking, mood, and relationships) over the course of the program as they begin recovery.
 - Employ cognitive-behavioral concepts.
 - Reinforce behavioral change. Clients may receive rewards that promote abstinent behaviors.
 - Educate family members about recovery. The family learns about the addiction and recovery process, as well as ways to help their loved one during treatment (e.g., by attending scheduled sessions).
 - Introduce clients to self-help groups and encourage participation.
 - Monitor drug use through urine tests (completed by LCCC).



A United Way Agency

- Develop and regularly update treatment plans utilizing client preferences. Use trauma-informed assessment tools to assess client's initial and ongoing situation including: medical, employment, support, drug and alcohol use history, legal, family history, family and social relationships, trauma, psychiatric symptoms and issues.
- Develop and update discharge summaries and continuing care plans.
- Conduct and coordinate clinical case-management, including ongoing contact and coordination with community corrections, probation, parole, diversion officers, case workers, therapists, family members, and/or any outside source involved with the client, in a manner that aligns with the client's individual treatment goals and objectives.
- Complete all required documentation in a timely and professional manner utilizing concurrent documentation to meet the requirements of accreditation and varying payer.
- Make appropriate referrals throughout the client's treatment.
- Participate in clinical team staffing with Lancaster County Community Corrections staff. Document staffing decisions and implement the appropriate treatment.
- Attend and participate in monthly team meetings with Clinical Director.
- Participate in regular supervision meetings with Clinical Director.
- Participate in training activities and credentialing through the Nebraska Department of Health and Human Services Regulation, Licensure and Credentialing Division, as well as the Nebraska office of Justice Services.
- Other duties as assigned.

Supervisory Responsibilities:

This position does not supervise any employees.

Minimum Requirements:

- Licensure as a Mental Health Practitioner (LIMHP, LMHP, or PLMHP)
- Must be eligible to work in United States.

Required Knowledge/Skills/Abilities:

- Experience working with people with substance use histories.
- Ability to work within a team concept and coordinate with other community agencies.
- Strong organizational, interpersonal, and communications skills
- Establish and maintain professional boundaries with clients.
- Ability to learn and become proficient in a variety of electronic and web-based platforms including Credible and Microsoft Office.
- Ability to work with and relate to persons of multiple ethnic, racial, cultural, and varied economic backgrounds.

Desirable Training and Experience:

- Licensure as an Alcohol and Drug Counselor (LADC or PLADC).

Physical Demands:

While performing the duties of this job, the employee is required to stand, walk, sit, use hands to feel objects with tools or controls, reach with hands and arms, talk, and hear. The employee must occasionally lift and/or move objects up to 25 pounds. Specific vision abilities required by the job include close vision, distance vision, depth perception, and the ability to adjust focus.

Work Environment:

The environment is a traditional office setting located at Lancaster County Community Corrections at 605 S. 10 th Street, Lincoln, NE with occasional onsite trainings and supervision at The Bridge Behavioral Health at 721 K Street, Lincoln, NE. Day and evening work is required (based on the Matrix IOP group schedule). Occasional weekends may be required. While performing the duties of this job, the employee is exposed to moderate noise levels in the work environment. Occasional travel is expected.

St. Monica’s Home is an equal opportunity employer. We do not discriminate against any employee or applicant for employment on the basis of age, race, religion, color, ethnicity, disability, gender, sexual orientation, gender identity, or national origin.

EMPLOYEE SIGNATURE:	
DATE:	
SUPERVISOR SIGNATURE:	

Creation Date: 03/2023
Next Review Date: 03/2024