



TREATMENT PROCESS

1ST MONTH - TREATMENT

First two weeks we focus on detoxification, treatment for substance withdrawal and also co-morbid other psychiatric problems accompanied by individual care. This phase is designed to address the feeling of security and love, the very important needs of the person undergoing the treatment. The dormitory living and shared room facility help to understand the community approach which provides emotional bonding among the inmates. Observing severe withdrawals of new friends during detoxification helps others understand the gravity of the problem. Further, senior inmates help in caring for the newcomers during their withdrawals.

The next two weeks include individual sessions and group therapy sessions to enhance the motivation to continue the rehabilitation programme without resistance, dealing with denial.

- ▶ 2 weeks - Detoxification
- ▶ 12 sessions - Psycho education
- ▶ 12 sessions - AA/NA 12 steps (autobiography) writing/discussion
- ▶ 12 sessions - Daily meditation/daily reflections
- ▶ 10 sessions - Group Therapy sessions
- ▶ 10 sessions - Personality Development
- ▶ 4 sessions - Individual sessions per client

2ND MONTH - THERAPY

Yoga and meditation reinforce value of discipline, cleanliness and commitment.

We consider daily routine work and conditioning as an essential part of recovery to know the value of time. This helps them to condition themselves for physical work and share household work after discharge.

Restoring faith in human values is the essence of recovery. The clients also attend 12 steps facilitation program with the importance of the concepts like honesty, acceptance, open-mindedness and willingness, which are considered to be values of recovery.

Here we also address overcoming cravings, dealing with stress, anger, anxiety issues more effectively and identifying and correcting one's character defects.

Re-building family connections. We primarily focus on reintegration of the resident with his family. Family educative sessions will be held to help in motivating the family members to accept the individual as a person while condemning his addictive behaviour. Also, we address issues like co-dependency, and encourage for healthy open communication within the family.

- ▶ 24 sessions - Psycho education
- ▶ 24 sessions - Step 1 & 2 writing/discussion
- ▶ 24 sessions - Daily meditation/daily reflections

- ▶ 12 sessions - Group Therapy sessions
- ▶ 12 sessions - Personality Development
- ▶ 8 sessions - Individual sessions per resident
- ▶ 2 sessions - Family sessions per resident

3RD MONTH - AWARENESS

This phase throws light on importance of the role of self in recovery. We believe that every individual is rational, constructive, positive, trustworthy and full of potential. He may for some time act, think, feel and behave irrationally, but he has an innate capacity of correcting his thoughts, feelings and actions if he realizes that they are causing hindrances in their lives.

The residents are encouraged to detect their distorted cognitions and replace them by appropriate ones. Restoring and/or nurturing and enriching relationships is a very important part of the recovery process.

Discover new and healthier ways of coping with feelings, which encourages lifestyle changes, the very essence for abstinence.

Relapse Prevention Plan - addressing triggers which leads to relapse. Identifying triggers and techniques to avoid leading to relapse.

- ▶ 12 sessions - Psycho education
- ▶ 12 sessions - Relapse Prevention Plan
- ▶ 24 sessions - Step 2 & 3 writing/discussion
- ▶ 24 sessions - Daily meditation/daily reflections
- ▶ 12 sessions - Group Therapy sessions
- ▶ 12 sessions - Personality Dev./Life skills/AV session
- ▶ 8 sessions - Individual sessions per client
- ▶ 2 sessions - Family sessions per client

4TH MONTH - PLANNING

Subsequently, we emphasise them in attending support care groups of AA/NA meeting and find a sponsor to guide him in their recovery for maintaining sobriety / abstinence.

- ▶ 12 sessions - Transition/Orientation
- ▶ 24 sessions – Step 2 & 3 writing/discussion
- ▶ 24 sessions - Daily meditation/daily reflections
- ▶ 12 sessions - Personality Development/Life skills
- ▶ 8 sessions - Individual sessions per client
- ▶ 2 sessions - Family sessions per client