

## **Philosophy**

Kripa's guiding passion is to create treatment that enhance the patients experience - each and every day they are experienced. Achieving this result requires a great deal of passion, and an unusual commitment to every detail of the treatment design. To us, a treatment that is intuitive, effective, and reliable is not good enough. We demand that the treatment experience not only be functional, but also enjoyable. It is this philosophy that sets KRIPA apart from our competition.

KRIPA not only strives for excellence in the treatment themselves, but in everything we do. We believe our award winning treatment program allow the Patients to elevate the capabilities and experience the program to the highest level. We believe our staff support should be staffed with experienced, knowledgeable personnel. We believe our staff does whatever it takes to meet the needs of our patients. We believe in continuously improving everything we do.

- Group therapy
- Individual therapy
- Psycho-educational lectures
- Expressive arts groups
- Yoga and meditation
- Recreation therapy
- Exercise – Multi-gym
- Attendance of 12-step meetings (AA or NA) outside of our facilities per week.
- Weekend events will be organized to attend various events outside our facilities.

## **WHAT TO BRING**

There are certain items that you should bring with you:

- All prescribed Medications in sufficient quantities for your stay for your existing ailments.
- Contact information for your primary care physician and any other key individuals.
- Workout clothes.
- Regular (summer/winter) clothes.
- Toiletries (without any alcohol in them).
- Walking/Running shoes.
- Flip Flops / Sandals.

## **ACCEPTANCE CRITERIA**

- Adolescent / Adult program for Men between ages 18-65.
- Complete medical detoxification prior to admittance.
- You should be physically and mentally able to participate in daily activities. If you are concerned with any physical or mental disabilities, please contact us.
- You must be willing to abide by our treatment program rules and regulations.
- You must be willing to follow the treatment plan developed by our team of counselors.
- Prescription medication will be stabilized and supervised our doctors.
- We advise most of our patients to send current medical records if possible. If you have any medical conditions, we must be notified.
- Private pickup from Bangalore International airport.
- For escorted flights, please contact us.

### **Our twelve step treatment**

Our twelve step treatment uses proven recovery treatments that have helped many people learn to deal with their addictions. In a setting of security, comfort and serenity our patients learn how to live with their addiction. Our treatment is based on:

- Treating the person with dignity and respect.
- Breaking the isolation.
- Treating the whole person as well as the illness.
- Providing care and guidance in a safe and supportive environment.
- Following the Twelve Step philosophy from AA and NA.
- Extending dedicated quality professionals for the holistic therapy (mind, body and spirit) of substance dependency.

For a successful recovery it is important that the patients' makes lifestyle changes and that they regain their self-esteem. Our counselors address underlying issues that are part of the addiction. By giving insight in addiction and the subsequent behavior we can guide our patients to start making different and healthier life choices. After our treatment you will be ready to continue on the road of recovery.

Kripa guidelines include:

- Complete abstinence from all intoxicants (random drug and alcohol test are given).
- Attending a minimum of four 12-step meetings (such as AA or NA )per week.
- Participating in the daily Safe House group meeting.
- Regular one-on-one counseling sessions with counselors.
- Sharing household responsibilities with the other inhabitants.
- Keeping a clean room and household.

### **VISA REQUIREMENTS**

Please be advised that every non-Indian resident needs to arrange a tourist visa for a 60 or 90 days stay at the Indian embassy of the country of your residence prior to your departure.

### **COSTS**

Contact us for the costs 16/18 week programs.

Terms of payment.

Full payment must be made and received by us prior to commencing the program. For other payment arrangements, contact us. Our banking relation is listed below:

### **Foreign Remittance**

CANARA BANK

FOREIGN DEPARTMENT BANGALORE

SWIFT : CNRBINBBLFD

ACCOUNT NO. : 001-1-395969

with JP MORGAN CHASE BANK

NEW YORK, SWIFT CODE : BIC (CHASUS33)

For Further Credit to

Account No.- 0426201000623

Canara Bank., Bhuvaneshwari Nagar Branch, Bangalore, India.

IFSC Code: CNRB0002973. Beneficiary : KRIPA REVIVAL CENTRE.

PAN NO. AABTK3657L

### **Domestic Remittance**

Beneficiary : KRIPA REVIVAL CENTRE

Bank : CANARA BANK

Account No. : 0426201000623

Branch : Bhuvaneshwari Nagar, Bangalore, India

IFSC Code : CNRB0002973

PAN NO. : AABTK3657L

### **Your Addiction Treatment Program includes**

- Daily Group Sessions
- One to One Counseling
- Relapse Awareness Groups
- Educational Workshops
- Individual Stress Management
- Meditation Group Sessions
- Art Therapy Sessions
- Group Fitness Training Sessions

- Group Sports Sessions
- After Care Planning

### **Also included in your Addiction Treatment Program**

- Accommodations
- All meals
- Full use of all facilities
- Tea, coffee, juice, tea, etc.

### **What is not included in your Addiction Treatment Program**

- Airfare or transportation to Bangalore
- Airfare or transportation from Bangalore Airport to the treatment centre
- Airport transfers
- Cigarettes, individual requirements, international phone calls
- Travel medical insurance
- Medical expenses and medications
- Medical detoxification (If and when required, we will assist with this process and help with your arrangements; however, you will be responsible for reimbursing to the centre.)
- Non-treatment related medications (i.e., for blood pressure, asthma inhalers, for Thyroid disorder, anti-psychotics, anti-depressants, etc.) – If required, it is highly recommended that you bring enough supply with you for your stay, since it is not always possible to get the exact same prescription in India due to local availability of the medications.
- Laundry services