

INPATIENT TREATMENT AND RECOVERY PROGRAMMES

The Foundation Clinic offers the following inpatient programmes:

1. Medically Assisted Detoxification Programme
2. 21-24 Day Primary Inpatient Substance Use Treatment Programme
3. 21-24 Day Secondary Inpatient Substance Use Treatment Programme
4. Monthly Tertiary Inpatient Reintegration Treatment Programme
5. 21-Day Intensive Recovery Wellness Outpatient Programme
6. 6-Week Recovery Wellness Outpatient Programme

All programmes (excluding detox programmes) are developed to span a 12-month period by combining inpatient treatment with outpatient and aftercare support).

The Foundation Clinic's Inpatient programmes are based on a *Cognitive Behavioural Therapy and Systemic Recovery Coaching Approach* which forms the basis of treatment and recovery. The inpatient programme runs for a minimum 21 days up to 42 days, on a full inpatient basis, including a medically assisted detox period.

The programme is supported by individual therapy with a clinical social worker and systemic recovery coaching with a certified professional recovery coach. We make it a priority to individualise each client's programme depending on their unique needs, resources and circumstances, all of which are assessed for programme suitability prior to admission into either programme. Where available, clients in secondary care have the opportunity to work with an HPCSA student counsellor to focus on their Individual Development Plan (IDP). Each client's progress is discussed at twice-weekly case management where recommendations for therapeutic, recovery and treatment plans are discussed.

During a patient's treatment they are under the therapeutic and medical care of the multidisciplinary team, as well as being supported by various on- and off-site team members.

The clinical team includes:

- a registered social worker,
- a registered counsellor,
- a specialised general practitioner,
- on-site nurses,
- consultant clinical psychologist
- certified professional recovery coaches,
- specialist counsellors and facilitators,
- recovery and admissions assistants
- residential management staff,

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- medical aid and administrative staff.

Residential treatment at The Foundation Clinic is an ideal setting for clients who have either unsuccessfully attempted to deal with substance use while remaining in their own environment, or for whom outpatient treatment did not offer enough support and structure to deal with their substance use disorder.

The level of care needed for a client is determined by a pre-admission individual assessment (based on the DSM5), considering their personal circumstances, support systems and treatment motivation. The assessments are carried out free of charge, with no obligation to enter treatment. They are an opportunity for the individual and their family and support network to ask answers and make decisions about the best course of treatment.

Once the patient has *voluntarily agreed* that residential treatment is the best level and choice of care, The Foundation Clinic will offer an intensive daily programme in a controlled, supportive environment in which family involvement is encouraged and facilitated.

THE APPROACH

The cornerstone of The Foundation Clinic is based on a combination of *Cognitive Behaviour Therapy and Systemic Coaching*. This addresses substance use and addictive disorders in a focused and international best practice approach, to equip clients with the skills and tools to make the life changes needed to achieve a sustainable, long-term recovery. To do so, one needs to identify and learn skills to make the necessary changes to behaviour, at emotional and cognitive levels.

The medical and therapeutic approach is underpinned by the knowledge that without these changes, arresting physical addiction is not enough, but rather the follow through of learning how to remain abstinent is critical to recovery.

At the Foundation Clinic a client's treatment and care take place within group and individual sessions by following a structured daily programme that focuses on:

- **Understanding addiction and substance abuse disorders:** Understanding the difference between living in a Culture of Addiction and moving towards a Culture of Recovery.
- **Relapse prevention:** Learning what triggers relapse and how to prevent triggers and urges.
- **Building life- and coping skills:** Developing the necessary skills to live a recovery-orientated lifestyle.
- **Creating Recovery Capital:** The individual's internal and external resources needed to support long-term, sustainable recovery.

All this takes place in a therapeutic environment in which patients support each other through encouragement empathy and shared experiences.

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This unique approach at The Foundation Clinic considers international best practice in substance abuse and addiction treatment together with compassionate care, giving each patient the benefit of what structured, and self-help treatment offers, while not being bound by a single model of treatment.

The programme includes (but is not limited to):

- One-on-one Therapy and Counselling Sessions
- One-on-one Coaching Sessions
- Psychoeducation
- Relapse Prevention
- The Brain in Recovery
- Goal Setting
- Recovery Coaching
- Skills Development (e.g., communication, problem solving, conflict resolution)
- Family Support and Psychoeducation
- Trauma Counselling
- Meditation and Mindfulness Practices
- Creative Therapy
- Health and fitness
- Access to mutual-aid support groups, for example, The 12-Step Fellowship and SMART Recovery groups

The residential approach allows clients to practice their learnings in a safe and controlled environment, with 24-hour nursing and therapeutic support staff at the clinic.

The primary and secondary inpatient treatment programmes can be extended into a monthly **Recovery Reintegration Programme** which is a combination of secondary and tertiary treatment. Clients have structured access to certain inpatient group sessions as well as being encouraged to engage in professional or academic pursuits for a portion of the day. This programme is a 30-day programme which can be extended monthly following treatment. The Recovery Reintegration Programme can also be entered into if a client is looking for additional support following an inpatient programme at a different substance use or dual diagnosis treatment facility.

The purpose of the programme is to give an individual the opportunity to reintegrate into their personal and professional lives, while living in a safe, therapeutic environment. The client continues to work with a Certified Professional Recovery Coach for the duration of their programme so that they are focused on planning and goal setting and developing a liveable recovery plan. They also have the opportunity to work with an HPCSA Registered Student Counsellor on developing an Individual Development Plan (IDP) during this phase of their programme.

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On completion of their programme, all inpatient clients have access to the *Recovery Wellness Programme*, which is an outpatient aftercare and maintenance programme, for eleven months following inpatient treatment.

The Recovery Wellness Programme (RWP) is a 6-week wellness recovery (outpatient) systemic coaching programme. There are two options for this programme with an intensive programme of 22 hours per week, and a shorter programme which is two hours a day. Both programmes are also offered as an alternative to inpatient, residential treatment.

The RWP is a forward focused, solutions-driven approach to:

- Long-term sustained recovery from substance abuse.
- Mental health and dual diagnosis management in recovery.
- Personal and professional stress management.
- Work-Life balance.
- Managing mental and physical fatigue & burnout.
- Low productivity and high absenteeism in the workplace.

Clients learn practical tools and techniques for setting long-term goals and developing short-term strategies within the areas of:

- Health and wellness
- Relationships
- Finance
- Personal development and self-empowerment
- Development of emotional, social, physical, spiritual and mental resources.

The group uses modalities such as:

- Cognitive Behavioural Therapy
- Systemic Coaching
- Dialectical Behavioural Theory
- Mindfulness and Mindsight
- Client-Centred Therapy and Coaching
- Transactional Analysis
- Executive and Wellness Coaching

The groups are facilitated by certified professional master coaches who use a systemic approach to aid your achievement of personal and professional goals and aspirations. The programme is available for a full eleven months following the 3-week treatment period and is considered a vital part of ongoing recovery and wellness.

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Topics that are covered during the coaching process include, but are not limited to:

- Developing a personal recovery (and relapse prevention) plan.
- Rebuilding recovery capital which is the breadth and depth of internal and external resources.
- Understanding personal & professional relationships in recovery.
- Undertaking long- & short-term goal setting.
- Determining and incorporating personal beliefs and values into daily life.
- Exploring healthy lifestyle choices.
- Identifying and avoiding triggers and urges.
- Developing Emotional Intelligence (EQ).
- Learning effective communication, conflict resolution and problem-solving techniques.

There is a strong educational and peer support element to The Recovery Wellness Programme that aids individuals in better understanding their substance use and recovery. This also gives them an opportunity to learn new tools and skills that will empower them in recovery. By being responsible for their personal development, individuals are better equipped to manage their recovery in a holistic and honest way. Although clients are encouraged to use the outpatient and aftercare programme extensively in the period directly following inpatient treatment, the programme can be used in a way that best suits the individual in line with the personal and professional responsibilities. For clients from outside the greater Johannesburg area the team offers online, post-treatment support in the form of live video calls.

Together these unique programmes make up a twelve-month intervention for each of our clients, as long-term engagement with a continuum of care in a programme is shown to have better treatment outcomes.

The Foundation Clinic is registered with the Department of Health and the Department of Social Welfare, and all the licensing is current and in line with the various departments' sets of codes, ethics, and standards.

Please contact the following people for a free, confidential consultation:

- **Inpatient:** Mureeda – (063)676-1807
- **Outpatient:** Leigh-Anne (067)903-0070