WHY THERAPEUTIC COMMUNITIES ARE RELEVANT TODAY

Phaedon Kaloterakis

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Browsing through the “drugs paraphernalia” section of Evolution Marketplace, I find glass pipes for smoking crystal meth (“Made in the USA!!!! Completely lead and additive free unlike the crap you get from the Chinese”) and an electrical bag-resealer (which the manufacturer shows being used to seal a stash of marijuana inside an opened bag of Cheetos).
Perhaps strangest of all, one vendor is hawking sachets of “synthetic clean urine,” aimed at people who need help passing a drug test. For true realism, the vendor, CleanU, also sells an accessory called the ScreenyWeeny, “the world’s best fake penis, with Push&Piss technology.” The Weeny comes in five colors, from NordicWhite to LatinoBrown. Reviews are generally positive.
• Drug dependence should be regarded as **preventable and treatable disease**
Drug dependence is considered a multi-factorial health disorder that often follows the course of a relapsing and remitting chronic disease. Unfortunately in many societies drug dependence is still not recognized as a health problem and many people suffering from it are stigmatized and have no access to treatment and rehabilitation. Over recent years, the biopsychosocial model has recognized drug dependence as a multifaceted problem requiring the expertise of many disciplines. A health sciences multidisciplinary approach can be applied to research, prevention and treatment.

(Source: UNODC 2009)
Therapeutic Communities require interdisciplinary professional teams, including experts by experience, to deal with the complexity of addiction within a bio-psychosocial framework.
A Therapeutic Community is a treatment facility in which the community itself, through self-help and mutual support, is the principal means for promoting personal change.
The Origins of the Therapeutic Community

The British Model
- Educational/Social work
  - Boy’s Republic
  - Little Commonwealth
  - Hawkspur Experiment
  - Summerhill School
  - Order of Woodcraft Chivalry
- Mental Health
  - Northfield Military Neurosis Centre
  - Belmont Industrial Neurosis Unit
  - Henderson Hospital

The American Model
- Self-help Groups
  - Oxford Group Movement
  - AA
  - Synanon
  - Daytop
  - Phoenix House

First International Conference of Therapeutic Communities
Norrkoping, Sweden 1975
όλον

σύνθεσις

θεραπεία
whole

synthesis

therapy
An example: KETHEA

KETHEA
(Therapy Centre for Dependent Individuals)

- established in 1983 in Thessaloniki (ITHACA TC)
- the network: 120 units nationwide
Highlights of KETHEA’s wholistic approach

- prevention department
- research department
- education department (schooling, vocational training, staff training, expert training in cooperation with UCSD, publications)
- prison work
- harm reduction
- different populations (adolescents, mothers with children, refugees, immigrants)
- national telephone helpline 1145
- alcohol, gambling, internet
- legal support
- health care
- activities (sports, arts)
KETHEA’s INTERNATIONAL AFFILIATIONS

Member of the European Federation of Therapeutic Communities /EFTC (1984)
Member of the World Federation of Therapeutic Communities/WFTC (1984)
Member of the International Federation of Non-Governmental Organizations/IFNGO (1994)
Member of the International Council on Alcohol and Addiction/ICAA (1996)
Member of the Radar International Prevention Network/RADAR (1998)
Associated with the Department of Public Information/DPI of the UN (1999)
Special Consultant to the Economic and Social Council(ECOSOC) of the UN (2001)
Member of the European Family Therapy Association/EFTA (2001)
Member of the Vienna NGO Committee/VNGOC (2010)
idiot

the word "idiot" comes from the Greek ἰδιώτης, idiōtēs 'a private person, individual', 'a private citizen'
Outcomes from a follow-up study (NSPH)

- Evaluation of clients who received TC treatment, 5 years after their admission
- Quantitative and qualitative data collection by face to face interview
- Instrument: ASI (follow-up version)
- Duration of field work: April 2000 – May 2001
- Sample definition: 551 out 766 clients who entered treatment between January 1994 and December 1995 (72%)
## Target Sample

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Located</td>
<td>483</td>
<td>87.7%</td>
</tr>
<tr>
<td>Interviews Completed</td>
<td>388</td>
<td>70.4%</td>
</tr>
<tr>
<td>Refused</td>
<td>27</td>
<td>4.9%</td>
</tr>
<tr>
<td>Deceased</td>
<td>37</td>
<td>6.7%</td>
</tr>
<tr>
<td>Broken appointments</td>
<td>14</td>
<td>2.5%</td>
</tr>
<tr>
<td>Not accessible</td>
<td>17</td>
<td>3.0%</td>
</tr>
<tr>
<td>Not located</td>
<td>68</td>
<td>12.3%</td>
</tr>
</tbody>
</table>

**Response rate**: 77.1%
# Response Rate Review

<table>
<thead>
<tr>
<th>Study</th>
<th>Overall</th>
<th>Outpatient Adults</th>
<th>Outpatient Adolescents</th>
<th>Residential Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAMSHA, SROS (2001)*</td>
<td>68.0%</td>
<td>67.0%</td>
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<td>66.0%</td>
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<tr>
<td>Sells, DARP (1974)*</td>
<td>76.0%</td>
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<tr>
<td>DATOS (1997)*</td>
<td>71.3%</td>
<td></td>
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<td></td>
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<tr>
<td>DATOS-A (2001)*</td>
<td>75.7%</td>
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<td></td>
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</tr>
<tr>
<td>Hubbard et al, TOPS (1989)**</td>
<td>71.0%</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Gossop et al, NTORS (1999)**</td>
<td>70.1%</td>
<td></td>
<td></td>
<td>70.1%</td>
</tr>
<tr>
<td>NSPH Greece (2002)</td>
<td>77.1%</td>
<td>85.4%</td>
<td>77.7%</td>
<td>74.7%</td>
</tr>
</tbody>
</table>

* Prospective design 5 years follow up
THERAPEUTIC community

Time in treatment (n= 388)
THERAPEUTIC community

Basic changes

* Significance 99% (α=0.01)

- Heroine Use: 96%
- IV Use: 90%
- Convicted: 37%
- Inprisonment: 32%
- Unemployment: 64%

Basic changes

Significance
therapeutic COMMUNITY
therapeutic COMMUNITY
therapeutic COMMUNITY
therapeutic COMMUNITY
the word “therapy” has its roots in Homer

a therapist (θεράπων) was the servant of a warrior who used to take care of the warrior’s weapons and was helping him to wear his armor
Opioid Epidemic and the Therapeutic Community Model

Editors: Jonathan Avery, Kristopher A. Kast
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Everything Flows

19-20 September 2019, Thessaloniki, Greece
ευχαριστώ
thank you

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