

Individual Strategies for Relapse Prevention and Semi Residential Aftercare in Holistic Treatment Models

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Inspiration and Direction

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BASIC PHILOSOPHY IN PROFESSIONAL TC TREATMENT

- Within the structure the patient takes over full responsibility for his development with the assistance of the professional staff and the group.
- He/she understands that the abstinence from drugs/addictive behaviour/alone will not be enough and aims for personal development with help of a comprehensive holistic treatment structure

EU DRUG STRATEGY OF TODAY

Develop and expand the diversity, availability, coverage and accessibility of comprehensive and integrated treatment services including those which address polydrug use (combined use of illicit and/or licit substances including alcohol)

EU DRUG STRATEGY

Expand the provision of rehabilitation/recovery services with an emphasis on services that focus on providing a continuum of care through case management and interagency collaboration for individuals and

strengthen the diagnostic process and the treatment of psychiatric and physical co-morbidity involving drug use

TREATMENT DEVELOPMENT

DRUG - ADDICTION – MENTAL HEALTH

FROM STIGMATISATION TO HEALTH ISSUE

RELAPSE NOT FAILURE BUT POSSIBLE PART OF THE
PROBLEM

WHAT MAKES A GOOD TC ?

- Answers for special target groups
- Client participation in development of guidelines and planning of strategies
- Flexible Programs
- Providing aftercare and relapse intervention on a long term perspective
- Includes physical activities and nature experience on a regular level
- Therapiesalon im Wald :enlarged setting to nature surroundings



REALITIES

- New psychoactive substances
- Changing legal aspects
- Different populations and consumption patterns
- High comorbidity

Individual therapy strategy essential

Partnership with client in planning of interventions



CHALLENGES

- ADAPTING TREATMENT TO PATIENTS NEEDS
 - Needs emerge during therapy
 - Matching needs as they emerge
 - Treatment extended to different interventions at different times
/relapse not failure
 - Making treatment attractive

SEMI RESIDENTIAL AFTERCARE/ADVANTAGES

- Persistence of protected environment during reintegration phase
- Easy adaption to personal needs
- Adaption and evaluation related to development
- Different phases of development within stable therapeutic structure
- Positive example as learning process for the therapeutic group

PREVENTION AND TREATMENT OF RELAPSE

- Creating awareness for early warning signals
- Immediate possibility to increase therapeutic measures
- Immediate residential intervention in case of relapse /seen as part of an ongoing, adapted long term treatment strategy and understood as learning process rather than failure



OUTLOOK

- Focus on the individual situation – individual therapy programme within the framework for every patient
- Advantages of heterogenic group lead to relativation of one's own problem ⇒ more flexible horizon



- WHAT ABOUT AN EXTENDED TC TREATMENT APPROACH INCLUDING ADDICTION IN THE WIDER SPECTRUM OF PSYCHOSOMATIC DISEASES ?
- ENLARGED THERAPEUTIC ENVIRONMENT - BETTER OPTIONS , BETTER OUTCOME

THANK YOU FOR YOUR ATTENTION

