



ILANOT COMMUNITY Shiluv **Women Section**

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What Is A Therapeutic Community (TC)?

A therapeutic Community is a form of a long-term residential treatment, designed to help participants dealing with Substance abuse disorders.

Therapeutic Communities focus not only on the abstinence of drug use, but an overall lifestyle changes.

The therapeutic process is on-going and gradual, including clinical interventions, Groups & a daily routine - in order to provide participants Social skills for an independent, Healthy, drug-free life.

Principles and Key Components

“Only you alone can do it, But you can’t do it alone.”

- **Supervised DRUG FREE environment.**
- **Self and mutual help- The mechanism to lifestyle changes.**
- **Hierarchy- A key component in TCs. Progress is made by stages & desired behaviors. Senior participants serve as role models for the juniors.**
- **Undesired behaviors result in “Outcomes”- Reflections, Privileges cancellation and so on.**
- **Social interactions- Positive and adequate interactions as a key to personal and interpersonal change. Participants give each other feedback and take responsibility for one and other.**
- **Daily Routine- refers to community activities such as cleaning, cooking, Laundry, etc., and also therapeutic activities such as group meetings, Personal counseling, Seminars and family therapy.**

“Shiluv” (=Combination)

- A special unit, designed to treat patients with Dual-Diagnosis. Meaning: People who suffer from Substance abuse disorder as well as Mental illness (e.g. Schizophrenia).
- Contains two separate units for man and women.
- Psychiatric drugs and supervision are inseparable.
- Family members are crucial part of the therapy and also get tools to deal with the admitted family member.



History

Beit Or Aviva Organization was established in 1987 in Beit Shemesh, and was the first Therapeutic Community for Drug and Alcohol Addictions built in Israel.

The first TC's were designed to help men and women struggling with Addiction. The organization had two major communities- Hartuv (Founded in 1987) & Ilanot (1989).

As time past by, Professionals in the field started to notice there was a growing number of people who suffer not only from addiction but also from different Mental illnesses, and that they have different needs and difficulties than the "regular" addicted population.

Therefore, In 2008 and with the cooperation of the Ministry of Health & The Ministry of Social Services, "Shiluv" Community was established.

It's Complicated

- Up until 3 years ago- Shiluv was a combined unit, treating both men and women. Though, the number of women in TC's was relatively small (approx' 3 women to 30 men).
- Most women did not hold up until the end of the Therapy due to a variety of reasons, one major reason was the result of emotional and sexual relationships between the men and the women.
- During the last years there is a growing understating that women should not be addressed and treated the same way as men. Mainly, because most women in TC's suffer from PTSD as a result of sexual abuse.
- In 2018, after "Shiluv" was divided in two completely separated units.
- Men Section which started with 17 beds, now has 65 beds occupied at all times.
- Women Section in now with 20 beds, and the number is growing steadily.
- Sexual relations are forbidden. The New problem: Sexual Relations within the units.

Women Section- Target Population

Women- Aged 18 and above.

Israeli Citizens

Suffer from both Drug/Alcohol addiction and Mental illness.

Most women were hospitalized in Psychiatric hospitals (Usually more than once..)

and are diagnosed with multiple disorders such as:
Schizophrenia, Bipolar disease, Depression, PTSD ,Borderline
Personality disorder



Staff

Female Instructors-

Former addicts who recovered from Addiction and now clean for 15 years and more.

Instructors work 24/7 and are responsible for the daily routine and disciplinary practices.
Significant Role Models.

Female Social Workers- Case Managers

Every woman is assigned with a social worker, from the beginning of the therapy and till' the end. The Case manager serves as a counselors, and is responsible for Personal, Legal, and medical care.

IMPORTANCE TO HIGH AVAILABILITY, CRISIS INTERVENTION, STAFF TRAINING AND SUPERVISION

Therapeutic Program

- The Therapeutic process takes up to two years and is divided by stages-
- each stage comes with different goals and privileges.
- Daily Routine- Meals, Medications, Work activities and Seminars.
- Psychotherapy
- Groups- 12 steps, N/A, DBT, Illness management and Recovery, Just for today
- Family Therapy
- Additional treatment- Art, Music, Yoga, Acupuncture & Shiatsu.



Therapy Stages

Goals	Stage duration	Stage
Resident's integration and adjustment to the community. Accept rules and framework.	About 2 months	Accepted
Therapy focusing on behavior patterns. Develop self-awareness. Serve as a role model for young residents.	4-5 months	Stage A
Take responsibility. Fill and comply with authority roles. Build a social network.	4-5 months	Stage B
Gradually leave the therapeutic community, find a place of employment and hold on to their job.	About 3 months	Stage C
Prepare for transition to protected housing and for reintegration into general society.	About 6 months	Stage D

Graduates

Women who are coming towards the end of the therapy can go 2 different paths, according to their Personal Abilities:

Option 1: Working in the free market. For women with higher abilities. Working outside the community, with the support of the staff and peers. Supervision is decreasing as each one becomes more independent.

Option 2: Hostels. Rehabilitative residential framework for women who need greater support in everyday activity due to their mental and functional state.

*In Israel, People who suffer from mental illness are entitled with disability welfare and many other advantages, paid by the government including: Housing, Employment, Education, Social and leisure activities, Rehabilitative support, Dental Care.



Population needs, difficulties and Dilemmas

Dependence
needs

Post-
trauma –
sexual
abuse

Chronic anxiety

Emptiness

Emotion regulation
difficulty

Need for
protection

Unstable
relationship

Shame and
guilt

Eating
disorders

Mood
fluctuations

Self-inflicted injury

Social Stigma

Family/Chil
dren

ACTING OUT

Thanks for Listening

