



Outreach and In-reach:

Initial steps into rehabilitation at “Elah-Retorno”, detox center for youth and young adult women



Who are we...

- ▶ "Elah" is a three month basic detox program for youth and young adult women, ages 14-35. The center is located at the heart of "retorno"- one of the largest Addiction rehabilitation centers in Israel.
- ▶ Some of these women come on their own, with the help of family, or social services, and some come with a court appointed warrants.

Before we begin

- ▶ - Addiction as a disease
- ▶ Triggered by use of drugs/alcohol/behavior
- ▶ Used as self medication to treat "life problem"
- ▶ Tolerance
- ▶ Life problem → overwhelming thoughts and feelings → self medication (drugs, alcohol etc.) → addiction
- ▶ memory of the relief and dose needed
- ▶ With teenagers this is also true, but most of the times they are still at the point of coping and living through their "life problem", using drugs to survive. Addiction isn't usually diagnosed at this age but the base is the same.



Treatment and rehabilitaion

- To stop using drugs means to stop using medication for a bigger, more painful and scary life problem
- “Rock bottom” –condition fro treatment
- An addict will try to stop only when when the price and suffering from using drugs is so big it outweighs the relieve it brings
- Research show very low success rates



So what about Women ?


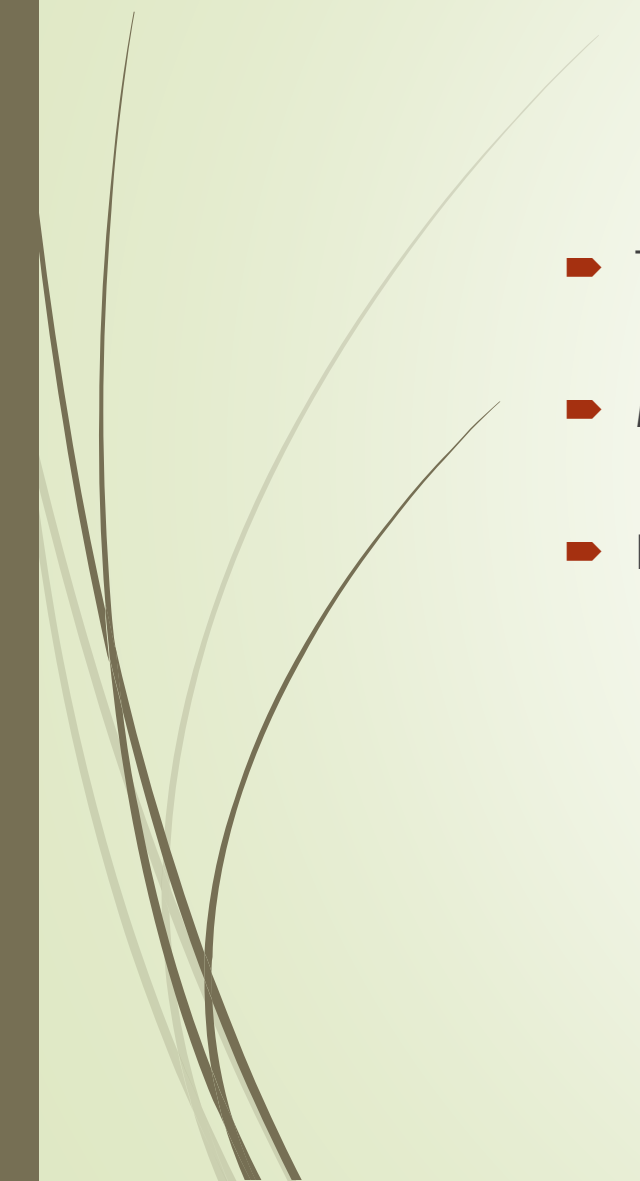
- ▶ Literature and experience show us that with women a lot of the times, this “life problem” is usually related to sexual and/or physical abuse, trauma and depression
- ▶ Even if this isn't true, in our society it is far less socially accepted for women to be an addict and to need treatment. Women are expected to stay with their family, kids of parents.
- ▶ Women's “rock bottom” is a lot deeper than men, and the price (personal and social) that they pay when going into rehabilitation is much larger
- ▶ With sometimes the source of the problem or trauma has a hidden agenda for the girl not to enter or not to succeed in rehabilitation.
- ▶ Only 10-20% of people going into drug rehabilitation programs are women



Outreach



"I had many fears and many reasons not to come. These phone calls, the feeling that someone wants me to come, and is there to answer my questions and be with me before even knowing me gave me the push I needed"


- 
- 
- ▶ Taking this first step into recovery is extremely difficult.
 - ▶ Motivation vs. encouragement
 - ▶ Phone calls, meetings and guidance before entering the center



Inside the detox center

- *"I came because I wanted to stop using. I had no idea what that actually meant"*
- 



- 
- ▶ We know, the girls and women that come through our doors had to gather all their strength and courage to leave their home, families, kids and coping mechanisms.
 - ▶ Our program is a three month program, unlike the other detox centers in Israel which have the classic 21-28 day programs
 - ▶ We believe that it takes time to create a base strong enough for the patients to start and continue their journey toward a clean and healthy life



Our goals include:

- Physical detoxification and achieving basic mental and physical stability
- Creating a safe environment, with relationships based on basic trust and affiliation.
- Re-organization: maintaining a healthy schedule, hygiene, and basic life skills.
- Developing social skills and experiencing healthy relationships.
- Basic introduction and experience with the 12 step program
- Creating or nurturing inner motivation for rehabilitation and personal development.
- Working with families and other support factors.




Our staff



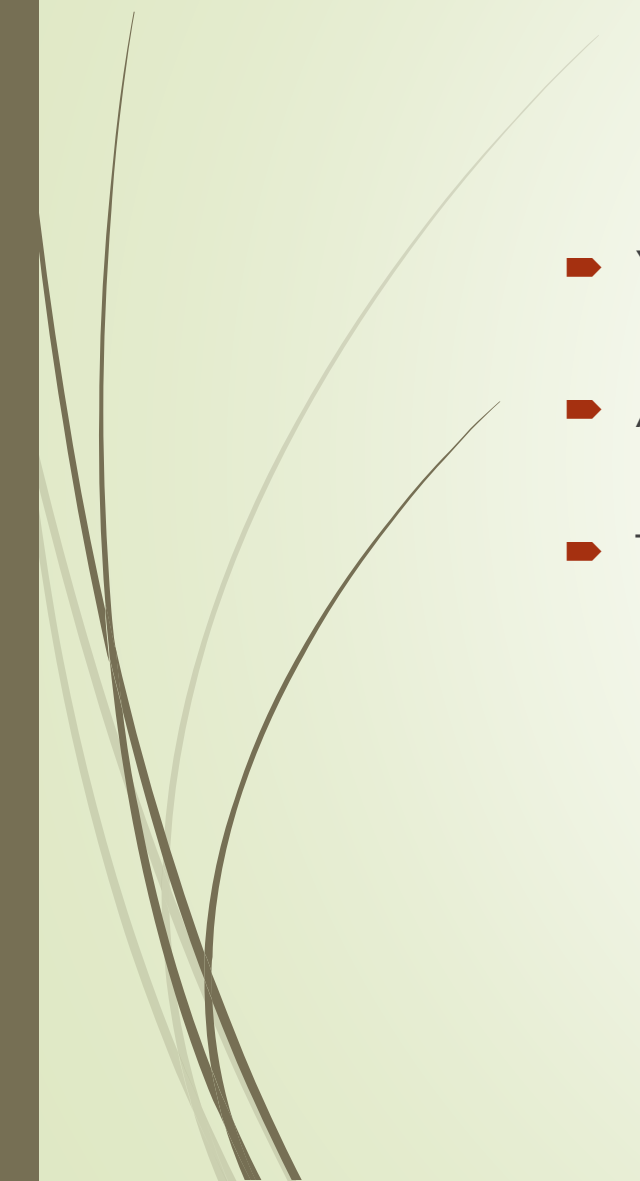
- ▶ Women only
- ▶ Manager
- ▶ Clinic Manager, Head nurse and night nurses
- ▶ counselor coordinator
- ▶ treatment coordinator and social workers
- ▶ head of school
- ▶ counselors (some clean addicts and some who are not)
- ▶ teachers
- ▶ Therapists
- ▶ social service

Our program...





One house- two groups

- ▶ Young group (girls 14-18)
 - ▶ Adult group (18-35)
 - ▶ Together and apart
- 

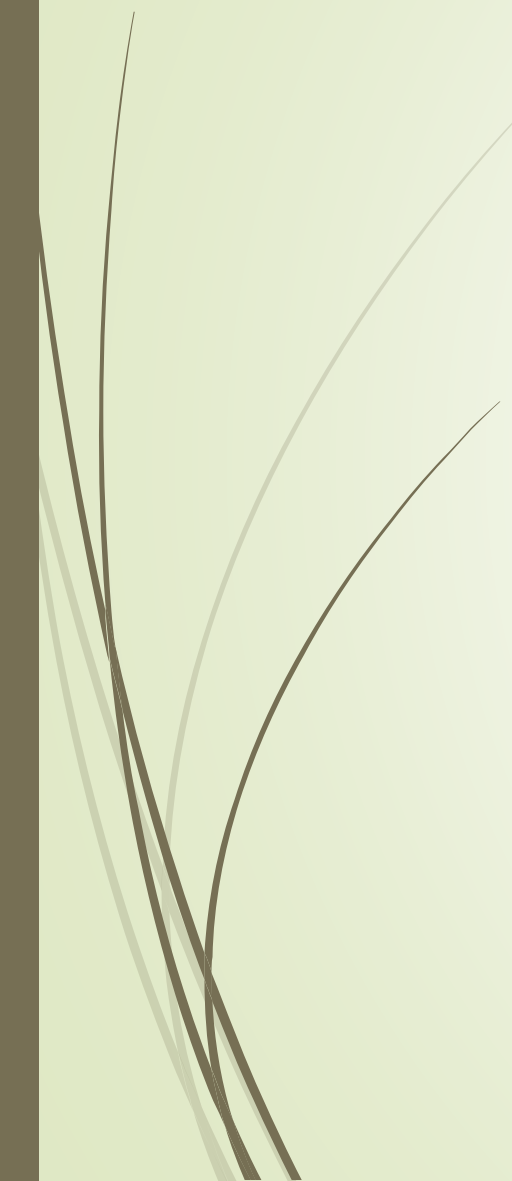



Clinic

- ▶ The center has a clinic that works 24/7
- ▶ The head of the Clinic is a general doctor and a psychiatric and a narcologist
- ▶ Detailed intake and detox program
- ▶ Medical assistance in the detoxification process
- ▶ Our clinic is a social clinic
- ▶ Physical issues: women while using drugs, tend to neglect their physical self
- ▶ Pregnancy

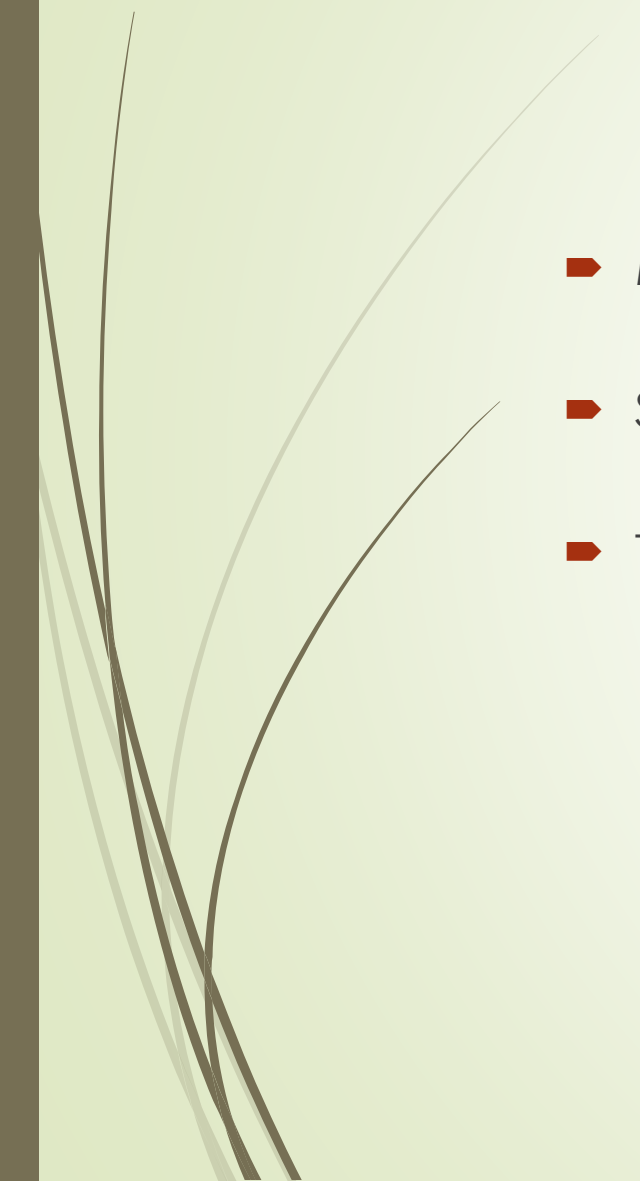


Psych-social therapy

- ▶ Each patient that comes in meets a social worker, who becomes her therapist and case manager for the rest of her stay
 - ▶ Within the rules each patient brings her story, her needs, hopes and expectations.
 - ▶ Meet once a week for therapy
 - ▶ Open door policy
 - ▶ Holistic view
- 



Group therapy

- ▶ Most of the inner and behavioral work is done through group work
 - ▶ Sense of belonging, recognition, identification and empathy
 - ▶ The place where difficulties and fears are met
- 



Groups sessions

- ▶ 12 steps groups (with emphasis on the first 3 steps),
- ▶ Group seminar about addiction, behavior risk factors etc.
- ▶ Group dynamic therapy
- ▶ Groups with the counselors
- ▶ Therapy through Animal care
- ▶ Psychodrama
- ▶ Mindfulness group
- ▶ Horse back riding
- ▶ **Most of the groups are separate for the women's group (ages 18 and over) and the girls group.**



School



- ▶ Special education school
- ▶ 18 and under
- ▶ Personal programs
- ▶ Environment that gives a different, better experience of learning and school
- ▶ Token economy
- ▶ Psych-education: Hygiene, health etc.



Schedule and Behavior- boundaries that give possibilities

- Wall
- Rules
- Expected to attend all groups and are obligated to stay on schedule
- “Consequences”
- Responsibility by giving attention to part that still have trouble responding to rules
- Responsible of their living area and surrounding

Example of scedule

Sunday		
Activity	Time	Personal therapy
Wake up	6:30	
"Just for today" and morning group	7:30	
breakfast	8:00-8:30	
Medicine and clinic time	8:30-9:00	
Minors	Adults	Time
	Sport class	9:15-10:00
School	Art	10:15-11:00
	Snack	11:00-11:30
	Group with counselor	11:30-12:15
Group therapy with social workers	Mindfulness group	12:30-13:30
פעילות	שעה	
Lunch	13:30	
Resting time	14:00-16:00	14:15-15:15
Afternoon feeling group	16:30-17:00	
House duties	17:00-19:00	
Dinner	19:00-19:30	
End of day group	19:30-20:30	
Free time	20:30-21:30	
Sleep	22:00	



Spirituality and religion

- ▶ Retorno is a religious institute
- ▶ Elah center isn't religious but respectful towards the Jewish religion
- ▶ The group receives lessons from the Rabi and from Rabi Eckstein – the founder and C.E.O regarding addiction and 12 step program with relation to the Jewish religion
- ▶ 12 step program spirit



In- reach

- ▶ *"In the beginning I felt like you are forcing me to stay, to be in a place that isn't good for me and too painful like you are trying to take control. But after I relaxed and a little time passed I was thankful because I reacted automatically. I wanted to use to stop the feeling"*



In reach

- ▶ What happens when we take away the “medicine” , and demand of them to face themselves and their issues though schedule, group and therapy?
- ▶ Pain, feelings, the destructive behavioral patterns
- ▶ outside pressures - especially with women
- ▶ Need or wish to escape
- ▶ Memory kicks in
- ▶ Experience showed the more space and time one can put between the thought or feeling that arises and the automatic response of wanting to run away and use the more likely it is that the moment will pass
- ▶ We try reach in and touch that part that wants change, that believes it is possible

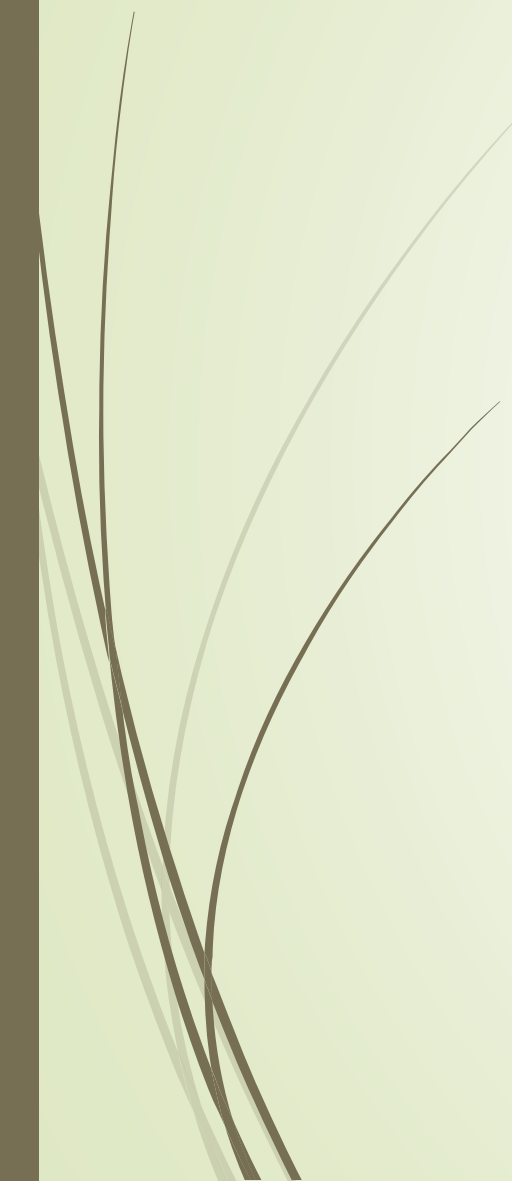



Reaching out

- ▶ Staying in touch and reaching out to women who dropped out and didn't finish their stay.



Gender oriented situations and dilemmas

- ▶ Staff dynamic- all women, multi profession
 - ▶ Group dynamics
 - ▶ Sexual abuse and revictimization
 - ▶ Mothers and kids
 - ▶
- 

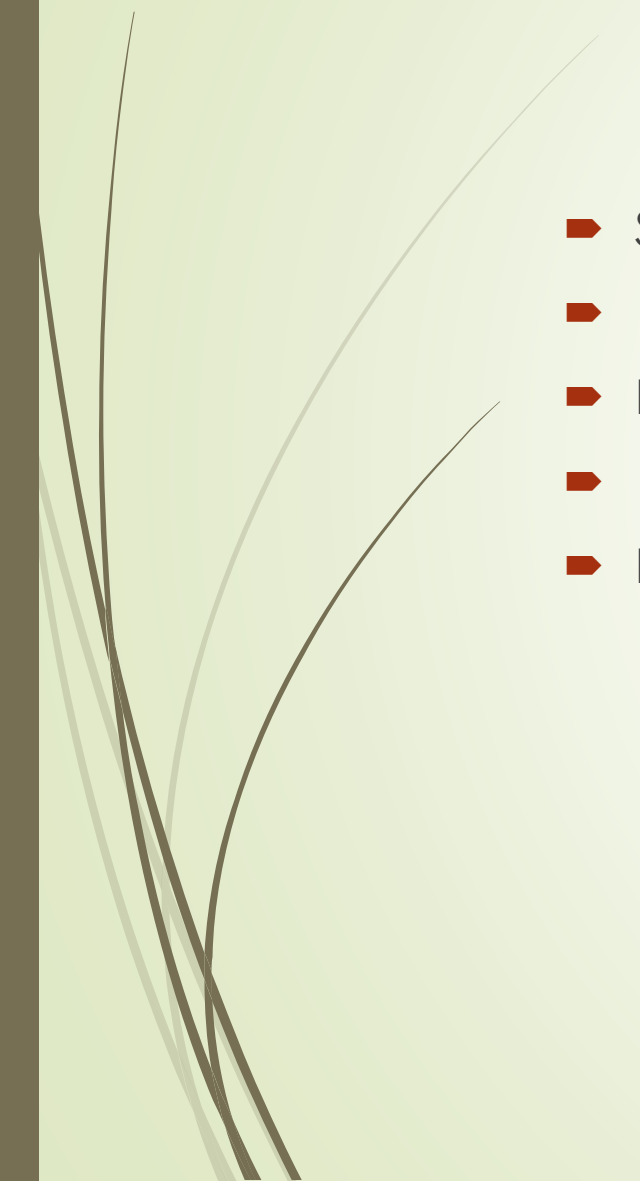


We are just the first step in a very long journey...

- ▶ Each women and girl that finishes her stay leaves with a specific program for continuing her recovery
- ▶ Program starts immediately after finishing at the detox center
- ▶ Possibility to stay In touch



Looking into the future

- ▶ Separating the two groups into two houses with two unique programs
 - ▶
 - ▶ Embedding DBT into our program
 - ▶
 - ▶ Less dropouts and staying a full house
- 

Thank you for
listening!

