



(Association Incorporated in terms of Section 21) NPO 008-853
Registered in terms of Act 20/1992
Practise Number: 047 001 0064726
REHABILITATION CENTRE FOR DRUG AND ALCOHOL ABUSE
P.O. BOX 1290, KNYSNA, 6570.
TEL (044) 343 1395, TEL (044) 343 2179
FAX (044) 343 1919

INTRODUCTION

Congratulations! You have made the best decision possible in ensuring your loved one receives the best in Addiction treatment and Solutions.

Serenity is situated in the farming district of Elandskraal, nestled between the Mountains and the ocean on our stunning Garden route, about half way between Knysna and Sedgefield.

Our sole mission is to set the captives free; providing the integrated treatment and therapy needed to overcome Addiction and related difficulties thereby restoring self-respect and happiness to the lives of these individuals.

The following few pages will provide the reader with a glimpse of our programs, facilities, staffing and ideology. Should there be any further questions, however, we are available 24/7 for all the information that you may need... We have been since 1997, and will be fo years to come.



STAFF

Full time staff members

| | |
|-----------------------------------|---------------------------------|
| Director and Lead Drug Counsellor | Lynn Allen |
| Residential Clinical Psychologist | Dr. Michelle Schlodder |
| Medical Service Manager | Denton Keegan PRN |
| Head Nursing Aid & House Mother | Debbie Deyzel |
| Head Social Worker | Isabel Keegan |
| Senior Drug Counsellors | Miki Whittaker Mike Rabkin |
| Lay-Counsellors | Killian Parker Jacolean Gous |
| Reception | Margie Maffeis |
| Accounts | S.Els Accounting |
| 24 Hour Care Workers | Andrew Ncele Simpiwe Ludaka |
| Chef | Faith Kwanti |

Consulting Medical Practitioners:

| | |
|---------------------------------|-------------------------------|
| Consulting Medical Practitioner | Dr J C Venter |
| Consulting Psychiatrist | Dr. Jannie van der Westhuizen |
| Consulting Dentist | Dr Robbertse |

The Ideology of Serenity Care Centre:

For every addicted individual there is a need burning below the surface. A desperation to get well and to lead a life of peace and contentment- it is to this that our program speaks!

Serenity has waged years of war against substance abuse, and has absolutely no intention of surrender. We adopt an "all welcome" policy and only in the most extreme case will we have to refer elsewhere.

We approach with loving discipline and lead by example- we too have been in the dark!

There is **nobody who cannot be freed from active addiction**, and we fight with heart and soul at all times, to increase prognosis and produce life!

We truly strive to "Set the Captives Free"

Why THIS Program WORKS!

Serenity has evolved its treatment program over the last 17 years, adapting to become **successful in practice... not just on paper**. Combining community-driven farm projects with **personal and group Therapies** enables us to actively assess difficulties with life on life's terms, and assist by introducing appropriate life skills.

Our early rise, work hard policy is a true representation of "life out there", and has no substitute in terms of **life skills training**.

The **Behavior Modification** element is a simple reward & consequence system which **roots out the lying, manipulating behaviours** of addiction and replaces them with healthy new skill sets. According to the textbooks, it takes 28 days to root out and replace a single bad habit with a new skill. **So how is any 28-day program supposed to curb an addiction?**

With cooperation from our **team of Medical Experts**, we can assess and treat the co-existing disorders like **Bipolar, ADHD, Borderline personality, Schizophrenia** and many, many other disorders that so often exist with the addictions.

Our **team of Psychologists** are actively involved with every Client's daily happenings, and offer the daily therapeutic direction to the **team of Addiction Counsellors**. This creates a **multidisciplinary team of experts** which is involved on a daily basis, tailoring and assisting in setting the captives free!

Truly, **Complete Addiction Solutions!**

PROGRAMME PHILOSOPHY- From the Psychologist.

The effective treatment of addiction confronts any facility with many challenges. Serenity always offered a long term approach to treatment. It is for the very same reason that Serenity is often approached as a last resort. *In general*, by the time an admission is finalized, the patient enters treatment over-therapized, familiar to treatment structures in rehabilitation facilities and institutionalized. The challenge is to teach a *response to life on life's terms*.

Although many therapeutic opportunities are available, Serenity's programme enables the individual to re-discover personal resources that have accumulated over many years through different experiences. During the first phase of treatment, individual sessions are limited to assessments. The objective is for the individual to take responsibility and discover the self in relation to others in the community and the environment. Therapeutic opportunities are mainly presented in a group context although individual therapy is essential and regular.

During the second phase of treatment the objective is to explore personal defects within the safety of group therapy. By now, the individual has

taken responsibility for the disease of addiction and is starting to identify personal attributes that needs to be addressed. In the process of re-discovering the self and developing the skills to assert and own manifestations of the self the individual is guided to become a therapist of the self.

During the last phase of treatment spiritual principles are introduced and explored, still within a group context. Experienced taught that individual therapy during the last phase of treatment are most productive and meaningful. The individual is now more aware of patterns and dysfunctional adjustment strategies perpetuating addiction and behavioural difficulties. Individual sessions in combination with group work are encouraged during the last phase of treatment.



FACILITIES

The facility is situated on a 10ha small holding, 15 km from Sedgefield and 25km from Knysna close to the Outeniqua mountain range. The main building houses the therapeutic and administrative headquarters is an extension of the original Elandskraal farm homestead. The history of this building dates back some 90 years and provides a warm and welcoming atmosphere, with modern comfort and convenience.



The Medical Unit is attached to the main house, and provides a comfortable, homely environment used to house detoxing patients. These facilities have recently been upgraded, and have medical staff on call at all times.



Patients are accommodated in two "dormitory"-like buildings and a cottage for our senior patients. The recently built facilities house ten males and ten females. They are adequately equipped to provide enough space and comfort with personal cupboard space, and plenty volume. Supervisors are accommodated in a separate loft space with full view of the patient group. Supervision is provided 24hrs a day.



Kitchen and laundry facilities are situated in the main building, and generally remain out of bounds to the community. Laundry and cooking is done by our staff.

Serenity boasts only A-grade food and groceries and a super menu of healthy, home-style cooking. Dietary requirements for religious or medical reasons are taken into account and can be arranged.

Serenity is situated one of the most beautiful properties in the area, complete with Veggie garden, volleyball court, gym area, natural spring, dam, indigenous forest and small wild animals regularly visiting! It is truly a piece of heaven!



THE THERAPEUTIC PROGRAMME

Serenity uses the Behaviour Modification Model as the conceptual basis for the treatment programme. This model embraces the theory that behaviour (including addiction) is learned, and can thus be 'unlearned', using behaviour modification strategies. Thus eliminating the lying, stealing and manipulative behaviours that accompany addiction and replacing them with new, positive life skills.

Due to the nature of the addiction process, a long-term programme is utilised to address entrenched behaviour patterns. We provide suitable treatment plans when co-existing psychiatric disorders are present, and have specialty psychiatric staff in residence.

Positive reinforcement is applied to achieve desirable behaviour and aversive consequences to reduce undesirable behaviour. Progress to the next phase of treatment is determined by the individual's response, participation and application of the therapeutic goals and principles as set out by the treatment team. Weekly case discussions and constant monitoring of progress provides the team with a means to discern progress throughout the program. Patients are informed of their progress on a weekly basis.

Over and above the regular group sessions, workshops, lectures, Individual and group therapy and presentations, Unique and effective Therapeutic opportunities are created through:

Therapeutic Community (TC): The term "therapeutic community" is used to refer to a residential, multi facet treatment model. For many individuals their difficulties are so overwhelming that treatment is only possible in a supportive environment. The emphasis is on confronting negative behaviour whilst at the same time recognising trauma and stress living in a community.

Community meetings and confrontations: are held when members of the TC have disputes to settle relating to community living. A therapist/counsellor is always present to facilitate this. Suggestions and guidance are provided to teach the appropriate behaviour in addressing a situation and establishing desired outcomes. These groups end with a short discussion to highlight appropriate life skills.

Farm Projects: Serenity Care Centre is situated on a farm. The opportunity presents itself to structure and incorporate farming activities as part of the therapeutic programme. A Drug Counselor is always present to observe the notable behaviours enabling them to address these in future groups. Activities not only support specific therapeutic principles, but also support the physical restoration during the first phase of treatment. These activities lay the foundation for establishing interpersonal relationships.

Therapeutic Programme: Therapeutic activities are **NOT** restricted to traditional individual and group therapy. Serenity is in the position to utilise community and farm living in combination with formal therapeutic structures to address addiction and behavioural difficulties. Patients attend at least one therapeutic group session per day. This provides a means to develop basic life skills as well as confronting addiction difficulties.

Family programme: Serenity Care Centre provides assistance to the parents, family or significant others. It is important for the patient's support system to enter into a support programme in their area once the patient is admitted. Families and/or sponsors are encouraged to attend a family session at least once during a treatment phase as it is nearing completion. Family or sponsors are invited to initiate telephonic contact with the treating therapist during designated times for updates on progress. Therapists **do not** initiate routine feedback phone calls, but are always available to provide feedback.

Programme Structures

The following programme options are available:

Assessment Program:

The patient is admitted to the Primary Care Unit for 6 weeks with the view to assess the presenting difficulties. It enables the full treatment team to formulate an appropriate treatment plan. This option is suggested for individuals who are unsure of the necessity for the full, 5 month program.

Further treatment options are to be discussed on completion of the period, by means of a family feedback session with our Professional staff.

Note: This is an assessment. Not a programme. On completion of the Assessment, by recommendation, The Primary care program will commence, or extended care options will be recommended.

Primary Care Programme

This is the standard therapeutic programme as described in detail below. This programme is designed to confront the addiction and behaviours in question in a minimum period of 5 Months. We are also sensitive to co-existing diagnoses and mood or personality disorders, and integrate treatment thereof into our individualized, tailored program.

PRIMARY CARE PROGRAM

Detoxification

Phase I

Therapeutic tasks and goals

Surrender to powerlessness and unmanageability

Basic spirituality

Personal and community responsibility

Internalising discipline and routine

Physical fitness and restoration
Introduction to Step programme
Basic Life Skills
Individual and group therapies

Phase II

Therapeutic tasks

Spiritual Step programme
Maintaining Phase I tasks
Development of Self
Family studies
Self esteem workshops

Phase III

Therapeutic tasks

Maintaining Phase I & 2 tasks
Attitudinal Healing
Continuation of Family studies
Shadow work
Interpersonal skills & relationships
Social Integration

Part of Phase III is presented as a road trip to very specific destinations, and has become a ground breaking new modality of treatment. The objective is to do the most intensive part of the therapeutic work in within an isolated environment with specific environmental challenges and exposure. This has been aptly named the Spiritual Journey and has produced amazing results in long-term recovery.

Progression and completion of program is determined by the individual in treatment. Therefore, after completing Phase 3, a family session will take place to present conclusions and recommendations.



A patient might have completed the 5 Month period, but not the required therapeutic tasks/goals. This may involve an extension of primary care, and your weekly discussions with the relevant Case-Manager will provide plenty notice and insight into this, if it is the case.

Sponsors might notice that an individual is only starting Phase II after 12 weeks in Phase I. A situation like that indicates that the individual is working "slower" through the programme and therefore will not be completed within the 5 Months. The implication is that the primary care programme then needs to be extended. There might also be a recommendation that part of the Primary care programme needs to be repeated. This unfortunately will have its

own financial implications. This is usually the case with long-term addiction pattern in older persons, and persons battling co-existing disorders such as personality disorders whose treatment prognosis depends on firm repetitive re-enforcement.

Extended Care

After full completion of the Primary care programme, a Secondary care treatment option is available. Parents are in a position to negotiate with the local schools in Knysna for the individual to continue with schooling whilst living in a safe environment. The facility is supervised at all times.

Adult patients have the option to extend treatment at Serenity Manor, Serenity's very own halfway home in Knysna.

The objective of these options is to provide the individual with an opportunity to integrate into mainstream living whilst day to day supervision is available. Our familiar Therapists and counsellors are available to direct and guide behaviour whilst exposed to the demands of daily living. It is an alternative to Secondary and Tertiary-Care placements whilst the patient remains in a familiar treatment environment.

We trust that you have come to see that Serenity Care Centre is the right place for your loved one to be cared for, assisted and motivated into a lifelong recovery, filled with special moments, love, happiness and health.