

## **Treatment Program Overview**

### **Mission Statement**

The purpose of Jorgs Ark 10635 is to provide an environment for the chronic relapses to experience a new power, peace, happiness, and a sense of direction in their lives. Our intent is the enhancement of client dignity and improved quality of living. Jorgs Ark provides a supportive 12-step environment with a combination of individual counseling, chemical dependency education, stress management education, life skills training, and daily attendance in 12-step meetings.

Our goals, through the introduction and utilization of the 12-step program for living, coupled with a three phased treatment approach, is to guide the chemically dependent person to abstinence. This is, however, just a beginning. Abstinence coupled with a commitment to a new way of life and through the practices of spiritual principles, the clients can look forward to a life in which they have the tools to live successfully without chemicals. These practices lead to a life of excellence. Our belief is that the illness of chemical dependency is three fold in nature; affecting the mind, body and spirit of each individual.

Therefore, our program is designed to treat the “whole person” along with providing education and support for the family and significant other in each client’s life.

### **Jorgs Ark 10635 Philosophy**

We are convinced that addiction is a disease of the human spirit. It is impossible, however, to ignore biological, psychological, social, and environmental components that impact the development of the human being and fuel the addiction. Our experience has shown that when the spiritual malady is addressed, we heal mentally and physically. Naturally, we do not ignore the other aspects of the illness in our treatment. Therefore, our treatment is based on spiritual principles that treat the whole person coupled with proven medical and mental health interventions. Abstinence is the first step of the process in assisting our clients to create a new life of excellence. This outcome can only be accomplished one day at a time and is attainable for anyone willing to surrender and take the necessary steps.

### **Physical Setting**

Jorgs Ark 10635 is located in Tigoni Country approximately 45 minutes Northeast of Nairobi, Kenya. The main treatment complex is set in peaceful rural setting conducive to the process of healing the mind, body, and spirit of those who suffer from chemical dependency. An integral part of each resident’s treatment plan is a requirement to participate in a daily work schedule at the facility. A commitment to taking responsibility for self and being responsible to others is a vital aspect of individual recovery.

### **Treatment Regimen and Program Overview**

Our program offers 24-hour supervision, 7 days per week. Activities are highly structured and supervised by competent staff members. In addition to our professional staff we are fortunate to have recovering volunteers that work closely with our residents to assist them in becoming acclimated to the fellowship of the 12-step programs of aa/na. We strongly believe in participation in daily 12-step meetings in addition to professional counseling and therapy.

Research in the field of substance abuse treatment has proven that recovery is dramatically enhanced through a continuum of care. With this research in mind, we have developed our program with three levels of treatment that allows the residents to transition through phases with the end result being successful reintegration into society with a firm foundation for sober living. With this in mind, we require each resident to commit to a MINIMUM of 90 days treatment. The average length of stay is between 3 to 9 months.

### **Client Population and Admission Criteria**

TIME is the most critical factor for full and successful rehabilitation.

#### **TIME allows:**

- The mind a chance to develop new mental habits which brings about a change in thought - life.
- The practice and refinement of new behavioral skills.
- The replacement of unhealthy people, places and things with a healthy recovering community that supports growth and sobriety.
- Family relationships to begin a healing process enhanced by involvement in the family program.

Our commitment is to excellence in treating this pervasive, cunning and baffling illness. We pride ourselves in helping those who have yet to find long lasting and meaningful sobriety. At the core of our program are our staff members who possess strong interpersonal skills and are experienced at both the individual and group level. The staff is continuously being trained on the newest state of the art techniques in treating addiction relating issues.

### **Family Members Guide to Jorg's Ark Rules** (Refer to Client Orientation for additional information)

- Automobiles - Residents will not be allowed to have personal automobiles or other transportation during treatment. Transportation will be provided by Jorgs Ark.
- Telephones - Clients are not allowed to keep cellular phones while in treatment. Telephones will be provided by Jorgs Ark and phone privileges will be as follows:
  - Phone calls will be limited to 5 minutes unless approved by staff in advance.
  - The phone is available Sunday after 4pm to call family members and friends,
  - While using the phone, confidentiality of fellow clients shall be respected at all times.
  - The phones are not to be used to conduct personal business at all.
  - New clients must wait a 30-day period prior to making or taking their first telephone call.
  - No client is to make phone calls for other clients at any time.

Violation of any of these privileges could result in the following consequences or restrictions:

- Loss of phone privileges for 30 days.
- Loss of phone privileges for a period that can be utilized as a therapeutic intervention. The period of time shall be determined by staff.
- Failure to comply with phone rules can result in the whole client population losing their privileges for a period of time determined by staff.

#### ● TV's, CD Players & Radios

- No personal televisions or video players will be allowed.
- Jorgs Ark will provide a television in the community area.
- Staff will determine the viewing hours.
- The television will be turned off during meals.
- Violations of the viewing policies could result in the loss of television privileges for the community for a period to be established by staff.
- Personal CD player with headphones is allowed only while in their rooms.
- No burned CDs allowed.
- No MP3 players or other electronic devices allowed.

#### ● Visitation

- Visitation is on either the first or third Sunday of each month, based on counselor assignment. This information will be provided to you upon admission and is subject to change during the course of treatment if counselor assignment changes.
- New Clients are placed on a 30-day visitation restriction. No visitors for the first 30 days in treatment.
- Sunday visitation hours are 12:00 - 4:00 PM.
- Visitation is a privilege. The client must request visitation privileges 14 days in advance and have it approved by staff.
- There must be a release form signed for each visitor prior to visitation.
- While visiting Jorgs Ark, all visitors must abide by posted guidelines and respect other client's confidentiality.
- Visitors should not bring cameras, video cams, or tape recorders.
- All packages, gifts, and/or supplies **MUST BE CHECKED BY DUTY STAFF** before delivery to the client.
- Two of the primary behavioral problems with our clients are failure to follow directions and lack of self-discipline. We structure our program to teach them these skills, among others. It is important that you operate on the same level of accountability. Therefore, we require you to be on time for any visitation, family program or other events.
- When you come to visitation, you are expected to arrive between 12 noon and 2 pm. If you arrive 5 minutes or more after 2pm, you will be asked to leave. If you are coming from downtown Nairobi, allow at least one hour for travel.

- You are required to attend Family Orientation at each visitation. Failure to do so will result in denied visitation and you will be asked to leave.
- Children must be supervised (adult responsible for them can be no more than 10 feet away) at all times or you will be asked to leave.
- Allowance
  - Clients are allowed to establish allowance funds to use to purchase necessary items or to use for group outings. They're usually allowed to request ksh500.00 per week: KSH 1000 for weeks with special events occurring. These funds are separate from their treatment accounts. The clients are responsible for keeping the allowance fund liquid and asking their payer to replenish it.
  - Family members are requested to send funds directly to the office rather than to the client's attention. The funds will be deposited into their account.
  - Jorgs Ark staff will request directly for any additional funds for special events. Please do not send money to clients under any other circumstances. There exists a likelihood they may be planning to leave the facility against staff advice.
  - Family members are requested not to send any credit cards to the clients.
- Mail - Clients are entitled to mail privileges at all times. All client mail should be directed to the name of the client and addressed as follows:
  - **Letters**  
 Client's Name;  
 C/O Jorgs Ark Centre;  
 P.O. Box 1047-00621;  
 Village Market , Nairobi.
  - **Boxes and Bulk Mail**  
 Client's Name  
 C/O Jorgs Ark 10635;  
 Limuru Road;  
 Tigoni.
- ❖ Family members are requested to send only the items that are legitimately required to meet the needs of the client above what the client could provide for themselves.
- ❖ Family members are requested to report any suspicious or strange requests to Jorgs Ark Recovery staff.

**Substance Abuse treatment can be an extremely difficult and emotional experience for the participants. Jorgs Ark respectfully requests that family members allow the clients to fully engage in treatment. This means that it's critical for the family to respect all of the guidelines and support their loved ones by staying in contact with staff and reporting any unusual incidents or situations of concern. We respectfully request that you allow your loved one to work through their pain as a door to sobriety is painful. Please do not try to rescue them even though it is tempting to do so.**

## **What the Family Member should anticipate of self and of the loved one in Treatment**

### **Patients may experience some of the following:**

- A temptation to create or present a different part of him/herself, or a front to protect him/herself from the treatment experience.
- A temptation to focus on what is wrong with other clients, staff, or the facility or focus on family matters or any other outside concerns rather than deal with him/herself.
- Clients may be surprised to discover that others feel the similar feelings and have support for how they feel.
- They may feel that things are getting worse rather than better such as angrier, more suicidal, lonelier, more hurt, or more out of control.
- They may experience strong negative feelings directed towards specific clients or staff members who remind them of someone important in their life.
- A feeling of being fixed and ready to leave treatment despite staff recommendations that they remain and complete the program.
- A tendency to feel guilt and shame and verbalizing a strong desire to repair the damage or to leave and immediately fix the problems they created in their addiction.
- A balanced perception of the damage of their addiction on themselves/others and a realistic understanding of the mechanism of recovery.
- A desire to shield you from becoming involved in family programming or even talking to the counseling staff.

### **What family members may experience:**

- A tendency to keep secrets or avoid talking to staff regarding any relevant information regarding telephone/written communications with the client.
- A temptation to minimize family problems.
- Feeling resentment towards the client for being in treatment and being left to deal with all outside issues and problems alone.
- Preoccupation with problems that easily could wait until treatment is completed.
- Believing that treatment for the client will magically fix all family problems.
- Minimizing the impact of the addiction on yourself or other family members.
- Experiencing resistance to attending recovery support groups for family members.
- A desire to shield the client from any bad news or problems for fear of “setting them off”.
- Continuing to be manipulated by your loved one to meet their self-centered needs.
- A sense of hope and optimism.
- A strong desire to do whatever it takes to get and keep the family and the client in recovery.

All these experiences are a byproduct of the difficulty involved in making the changes necessary for true sobriety to take root. If you or your loved one is experiencing any of these symptoms, do not hesitate to contact Jorgs Ark Recovery Staff.