



Research

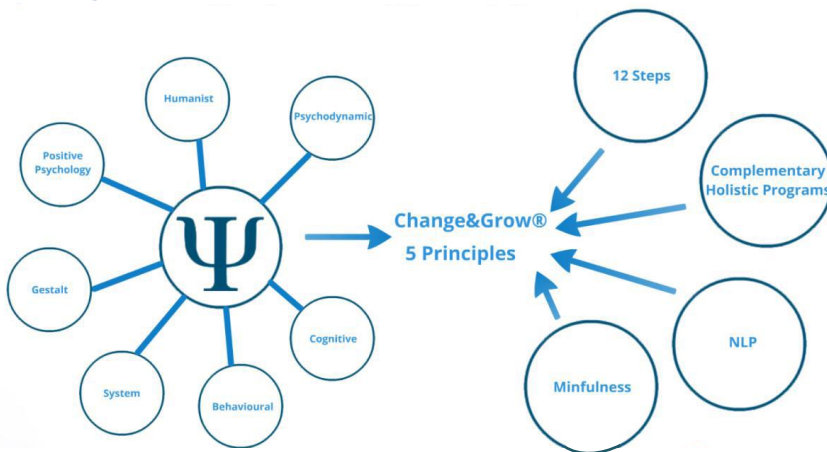
14th Conference European Federation Of Therapeutic Communities

Prague - Czech Republic

Abstract:

This is a presentation of a new therapeutic model designed and developed by Villa Ramadas, through its investment in the Research & Development of innovative therapeutic services. It begins with a brief historical analysis of the growth of Therapeutic Communities (TCs) in Portugal, integrating and relating their growth in the Global trends. Next, is presented the background concepts and developments that led to the design of the fourth generation of therapeutic models, which currently is leader in the private sector in Portugal, being also at a stage of exportation to other countries. Later, will be described the purposes, principles, methodological protocols, guidelines, procedures and criteria, along with their respective pre-defined times that serve as the cornerstones of a strictly professional therapeutic approach, linked to a practice based on proved results, and supported by a unique monitoring software integrated system.

Change & Grow® Model:



This model appeared to overcome the existing **limitations**, including some low innovation processes in regard to:

- Responses for homogeneous groups (mainly: men / age groups / marginalized groups)
- Very long-term or short-term programs
- Belief and the use of substitution drugs
- Belief in the occupational approach/activities as core
- Remote and isolated premises
- Not inclusive approach (too focused in chemical dependents)
- No range for other profiles of patients

The Evolution of Addiction Treatment in Portugal

1981 - 1990	
1981	T.C. Teen Challenge religious approach - Fanhões
1985	T.C. Patriarche (Casa Azul- SJ Madeira) reconverted in Dianova, Torres Novas, 1999
1986	T.C. Ares do Pinhal first social organisation - Mação, Santarém
1987	Taipas - out-patient service first specialised Government organisation
1990	T.C. Era (12 Steps approach) first private organisation
1990	1st National Regulatory Body S.P.T.T. - Ministry of Health
1991 - 2000	
1993	Drug Laws for T.C.s (reviewed in 1999) licensing and regulation for social/private structures
1994	Specialized Outpatient services (CAT) network implementation - methad./detox/consultations
1998	Gov Law setting Convention terms monthly payment for rendered services per slot
1999	Distribution of buprenorphine governmental agencies control
2000	Creation of C.D.T. (Dissuasion Commissions) half-day governmental services SPTT/IPOT
2001 - 2013	
2001	Villa Ramadas® International Treatment Centre
2001	Legal Decriminalisation no "legalisation"
2006	I.D.T. integration of Alcohol specialised units 3 centres embedded in I.D.T. attributions
2011	I.D.T. turns into S.I.C.A.D. Serviço Intervenção Comportamentos Aditivos e Dependências - this represents a change to a broader definition of addiction

The 5 Principles of Change & Grow:

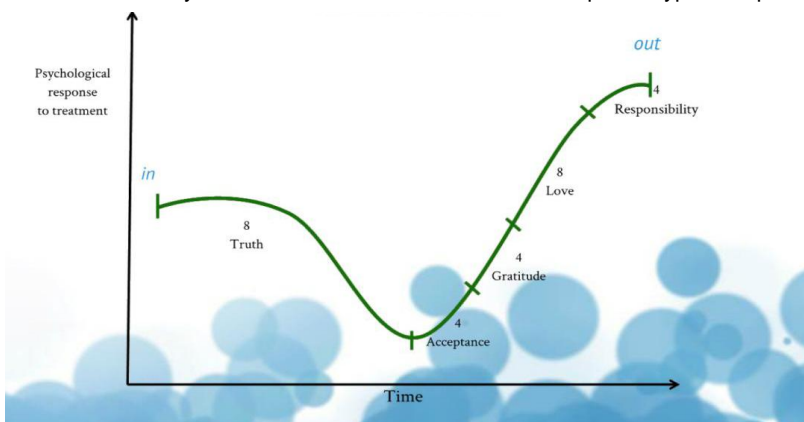
- Truth
- Acceptance
- Gratitude
- Love
- Responsibility

Referências

Change & Grow® Exclusive Literature

The Standard Treatment of Change & Grow® Therapeutic Model:

This model fits the five principles of standard psychological response over time. However there may be a variation in accordance with the specific type of dependence.



Change & Grow® Challenges:

- Upgrade therapeutic services / new responses
 - use of occupational activities,
 - reducing/eliminating, as much as possible, the use of substitution drugs,
 - new profile of patients with behavioral and emotional disorders
 - new profile chemical dependents
 - more demanding and critical patients (educated, integrated)
- Professional approach:
 - evidence base practice
 - proven results
 - highly trained staff (combination of academic and experience backgrounds)
 - grounded, objective and consensual outcome indicators
 - outcomes replication and comparison (benchmarking)
 - use of metrical indicators
 - use of state-of-the-art technology (design of a software management program)
 - establish an open network of providers



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