

learn2change

Intensive Outpatient Alcohol & Drug Treatment program

**A comprehensive, evidence-based,
16-week individualized Treatment
program based on the Matrix Model,
developed over 20 years of empirically
based information research.**

A structured treatment experience designed to give substance abusers the knowledge, structure, and support to allow them to achieve abstinence from drugs and alcohol and initiate a long-term program of recovery.

Not in conflict and supportive of 12-step involvement, other social support or professional involvement for co-occurring disorders.

Treatment involves cognitive-behavioral concepts delivered in motivational interviewing style to enhance intrinsic motivation for behavior change and recovery retention by establishing a positive, collaborative relationship with client.

Why outpatient treatment?

- ☑ Traditional inpatient treatment not always medically necessary or indicated
- ☑ After hours participation so client stay economically and socially active
- ☑ Can supplement in-patient treatment or co-occurring disorder treatment
- ☑ Family involvement after hours
- ☑ Self-help support group involvement
- ☑ Longer engagement time - 16 weeks
- ☑ Cost effective

Participation is three times per week:

| | |
|-------------------|---------------|
| Tuesday evenings | 18h00 - 20h30 |
| Thursday evenings | 19h00 - 20h30 |
| Saturday mornings | 09h00 - 11h30 |

Program includes:

10 individual and conjoint sessions
8 early recovery skills group sessions
32 relapse prevention group sessions
12 family education group sessions
Weekly social support group sessions
Regular random urine analysis monitoring

**For further information or
to arrange interview:**

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