FOUNDATION HOUSE
THE CONSTRUCTION INDUSTRY DRUG & ALCOHOL FOUNDATION

# MODEL OF CARE

28 day residential rehabilitation abstinence based act, cbt, solution focused & 12 step recovery model of care

**TARGET GROUP**
Building and Construction Industry and families, Health services members and the general community

**CRITERIA FOR ADMISSION**
- Five days clean of all substances, except fourteen days clean for methamphetamine and opioid maintenance
- Ability to participate in the program, 3 month separation from incarceration
- Excluded perpetrators of violent and sexual crimes

→ **Referral to another service**

**WAITING LIST**
- 4-8 weeks current waiting time / consent
- Telephone twice a week

**FACE TO FACE ASSESSMENT**
- Comprehensive Alcohol and Other Drug history
- Mental State assessment / consent
- Identify risks

**THE OFFER OF ENTRY / ADMISSION & ORIENTATION**
- Urine analysis, breath test
- Rights Responsibilities / consent
- Allocation of Bed and Buddy

→ **A positive urine analysis or Breath Test, five day or fourteen day stand-down, referral to medically supervised withdrawal service**

**WEEK #1**
One on One
Agenda Group
Therapy

1 x Treatment Planning Session
1 x Counselling Session
1x Case Management Session

3 x Communication Group
1 x Financial Literacy Group
2 x CBT Groups
1 x Living Skills Group
1 x Relapse Prevention Group
3 x Step Groups
1 x Peer Support BBQ
2 x Recreational Activities

**WEEK #2**
One on One
Agenda Group
Therapy

2 x Counselling Sessions
1 x Case Management
1 x Financial Counselling

3 x Communication Group
1 x Financial Literacy Group
2 x CBT Groups
1 x Living Skills Group
1 x Relapse Prevention Group
3 x Step Groups
1 x Peer Support BBQ
2 x Recreational Activities

**WEEK #3**
One on One
Agenda Group
Therapy

2 x Counselling Sessions
1x Case management

3 x Communication Group
1 x Financial Literacy Group
2 x CBT Groups
1 x Living Skills Group
1 x Relapse Prevention Group
3 x Step Groups
1 x Peer Support BBQ
1 x Story-time, 2 x Rec Activities

**WEEK #4**
One on One
Agenda Group
Therapy

2 x Counselling Sessions
1 x Case Management
1 x Aftercare Planning
1 x Financial Counselling

3 x Communication Group
1 x Living Skills Group
1 x Relapse Prevention Group
2 x CBT Groups
3 x Steps Groups
1 x Peer Support BBQ
1 x Financial Literacy Group
2 x Recreational Activities

**DAY 28**
**Graduation Ceremony**

→ **Referral to another residential service** (subject to bed availability)

→ **Waiting on bed availability and request for extension**

**Implementation of Aftercare plan**

→ **Exit the residential program**

## AFTERCARE
- Relapse Prevention Group (Weekly)
- Peer Support BBQ (Weekly)
- Out-Patient Gambling Group (Weekly)
- Family Support Group (Weekly)

WEEKLY FAMILY SUPPORT GROUP