

## Award at Charles University, Prague !



Magdaléna o.p.s. got one more prize for its Ecett project ! The Department of Addictology at the First Faculty of Medicine, Charles University in Prague organizes an annual National Drug Conference. At this event, the committee awards a "Kiron" Prize for a subject that has contributed with exemplary work and outstanding contribution to the addictology field .

Magdaléna, o.p.s. has been an Ecett member for almost 10 years and during this time they supported almost 80 professionals in the field of addictology in Czech Republic availing of Ecett internships abroad. Magdaléna, o.p.s has assisted our local professionals to explore and learn new approaches as a way forward in our global ever growing and developing society. Drugs and addictions know no borders and that is why it is essential that professionals learn what and why it works abroad at our Ecett Partners“, says Zdenka Effenberger, Project Coordinator.



*N.B. This is the sixth prize for Ecett at international level : Great Britain, Poland, Czech Republic and Belgium.*

**Sandra M**, Magdalena, Czech Rep

Internship at Projecte Home Catalunya.



*We had the opportunity to discuss the structure of the programs with the company director and then with the heads of all programs. In every program we visited, we were very intensely devoted and received a very friendly reception and cooperation. Everything was perfect!*



**Jordi V**, "Article 23" Belgium.

Internship at "Route Nouvelle Alsace", France.



*The institutions I met corresponded with my objectives and the meetings gave me the opportunity to open my reflection on some objectives that I had not considered before the meeting.*



## Residential Unit for youngsters - tools for behavioral change (RKJ)

by Renata Tumlířová, Magdalena, CZ about De Sleutel, Belgium

De Sleutel's residential unit for youngsters is located in Eeklo. It has capacity for 8 residents aged 12-18, the usual length of stay is 6 months, with the range being 4-12 months depending on the client's progress through the stages of treatment. Intensive residential treatment is followed by follow-up care provided by two workers who the client meets while they are still in the residential unit.

Daily structure includes community meeting, groups (socio groups, relapse prevention/education), individual therapy, leisure activities and school. School runs for 16 hours a week, divided into 8 hours of learning/theory and 8 hours of creative therapies and sports. School has a very positive and supporting atmosphere, emphasizing what education the client does well and what they still need to learn.

The basic philosophy of the program is that youngsters require a lot of support and parenting before they can take on the responsibilities of adult life. Mutual self-help element of the program is smaller than in a regular therapeutic community. The emphasis is on guidance, support and motivation.

An important element of the program is family therapy, the therapists work in close partnership with people who will support the client during their stay in the facility, can provide a safe environment during weekend stays and will continue to be supportive to the client after they finish the program at RKJ

The clients' behavior is guided by two basic rules - NO aggression and NO sex, followed by five principles :



1. Respect yourself and others.
2. Respect things.
3. Attend program.
4. Follow the structure (hierarchy).
5. No drug/toxo talk.

The tools for behavioral change Motivation and adaptive behavior are increased by positive reinforcement methods, positive role models and warm therapeutic relationships. The use of punishments is minimized.

Client entering treatment first goes to the Crisis and detoxification center. Here they can meet with older residents of the therapeutic community or the residential unit for youngsters, who have been successful in treatment and can set a good example that change is possible. These clients go on regular visits to the Crisis and detox center, they share their personal story, share what they have learned in treatment, how the treatment works, answer questions and give hope.

New potential clients can visit the residential unit, they are given a tour by an older, experienced residents who shares their experience and help alleviate anxiety and increase motivation for treatment.

*Suite and details on the online database of Ecett : ([www.ecett.eu](http://www.ecett.eu) → e-learning platform international →login →database of Good Practices*



*Exchange good practices with your peers abroad !*

## **“A Bridge for Ecett”**

The Italian association Il Ponte (Civitavecchia, Italy) won the call for projects launched by Ecett-Networks "Development and sustainability of the Ecett learning method". This 18-month project aims for significant progress on the following themes :



1. Financing or self-financing of Ecett through the sale of services.
2. More learners using the Ecett method.
3. Improving the quality and usability of the database of good practices.
4. Cooperation with universities.
5. Organizations including the Ecett method in their long-term training plan (HR).



## **EFTC Conference 2019, Thessaloniki, Greece.**

### ***Erosion of Therapeutic Communities (TC), and the importance of ongoing education***

One of the highlights of the Thessaloniki EFTC conference was Georges De Leon's speech. In many countries, he says, there is an erosion of the values of therapeutic communities and the concept of "community as method". Public subsidies to the TCs are pushing them to gradually conform to the mainstream of medicine as well as shortening the funding of stays to 3 or 4 months by governments, which becomes incompatible with the maturation time required for clients. But no



technique can shorten the time of a gestation from 9 to 3 months.

George De Leon also mentioned the fatigue of the staff (burn out) and insisted on the importance of continuously training the staff of the therapeutic communities (TC), whether it is the basic training in the approach of the TC or the developments made by the TCs to adapt to changes in the environment and the profile of residents. Unfortunately, academic courses in the "community as method" are extremely rare. That is why in the '60s and '70s, TC teams were trained by doing long internships in other TCs abroad. Today, few professionals can still afford internships for several months abroad (Note : this is why Ecett was invented!).

# New host

## PFST

PFST (Polish Federation of Therapeutic Communities), is a member of Ecett.

Le PFST accounts 7 organizations and 50 TCs that can send or host Ecett trainees



The main goals of PFST are :

- –Promotion and development of new forms of treatment for drug addicts.
- -- The quality of services in all organizations using the community method.
- - Scientific research on TCs.
- –Exchange of experiences in Europe and around the world.
- –Promotion of the TC approach in ambulatory and residential services.

More info on... <http://pfst.pl/>

**Robert K.**, Magdalena, Czech Rep,  
Internship at Monar, Poland



*I gained an insight into problems, connected with drug addiction in Poland. I was excited by the high professional level of this work and workers in Monar.*



**Ann-Marie J.**, Janus Solutions, UK at  
Magdalena Czech Rep.



*The idea of visiting services in Eastern Europe, and to look at, not only the differences but the similarities was excellent.*



**Aurelie A**, TC Ellipse, Belgium  
Internship at ARGO, Greece



*What I particularly appreciated was to be able to see the same questioning that we have in Belgium. I was able to put everything in link. The difference of culture is also very rewarding to expand our practices. We have reported our questioning to supervision. This is a training I will continue to suggest to colleagues.*



**Barbora S**, Magdalena, Czech Rep  
Internship at Coolmine TC, Ireland.



*I visited more services of Coolmine than I expected. I found out how it works in CoolmineTC and it reassured me that it works similarly as in the Czech Republic and that's very calming for me. I have more energy to work with addicted people and I was assured again that our work is still meaningful.*

