

# **Rehab centre - Requirements**

**The following are the criteria and requirements for admission to the centre:**

1. Admission must be voluntary.
2. A fixed time period of 28 days must be agreed to.
3. Adherence to all centre rules.
4. The ability to participate in all treatment programme activities.
5. Family counselling must be agreed to.
6. Individuals must be accompanied by a sponsor, i.e. parents, spouses, family friends, religious leaders, on admission and discharge.
7. Must comply with all terms and conditions of treatment.
8. Attendance to aftercare meetings for a year is a must.

**Exclusion criteria include:**

1. Individuals under 18 years of age.
2. Individuals not willing for treatment.
3. Pending court cases.
4. Lack of mobility.
5. Psychiatric disorders related or unrelated to alcohol & drug abuse that cannot be stabilised.

**Services offered:**

1. Medical detoxification.
2. Nursing care.
3. Occupational Therapy.
4. Social Work Services.
5. The 12 Step programme.
6. HIV Testing, counselling and awareness talks.
7. Spiritual Counselling.
8. Sports and recreation.
9. One year of aftercare services.