

INFORMATION NEEDED TO FINISH THE SITE

Introductory letter

The institute has been initiated to address alcoholism and drug abuse, cutting across all age groups. In the present day era, unemployment and financial constraints are major issues as per United Nations figures with an estimation of 87% of the world population living below the dollar per day. This further demonstrates poverty, hunger, lack of education; maternal mortality and unemployment have a greater significance and impact.

While the government has made strides to provide access to education there is a huge gap when it comes to equal access to employment opportunities. Therefore due to high unemployment, many people turn to alcoholism and drug abuse, robbery and gang violence, among others vices. At St Nicholas Rehabilitation Center and Nursing Home, we have recognized the need to help the community counter drug addiction through quality rehabilitation services. The institution will provide other important services such as guidance and counseling, training on employability skills and pitch opportunities within and outside the country.

MISSION

To lead in the fight against alcohol and drug abuse through prevention treatment, rehabilitation and offering training on employability skills as a follow up to the affected adults and youths.

VISION

A society free from alcohol and drug abuse trained in employability skills.

CORE VALUES

- Self-discipline
- Consistency
- Positivity
- Passion
- Education
- Patriotism
- Respect

OBJECTIVES

1. To rehabilitate adults and youth addicted to alcohol and drug abuse.
2. To educate the youth and adults on alcohol and drug abuse to prevent more culprits.
3. To guide and counsel youth on alcoholism and drug abuse.
4. To create a society free from alcohol and drug abuse.

5. To help the youth to be self-reliant.
6. To train adults and youth on employability skills.
7. To employ youths through manufacturing items produced during training.

OUR SERVICES

1. Rehabilitation

This entails the restoration of normal life after addiction recovery, long-term or incapacitating illness, accidents or imprisonment. At St Nicholas Rehabilitation and Nursing Home, we offer the following rehabilitation; physiotherapy, occupational therapy and speech therapy.

Drug addiction/ drug abuse rehabilitation

We specialize in drug rehabilitation which is the process of medical or psychotherapeutic treatment for dependence on psychoactive substances and street drugs.

Psychoactive substance includes;

- Alcohol
- Prescription drugs

Street drugs

- Cannabis (marijuana/bhang)
- Heroin
- Cocaine
- Amphetamines

We help the patient seize substance abuse to avoid psychological, legal financial, social and physical consequences that can be caused by extreme abuse. We also help the patient to overcome various psychological disorders such as

1. Anxiety disorders.
2. Depression, bipolar disorders and other mood disorder.
3. Eating disorder.
4. Personality disorder.
5. Post-traumatic stress disorder.
6. Psychotic disorder.
7. Antisocial disorder.

STAGES OF REHABILITATION PROCESS: INCEPTION TO COMPLETION.

1. *Orientation and application*-This is where the intended client is familiarized with the whole process and given guidance on how to enroll in the rehabilitation, the intended client is also given information on the application requirement to apply.
2. *Intake appointment*-This is the interview process that serves to admit that there is a substance that has been abused.
3. *Eligibility determination*- This is a process where we determine if someone is really qualified for the services being offered.
4. *Admission and assessment*-At this stage a record of a leader's complaint and history is provided by the client, physical examination is done then a complete psychological evaluation is carried out.
5. *Co-occurring disorder and dual diagnosis*-This is where symptoms are pre-dated and a specific mental disorder and substance abuse or any kind of addiction is diagnosed such includes depression, anxiety and others.
6. *Individual treatment plan*-This is where the course of treatment is outlined and defined, it delineates the goals, objectives and resources of an individual.
7. *Detoxification*- This is the process of removing addictive substances from the body under medical personnel supervision.
8. *Treatment plan*-At this stage a detailed treatment plan is given to an individual patient who is engaged in the treatment process, the plan includes clients information, diagnosis prescriptions and measurement objectives.
9. Inpatient, outpatient and partial hospitalization.
10. *Therapy* – This includes; rehab therapy, individual therapy, family therapy and occupational therapy.
11. *Employment services*-St Nicholas rehabilitation center tries to avoid relapse at all cost hence we find out what the rehabilitation are skilled in after completing the rehabilitation process and offer them direct or indirect employment as well financing their talents and business enterprises. At this stage we partner with riti association a project of St Nicholas rehabilitation, nursing home to achieve the best results.
12. *Aftercare services*-This a follow up treatment stage to ensure an individual does not relapse and stay focused on his or her recovery, this is done by group counseling, advising on sober living or being involved in a support group.

2. NURSING SERVICE

We have a skilled and knowledgeable personnel consisting of nursing aides who provide the best medical care. Our nursing home operates on a full time basis. The facility also offers hospice care for the terminally ill patients, patients with chronic sickness, HIV/Aids or the disabled as well as custodial care for routine tasks such as bathing, getting dressed, eating as so on.

Other important services offered includes:

- Dining and boarding- This is where meals, home stays and medical care is offered around the clock.
- Monitoring and education -A patient's activities are monitored closely hence give proper guidance to help in recovery.
- Personal care.
- 24hours emergency care.
- Social and recreational activities such as games which includes football, chess, drafts, netball et al and entertainment activities that includes watching motivational and educational movies, music that create positive impact to a client. We also encourage patients to participate in group talks to encourage each other and we also have library services for the avid readers.
- Health related issues such as chronic pains, diabetes, irritable bowel syndrome, weight management et al

3. COUNSELING SERVICES

This service involves counseling on the 12 steps to recovery.

There are various types of counseling offered which includes; addiction counseling ,child counseling, family counseling, psychological counseling, mental health counseling , substance abuse counseling, education counseling and marital counseling.

The experts on counseling are keen in following the stages of change which are:

- Pre-contemplation - This is whereby the patient has not yet come to terms with the fact that he or she needs help. This can take upto six months because the patient is unaware of their problematic behaviors, thus the counselor encourages the re-evaluation of the current behavior and self –exploration so that the patient is given a clear picture of how their behavior is harmful.

- Contemplation - This is where the pros of behavioral change become known to the patient and he or she focuses on it. Then the counselor encourages and promotes positive outcomes as required.
- Action - This is where the patient practices the acquired positive behavior usually between 3 to 6 months depending on their improvements, while the counselor encourages social support, bolsters self-efficiency for dealing with obstacles and helps the client to combat their feelings of loss to reinstate long term benefits.
- Maintenance - This is where the client has accepted and made a positive change in their lifestyles and are working to avoid relapse The counselor makes a follow up on the client to avoid relapse, reinforce internal rewards and plan way forward after counseling sessions are over, this can take up to 5years.
- After care - The counselor evaluates the triggers of relapse, reassesses motivation and barriers to successful full recovery and plans stronger coping strategies.

4. *PSYCHIATRIC SERVICES*

We deal with diagnosis, treatment, management and prevention of mental disorders such as:

1. Psychological disorders

Examples are; adjustment disorder anxiety, Bipolar disorder, Depression, obsessive compulsive disorder, panic disorder, post –traumatic disorder, phobia/fear, somatic symptom disorder, paranoia and insomnia.

2. Addiction disorder

This is a brain disease manifested by obsessive and excessive substance use. The substances abused include alcohol, prescription drugs, cocaine, heroin marijuana or bhang and et al, the symptoms of substance abuse include strong cravings to use the substance abused , social relations problems where one loses focus on important societal activities and drug withdrawal symptoms.

3. Neurocognitive disorders

Neurocognitive disorders include dementia, stroke, traumatic brain injury, schizophrenia borderline personality disorders and Autism spectrum disorder.

4. Other disorders.

Other mental disorder triggers include anger, grief and bereavement, relationship issues which causes Stress and burnout.

5. *V.C.T services*

Our specialists are skilled and knowledgeable on how to counsel and carry out HIV/AIDS tests.

We follow the following procedures, i.e.:

A. Pre-test counseling process

The pre- test process includes;

1. Reason for testing
2. -Symptoms or the presence of risk behavior
3. Imparting basic information on HIV, including on HIV transmission
4. Personal risk assessment, it is undertaken to understand the nature and time course of behavioral risk
5. Feedback of possible results in relations to personal risk assessment
6. Assessment and discussion regarding capacity to cope with potential positive results
7. Assessment of potential support requirement
8. Development of a personal risk reduction plan
9. Provision of HIV test information
10. Informed consent
11. Follow up arrangement for collection of result and other referrals e.g. STI treatment

B. POST TEST COUNSELING

This process is divided into two parts

1. Counseling for HIV negative patients

- i. An explanation of the test results including information about the window period for the appearance of HIV antibodies and a recommendation to re-test in case of a recent exposure
- ii. Basic advice on methods to prevent hiv transmission, including avoiding the use of non-sterilize needles syringes or other injecting equipment
- iii. Access to drug dependence treatment and its effectiveness
- iv. Guidance on the use of condoms, safe injecting advice(if possible, an appropriate supply of condoms sterile needles/ syringes and other commodities should be provided)
- v. The appropriate time for a follow up test, based on the risk assessment and ongoing risk behavior.

2. Counseling for patients who test positive

1. Inform the client of the results simply and clearly, and give them time to consider it.
2. Ensure the client understands the results.
3. Allow the client to ask questions.
4. Assist the client in coping with the emotions arising from the test results.

5. Discuss immediate concerns and assist the client in determining what social network will be acceptable and available to offer immediate support.
6. Describe follow up services that are available in the health facility and in the community, paying special attention to OI/HIV treatment, PMTCT, and care and support services.
7. Provide information on how to prevent the transmission of HIV, including provision of sterile needles, syringes and condoms, and guidance on their use.
8. Provide information on other relevant preventive measures, such as good nutrition, use of co- trimoxazole, prophylaxis and, if appropriate insecticide treated bed net and OST.
9. Discuss disclosure of the results – when and how this happened, and to whom.
10. Encourage testing and counseling of partners and children.
11. Provide advice on other pathological tests that may be appropriate (such as for liver function. hepatitis B and C serology, pregnancy, X-RAY, sputum for acid-fast bacilli [AFB]).
12. Assess the risk of violence, drug overdose or suicide, and discuss possible measures to ensure the physical safety of clients, particularly women who are diagnosed HIV positive.
13. Arrange a specific date and time for follow up visits of referral to treatment, care, counseling, support and other services as appropriate(e.g. screening for and treatment of TB, prophylaxis for OIs, STI treatment, contraception, antenatal care, OST, hepatitis B and C screening, and access to supplies of condoms and sterile needles /syringes).
14. Consider introducing the client to relevant team members who may be involved in future care.

6. SCHOOL OF COUNSELLING PSYCHOLOGY

Counseling psychology is a specialty within a professional psychology that maintains a focus on facilitating personal and interpersonal functioning across the lifespan of an individual, the specialty pays particular attention to emotional, social, vocational, educational, health related, developmental, at organizational consent. At St Nicholas rehabilitation and nursing home, we are befitted to offer this course and majorly deal with addiction counseling to produce the best counseling psychologist who can work well with individual and groups to improve their mental health, encourage clients to discuss their issues, examine issues to do with substance abuse and alcoholism, bullying, depression and many other psychological issues.

7. SECONDARY EDUCATION AND INDUSTRIAL TRAINING INSTITUTE

- a) *Technical training*-this training is offered only to our clients to help them gain skills and knowledge which will in turn increase their employability chances hence avoiding relapse
- b) *Secondary education*-This is also offered to our clients especially those who dropped out of school. This reassures the client of their continuity of education during the rehabilitation process.

WHAT MAKES US UNIQUE?

There are many rehabilitation centers out there with different services. St Nicholas rehabilitation center and nursing home is unique due to various reasons which include:

- ✓ Wide range of services all offered under one roof.
- ✓ Medical compilation to the rehabilitation clients can be taken care of by the nurses available
- ✓ The training offered to the clients is advantageous to them since they can gain employment after the rehabilitation period
- ✓ Employment is offered directly or indirectly after full recovery to avoid relapse
- ✓ Clients are engaged in different activities during the rehabilitation process , since they are not confined in their beds, to avoid boredom such activities include games, body fitness services through our well-equipped gymnasium, library, watching educational and positively encouraging movies and many more.
- ✓ After care services given in a unique way through employing our clients after rehabilitation hence increases there productivity to the society
- ✓ Follow ups are ensured since the recovered clients are visited after being rehabilitated at their various destinations examples place of work, homes or their readmitted schools and universities
- ✓ Our rehabilitation center has another association that is RITI association of the unemployed professionals which assures the recovered clients of employment, financing their talents and dreams and helping them initiate a business enterprise.

