**HOME**

**Rewa Rehabilitation Centre**

**“The future of our nation lies in the hands of our younger generations, it its therefore crucial that they live up to our high expectations and ensure the continued well-being of the people and security of the nation”**

**-His Majesty the Fourth King Jigme Singye Wangchuk**

**“It is the duty of the citizens to follow the guidance of our great leaders and put some effort to help our society in any small ways”**

**-CEO (Rewa Rehabilitation Center) Dasho Khampa**

**Our objectives**

The main objective of our rehab center is to give purpose to those who have failed to stay on track in their life because of the things they had to deal with in their life. People tend to lose track of their life when they have to face with something hard in their life. Young people are prone to depression and addiction because they have little experience of life and they lack the courage to confront a problem. However, adults can also be depressed after having an unfortunate in life and may expose themselves to alcohol and become habituated to it causing addictions. To give purpose is the generalized objective of our rehabilitation center but to point out some:

1. To create awareness that addicts should not be looked down.
2. To help those who are mentally broken
3. To provide them with necessary skills so that they can help themselves
4. To help them relive their dreams.
5. To encourage people to help themselves form addictions
6. To keep them healthy through sports and other activities

**About Us**

Our rehab center is oriented towards the wellbeing of the people which emphasizes on helping those affected by certain circumstances in life rather than making profit. Our CEO is building network with various people across the world searching for donations so that those who are not having money to pay the fees can also get the opportunity to avail our services. We collect information about a particular person who needs our help and then see how we can help that particular person.

However, being a private firm, in order for our company’s sustenance, those who want to avail our service must pay fees. Treatment is done by professionally trained employees who are internationally certified and therefore, all those who underwent treatment in our center are fully recovered from addiction and depression, and are doing well in their life by using the skills that our center provided them with.

**Location**

**(map)**

**Our team:**

Medical professionals:

Doctors:

**Dr. Kinga(photo)**

We are pleased to have Doctor Kinga as the Medical Director. He is a psychiatry specialist with over 2 decades of experience helping patients in medical field. He received training in General Psychiatry at the Nanyang Polytechnic in Singapore. He furthered studies in Child and adolescent psychiatry in the Medical University of Sri Lanka. After reaching back in Bhutan, He did studies in the Mental health.

Specialties:

* Psychiatry
* Addiction Medicine
* Healthcare
* Patient safety
* Emergency medicine
* Child and adolescent psychiatry
* Alcohol and drug use disorders

Experience:

* Medical Director at Bhutan National Hospital (5 years)
* Medical director at Singapore Hospital (5 years)
* Chairman of the division of child and adolescent Psychiatry (5 years)
* Psychiatry Lecturer at National Medical College (5 years)

Education:

* Nanyang Polytechnic in general psychiatry
* Child and adolescent Psychiatry in Medical College in Sri Lanka
* Mental health studies in the National College of Medicine.

Doctor Sonam(photo)

We are pleased to have Doctor Sonam as the Assistant Medical Director. He is a psychiatry specialist with over 2 decades of experience helping patients in medical field. He received training in General Psychiatry at the Nayang Polytechnic in Singapore. He furthered studies in Child and adolescent psychiatry in the Medical University of Sri Lanka. After reaching back in Bhutan, He did studies in the Mental health.

Specialties:

* Psychiatry
* Healthcare
* Patient safety
* Emergency medicine
* Alcohol and drug use disorders

Experience:

* Assistant Medical Director at Bhutan National Hospital (5 years)
* Head Nurse at Singapore Hospital (5 years)
* Head Nurse of child and adolescent Psychiatry (5 years)
* Psychiatry Lecturer at Nursing College of Bhutan(5 years)

Education:

* Mental Health Nursing at Nanyang Polytechnic
* Child and adolescent Psychiatry in Medical College in Sri Lanka
* Nursing in the National College of Medicine.

Nurses:

All the nurses have been recruited from the same college and batch from the National Hospital of Bhutan

Mrs. Pema: (picture)

Education: Nursing in Mental Health division at National college of Medicine

Experience: Served as a nurse at the National Hospital dealing with many patients who have mental problems and traumas.

Personality: She is a person with good temperament has good communication skills, can come up with effective plans, is kind-hearted by nature.

Knowledge of Rehabilitation: There is no doubt about their knowledge of rehabilitation since their fields of studies has been in dealing with the mental health care which is relatable with rehabilitation.

Mrs. Karma: (picture)

Education: Nursing in Mental Health division at National college of Medicine

Experience: Served as a nurse at the National Hospital dealing with many patients who have mental problems and traumas.

Personality: She is a person with good temperament has good communication skills, can come up with effective plans, is kind-hearted by nature.

Knowledge of Rehabilitation: There is no doubt about their knowledge of rehabilitation since their fields of studies has been in dealing with the mental health care which is relatable with rehabilitation.

Mrs. Tashi: (picture)

Education: Nursing in Mental Health division at National college of Medicine

Experience: Served as a nurse at the National Hospital dealing with many patients who have mental problems and traumas.

Personality: She is a person with good temperament has good communication skills, can come up with effective plans, is kind-hearted by nature.

Knowledge of Rehabilitation: There is no doubt about their knowledge of rehabilitation since their fields of studies has been in dealing with the mental health care which is relatable with rehabilitation.

**Therapist**

1. **Psychologist (Mr. Khotsa)**

Mr. Khotsa holds a doctoral degree in psychology. He completed his bachelor’s degree in psychology from Mental health College of Australia. He has passed a licensing exam and is a licensed psychologist.

He is temperamentally kind and has a good communication skill. He is non-judgmental and analytical and a critical thinker. He can be trusted and therefore, you will be ensured with confidentiality. He is a person who is always looking forward to learn something new. As a psychologist it is important to keep updated about the latest research and practices in the field.

1. **Physical Therapist (Mr. Tobden)**

Mr. Tobden has earned the Doctor of Physical Therapy from the College of Medical Science at Singapore. He is also a licensed Therapist with all the necessary qualities. Before being recruited by our center, he has been doing internship in Physical therapy at the National Hospital for a year and then served as the Supervisor of Physical therapy for three years.

He is kind-hearted by nature and is an active listener. He serves as a Physical therapist in our center but he is also trained in other therapy like sports therapy, orthopedics, pediatrics, etc.

1. **Occupational Therapist (Mr. Choki)**

Mr. Choki has Master’s Degree in Occupational Therapy (MOT). He completed a bachelor’s degree in Occupational therapy and attended the Occupational Therapy graduate program at Sri Lanka. He is also a licensed Therapist capable of handling the issues of our patients wisely. He is a passionate learner who is always searching for something to learn. He has all the old and the latest knowledge of Occupational Therapy.

1. **Speech-Language Therapist (Mr. Drolo)**

Mr. Drolo has master’s degree in Speech-language Pathology. He has passed the national examination and met clinical experience criteria and has license to practice.

He is our therapist who has strong foundation in the speech and language. He can deal with language disorders and he has excellent communication and interpersonal skills to work with clients of all ages and backgrounds.

1. **Recreation Therapist (Mrs. Lhuendup)**

Mrs. Lhuendup has bachelor’s Degree in the recreation therapy. He uses recreational activities and interventions to help individuals to improve their physical, emotional and social well-being. He is certified by National Council for Therapeutic Recreation certification (NCTRC). Hs is creative in designing and implementing recreational programs that are engaging and beneficial for his clients.

1. **Music Therapist (Mrs. Dawa)**

Mrs. Dawa was also one of our clients who have been under the influence of alcohol for several years. She was a passionate kid who loved music so much. She was supported by her parents and started learning how to play music from a very young age. By the time she was 15, she had learned to play almost all the musical instrument and was looking forward to take music as her carrier. But one unfortunate night, she lost both her parents in a car accident. After that tragic moment, she was taken by her uncle who was a drunkard and she didn’t receive the same love and care as she did from her parents. Being young and vulnerable, she got influenced into drinking by her friends and after that she became a regular drinker. One day, our CEO was in the hospital with his wife for regular checkup who was pregnant. He saw Mrs. Dawa in the Ambulance and she was in a very critical condition. Our CEO could make it out at the first glance that she had been under the influence of alcohol and started to ask the medical faculties there about her. They told him that she is an alcohol addict and that it was her third time getting admitted to the hospital. She was only 20 by then and that she was too young to waste her whole life. Our CEO talked about her and then decided to give her our service with the donation funds of our center. During the treatment, she fascinated our CEO by playing a very emotional music with a guitar. CEO came to know that she could also play other instruments as well. She didn’t have any certificates or qualifications but she had the skills that was better than those certified ones. Therefore, she was given an internship and did a mental health training for 3 months and then employed as our Music therapist. She also likes reading and writing articles and poems. This is one of the poems she wrote during her treatment:

“Shaking in my loneliness,

My friends think that I’m a whining baby.

They don’t hear the voices scratching my brain,

My own voices.

They don’t understand that I am losing my mind.

They think that I am behaving as a child.

While I am just a desperate person,

Looking for comfort, craving still nights and cozy evenings.

I want nothing to do with human race,

I want to be surrounded by books,

I want to be writing in solitude,

I want to be at peace with myself.”

-Mrs. Dawa

1. **Art Therapist (Mr. Sangay)**

Mr. Sangay has also been one of our clients and he has undergone drug addiction treatment. He went to study Art in the in the Zorig Chuksum after failing to pass class 10. He received the certificate of best Artist from his batch and worked under the National Art library in the capital city. After his wife left him for going abroad, he was left heart broken. He then started using drugs and alcohol to forget his sorrows. After few months into drinking and using drugs, he lost his job and he was left in complete despair. However, because of his strong family background, he was brought to our center and was treated with the addiction. He was very difficult in the beginning but with the effort from his family, he was able to finally get out of the abyss. He already had the necessary skills in Arts and the only thing he needed was an opportunity. Therefore, our center provided him with the post of Art Therapist. He already had the certificate of Arts and we provided him with the training in mental health fields. He has been working here at our center for the past 5 years and is doing good in life by making decent money and raising a humble family. Here is a message from him, “It is never too late in life. It is natural to lose track on the journey of life but the important thing is to know when to come back. I’ve also thought that my life was over and that there was no way that I could come back to the good old days. But now, I am married to a good woman and I am living a humble but a happy life.”

**Supporting Staffs**

**Caretaker (Mrs. Dema)**

**Cook (Mr. Rinzin)**

**Cook (Mr. Loday)**

**Bus driver (Mr. Tobjar)**

**Facilities:**

**Infrastructures:**

**Residential units:** We have total of 5 buildings for residential purpose and it can hold about 50 patients. The buildings are equipped with all the necessary facilities and the residential units are very comfortable. In case of emergency medication, each building is equipped with a medical room having beds and other medicines.

**Therapy rooms:** We have a separate building which serves the purpose as therapy rooms.

**Medical facilities**: We have many experienced medical faculties and also, we have a mini hospital which serves as a clinic and nursing station to address any medical needs of the individual.

**Recreational area:** our campus occupies an area of 30 acres and it contains many buildings and infrastructures. We have a football ground, volley ball court, basketball court and a multipurpose hall which serves as a badminton and table tennis hall. Our campus is very peaceful and you will find it as a place where you can take in fresh air and listen to the sounds of the wind and chirping of birds.

**Dining facilities:** We have a clean and a spacious dining hall for our faculties and patients. The diet is healthy and is inspected by our dietitian. We make sure that our patients and faculties get healthy food.

**Administrative offices:** Our administrative office is occupied by our CEO and other department heads. It has a meeting hall in which the administration discusses issues related to our center.

Our center has a private bus and it is used to take our patients on picnics and trips which help them to keep their mental health in a good condition. We take them to watch movies in the theatres, footballs at Changlimithang stadium and other events.

**Special Case**

If our company gets donations from the public, we calculate the fund and then provide free treatment to those who needs our help but cannot pay the fees. We receive information from schools and hospitals regarding the particular person. If the case is genuine, we give them free treatment by using our donation funds.

**Our policy**

* Patient confidentiality
* Zero substance abuse
* Visitation policies
* Behavioral issues policy
* Treatment policy

**Patient confidentiality**

We put importance in maintaining the confidentiality of our patients because we understand that our patients are afraid of sharing their stories to us and if we share it to everyone else, it will make them keep silent later. Keeping it a secret between them and us will give them the confidence to share their problems to us so that we can take up the necessary actions for their treatment. However, in some case, if the situation is serious such that it requires their parents or guidance to know, we should break the confidentiality but only to their guidance or guidance.

**Zero substance abuse**

It is necessary to stop our patients from using substance again. We will not allow substance abuse under no circumstances. Our aim is to treat them without the involvement of substance again. Our treatment shall be clean and no one will get to use drugs. We ensure that our campus is free of drugs by having a several security guards.

**Visitation policy**

Our treatment duration depends on the seriousness of the patients. Our treatment duration ranges from one month to a year and in between these many durations, if our patient is willing to meet their parents, guidance, or any of their beloved ones, we provide visitation permit on Sundays from 9 am till 4 pm. Before entering our campus, they will be thoroughly checked if they are carrying anything that is not allowed in our campus.

**Behavioral issue policies**

To avoid any problems related to behavior in the campus, we provide briefing sessions. We also have many securities that are responsible for ensuring security of our patients. If there are any serious problems such as violence, we appoint a personal guidance to that particular patient. We do not entertain any bully issues for a peaceful environment. To prevent all these, we make sure that all those who are undergoing treatment here become friends by letting them connect through activities such as playing games, singing, dancing, etc…

**Treatment policy**

We are strict about the treatment policy and treatment is completely done by the professional ones. No one is allowed to participate in any treatment whether small or serious treatment. It is to ensure health safety of our patients. We have enough professionally trained doctors available for any kinds of emergencies.

**Donation**

In order to help those who are disadvantaged people who needs our help but are not in a position to pay the fees, we started raising funds to help them. Our center does provide for some during special cases but to provide to all would be an issue to our center’s sustenance. Therefore, if you want to support us to help those who are economically incapable, you can donate few amounts in here,

**Medical Treatment**

**Drugs and alcohol**

Drug and alcohol abuse has become a common issue worldwide. The use of drugs in excessive quantity which is harmful to an individual is referred to as drug abuse. The main cause of drug abuse is because a person is unable to discover himself. Lack of purpose and having low self-esteem causes deprivation of motivation. The fear of failing and unable to do anything about it causes a person to distract himself with drugs and alcohol. They start loving the way drugs and alcohol keep them distracted from all the problems in life and by the time they realize that it’s not good, it would be late and they would already have been addicted to it. It is the tendency of human beings to lose track of their life and they should always be provided with a second chance. The only thing that they need is a little support for them to come out of that place. It is never too late to quit and start all over again.

**Treatment**

If you have a bad problem and habit with drugs and alcohol, our center can help you to quit those habits effectively. We offer a variety of treatment methods by providing counselling and support. We can help you to stop or reduce the use of drugs and alcohol. We provide you with skills so that you can live without the use of drugs and alcohol by keeping yourself busy.

Our center always tries treatment with counselling because there are lots of <side effects of detox>. Remember that the treatment can be done with counselling alone but it can not be done with medical treatment alone. Medical treatment should be assisted with counselling so that the patient can be kept mentally healthy. Detoxification and medication should be assisted with therapies and supportive services.

We also keep in mind that the treatment strategies can be different for every individual based on their requirement. The same treatment strategies cannot be carried out to all. Therefore, our center is well known for understanding the individual needs of the patients and treatment through various strategies. The profound strategies we use is the <Evidence-based practices>

**Evidence-based practices:**

Evidence-based treatment refers to the treatment strategies that are scientifically studied and proven effective through evidence. Evidence-based practices are used to guide the treatment of individuals struggling with addictions and mental health problems. These practices are scientifically proven effective and therefore it is rooted in our center’s treatment plans.

There are many evidence-based treatment but our center has selected common and most effective practices in order to ensure the chances of recovery.

They are:

1. Cognitive-Behavioral Therapy (CBT)

It is mainly to help an individual to improve their perception of things around them. It is to help them develop healthy coping strategies and improving problem solving skills. Our patients are usually weak both mentally and physically and this might cause suicidal since their problem-solving skills is too weak. Therefore, our center helps them in coping with stress in a wise manner.

1. Motivational-Interviewing (MI)

There is always something that motivates a person when a person is feeling low. It is important to discover that particular something that triggers a motivation in them. It is very important to discover what motivates an individual in order for a swift recovery. Our medical faculties will be working and studying each individual until they can find the reason behind the motivation of a particular individual.

1. Medication-Assisted Treatment (MAT)

It is the use of FDA (Food and Drugs Administration) approved medicine with counselling and therapies. The use of medicines along with counselling and therapy can help in managing withdrawal symptoms effectively.

1. Group therapy:

Always keep in mind that the person you are talking to knows something that you don’t. Group treatment is important because you will get the opportunity to listen to many personal stories and experiences of others and then relate it to yourself. Life is to short to make multiple mistake and therefore sometimes it is important to learn from others mistakes. In nutshell, group treatment will help to improve your mentality and you will get extra energy to try harder for your recovery.

1. Family Therapy:

We allow visitation of friends and family of our patients. <See our policy> The main reason for allowing visitation is for the family therapy. Family therapy involves family members in the therapy session. We know that blood is thicker than water and therefore, family motivation plays a crucial role in the treatment of our patients.

New Page

**Side effects of detox**: Detoxification is the process of removing toxins form the body. Detoxification is important in addiction treatment but it is also important to be aware that detox can have some side effect. These side effects can vary depending on the substance used and individual factors. Some side effects of detoxification may include:

1. Withdrawal symptoms:

When the body is used to substance and has become dependent on it, discontinuing its use can cause withdrawal. Withdrawal symptoms may range from mild to severe including nausea, insomnia, sweating, tremors, anxiety, and many more.

1. Physical discomfort: Detox may cause headaches, muscle aches, fatigues, gastrointestinal issues because the body has to adjust to the absence of substance and it has to rebalance with itself. It is a temporary “shock” to the system. The physical discomfort can vary depending upon the substance used and the person’s health. It is advised to take detoxification under professional medical supervision to ensure the safety of the patient.
2. Emotional and psychological changes:

A person who undergoes detoxification is likely to experience mood swings, highly irritable, depression, anxiety, or difficulty concentrating and it is therefore important to provide them with mental health care by providing them with support and counselling.

1. Cravings:

As the body now have adjust to the absence of the substance, it is natural to have cravings for substance. The cravings can be severe or mild and it may sometimes become challenging to cope up with.

It is important for a person to avoid detox as far as possible because a person will be at risk great risk if he or she uses substances after detoxification. It will damage organs, weaken immune system, cause heart problems, respiratory issues, and other health complications. After detox, it will cause physical changes like, changes in sleeping pattern and losing of appetite. It will also cause cognitive skills like memory, attention and decision making.

**How is drug and alcohol addiction treated?**

Our center treats drug and alcohol addictions through counselling and detoxification. Counselling is usually carried out intensely after the detoxification to prevent relapse. Counselling session will be done in groups or in person. Before we decide to detox a person, we try to help him quit without detoxification. We feel that detoxification will have lots of effects in the future and therefore try very well in treatment with counselling alone and if the case is genuine and it requires detox, our health care team with professional doctors and nurses will carryout detoxification that will last for 3 to 9 days.

* **Counselling**

Counselling is the most common and effective treatment. We have many faculties in our center who was also battling addiction and they will provide you with their knowledge through their personal experience. It is important for you to have a person who have experienced addiction because they will understand you more than those who haven’t. To encourage you from sharing what is going in your mind, we strictly follow our confidentiality policy. Your counselling can be done in one to one or in a group depending on the aims and objectives of the counselling.

New Page

Our counselling is coordinated by Dr. Kinga<Click Here to know more about him> and was also once into alcohol addictions. You will have a morning counselling session from 9:00 am to 10:30am and sometimes he will call you personally for counselling. In general, counselling will be done in a group but if he feels that you need more personal guidance, he will call you during your free times. Not only that, if you want to see him for any reason, he will be available in our campus during the office hours. But don’t worry, if you need help or someone to talk to during the odd hours, we have a special team just one call away from you.

**Programs carried out in counselling**:

1. **Active listening:** It is important for the counselor to understand your problems and in order to do that, it is important for the counselor to listen to you attentively. Therefore, the counsellor listens and attentively and understands your problems.
2. **Skill building:** Depending on your requirements, your counselor will learn about your interest and refer you to the skilling programs that you might like. Your counselor will also teach you coping skills, or strategies for you to mange your stress and emotions.
3. **Reflections and validations:** After sharing your problems to your counselor, he will reflect about your issues and see what should be done for your treatment. He will never take your problems as a joke and you should not keep silent while sharing your problems. If you tell the truth, it will be easy for the counselor and as well as for your swift recovery.
4. **Exploration and self-reflection:** It is very important to know yourself so that you are aware of what you are doing. The main reason for people losing track in their life is because they are not able to discover themselves. You can explore with the counselor on your thought, emotions, and behaviors to gain insights of self-awareness.
5. **Goal setting:** Every individual will have a dream but as a person grows up, their dreams sink in the ocean of despair. It is important to re-establish your dreams to find your purpose in life. Therefore, your counselor will help you to achieve your goals by providing necessary guidance.
6. **Problem solving:** The counselor will Listen to your problems and help you in overcoming those problems. He will be fully present in helping you solve your problems by planning and discovering potential solutions.
7. **Psychoeducation:** It is important aspect of mental health support as it empowers individuals to make good decisions in life and also encourages them to seek appropriate help when needed. Your counselor will focus on the symptoms of mental disorders, coping strategies, treatment options, and self-care practices.

All these activities will not be same for all our patients and it will depend on your specific needs and the counselor’s strategies to bring you out of addiction. Counselling is not something that can be done by a single person. It requires patience and corporation from your side as well. Corporation in the sense, you should tell your opinions and goals to your counselor without hesitation.

* **Detoxification**

It is very important for us to know that treatment of addictions is not the same for all the patients and each individual patients has their own requirements that we need to be concerned about. The approach to treat them may vary depending on how intense their addictions is and also how well their mental health is. If a person is bit mentally strong, it will take less time and effort and his treatment will be little simple than those who are mentally weak. It is imperative to keep in mind that seeking help is a brave and wise decision you can make to help yourself to get help.

**Alcohol and drug detox:**

While there are similarities between alcohol detox and drug detox in removing the toxins from the body and managing withdrawal symptoms, there are also few differences in the specific withdrawals and treatment approaches can vary depending upon the on the substance being detoxed from.

**Why medical detox at Rewa?**

1. It is safe

We provide the best medical detox because it is safe since our professional medical faculties will be present to supervise your detox.

1. Access to mental health professionals

During detox, it is common to have mixed emotions and therefore you should be consulted by a professional mental health professional. Our mental healthcare team will be 24/7 available for you.

1. Helps prevent relapse

We do not discharge our patients directly after detox because it increases the chances of relapse. Therefore, in order to keep them engaged and prevent them from going back to substance, we provide skilling classes and also carryout other activities like games and sports, reading, singing and dancing etc…

**Post detox significance:**

We all know that there will always be a craving for the use of substance for a person who was once an addict especially right after detoxification. Therefore, it is very important about what you do with them after they are done with detox. Our center keeps them for 3 months after detox because the longer they stay with us, lesser the chance of relapse. But their times are not wasted since we have skilling program and other leisure activities. Thet will be provided with the skills such as, Photography, Videography, web-designing, graphic-designing, painting, cooking, etc… by our recruited trainers who are all experienced. Their times will be spent in learning skills and

**Medical Detox**

Detox includes the removal of the accumulated toxins from the body and managing the withdrawal symptoms. Medical detox is necessary if you are over depended and unable to fight the cravings of drugs such that it is likely to cause death. You should know when to admit that you need help. Many substances make changes to the body and brain when they are being abused. Removing of these substances will cause withdrawal and therefore it is important to carry out detox under the supervision of a professional doctor. In case of our center, detox is carried out by professional doctors and it is very safe here.

**What to expect during detox?**

1. Evaluation

It is important to evaluate the physical and mental conditions our patients before we do detox. Our physician, Dr. Pema<about him> will then develop a treatment plan.

1. Stabilization

It is the actual detox which lasts from 3 to 9 days. The patient will be carefully guided and kept under strict supervision.

1. Preparation for future treatment

It is very important to take care of our patients after detox to prevent relapse. To do that, we have many program instructors who are going to give them necessary skills that they might need in the later part of their life. And for the leisure times, we have sport grounds and facilities for them to keep themselves engaged.

**Alcohol detox timeline:**

Within 6 hours: for someone with an alcohol addiction, they will experience withdrawal symptoms 6 hours after their last drink. Heavy drinkers will experience seizures.

Within 24 hours: They might experience hallucination. Hallucination may be visual, auditory or even tactile and they will start seeing, hearing and feeling things that aren’t actually there. Our detox team will take proper care of them by providing proper care.

Within 48 to 72 hours: They will experience symptoms like stomach pain or head ache. For milder addictions, their symptoms may subside but for severe ones, moderate symptoms may continue for about a month.

After 4 to 5 days: 72 hours after detox is the peak severity of withdrawal symptoms where there is chances of patient experiencing <delirium tremens.> and there should decrease in symptoms but for some, the symptoms may last for about a month.

Delirium Tremens:

Delirium tremens is a severe and life-threatening form of alcohol withdrawal that can occur when a person abruptly stops taking alcohol. It can usually happen to a person who has been a heavy and long-term drinker. Symptoms include, severe confusion, tremors, rapid heartbeat, hallucination, agitation, and seizures. Delirium tremens require immediate medical attention and our medical detox team will always be there 24/7 for your safety.

**Drug detox timeline:**

The drug detox timeline can vary depending on the specific drug, the individual’s usage patterns, and other factors.

Initial stage: few hours or days after stopping the drug use, withdrawal symptoms like cravings, anxiety, restlessness, insomnia, irritability, and sweating may begin to appear.

Peak severity: The withdrawal symptoms may intensify within the first week. It includes muscle aches, nausea, vomiting, tremors, variations in blood pressure and heart rate. The duration of withdrawal symptoms will depend on the drug and individual.

Post withdrawal phase: after the acute withdrawal phase, some individuals may experience an extended withdrawal period with symptoms like mood swings, difficulty concentrating, highly provocative, and sleep disorders

**Activities**

**Daily Routines of our patients**

6:00 am – They have to wake up at six and get ready for the day.

6:30 am – They should report at the gym for the morning exercise

7:30 am – By seven thirty they will be served with breakfast and take a short break

9:00 am – By nine, they should go to their respective skilling classes

10:30 am – They can break for interval

11:00 am – They return back to resume their training till lunch.

1:00 pm – Lunch will be served

2:00 pm – They will join sports, music and dance, reading, etc…

5:00pm – Tea will be served and they will join in watching documentaries, movies and sometimes we are visited by some people for sharing their stories of motivations to our patients

7:00 pm – They will be served with dinner

8:00 pm – They can rest for the day.

It is always important to remind and keep our patients with full zeal to confront addiction. They should be constantly guided and motivated to keep them on track. In order to that, our center is also visited by those people who has also once been battling addiction and now doing well in life by leaving the drugs and alcohol behind.

We have many therapists to aid our patients in fighting addictions effectively. Our therapists include:

1. **<Psychologist>**
2. **<Physical Therapist>**
3. **<Occupational Therapist>**
4. **<Speech-Language Therapist>**
5. **<Recreation Therapist>**
6. **<Music Therapist>**
7. **<Art Therapist>**

Morning activities is mainly the skilling program and after lunch is for other leisure activities like playing sports, dancing, singing, reading, etc…

Remember that our center has people with many issues and therefore the daily activities may not be as smooth as given in the routine. Some patients might require medical attention in between the trainings and even during the odd hours. A person will be guided properly throughout his/her post-detox period to ensure that they do not relapse.

**Why us?**

**Rewa Rehabilitation center** is well known for its unique strategies to help patients battle addiction in an efficient way. We are a team specialized in understanding the issues of our patient by following our policy strictly. Our center has all the facilities and faculties who are capable of supporting our patients in battling addiction in an effective way. Our center also provides free treatment for some of the patients by using the funds from donation. Some of the reasons why you should come to Rewa Rehab Center is because:

1. Separate treatment for male and female: We have one male doctor<Dr. Kinga> and one female doctor <Dr. Sonam>. It is to make our patients whether male or female to feel comfortable while receiving treatment. However, it is to remember that it doesn’t mean a female patient cannot avail the service of a male doctor of a male patient cannot avail the service of a female doctor.
2. Expertise and experience: We have many professional medical faculties and the trainers too are all well experienced. We have professional medical care for your safety and well experienced trainers who can give you the best skills. We have internationally certified nurses and our Dr. Sonam and Dr. Kinga is a professional psychiatrist.
3. Supportive environment: you will meet many people in our center who has also once been battling addictions. Because they were also once like you, they understand your problems and are always ready to provide help. You will always find them in a lively mood and the you can see the indication of friendliness imprinted on their face.
4. Individual approach: our support and counselling are done in groups or individually. If our patients are not comfortable in a group, they are always free to ask for a personalized approach. We know that the treatment of addiction can not be done with the same method for all the patient because each individual has their specific needs. Therefore, our treatment is specific for a particular patient.
5. Success stories: Some of our faculties has also been under our treatment care. They successfully completed their treatment and by trainings that we provided them, some of them were exceptional and therefore, we gave them intern and employed them here. <You can click here to read about them>
6. <Evidence-based practices:> It refers to the treatment method and interventions that have been thoroughly researched and proven effective through scientific studies and evidence. Our center provides evidence-based practices like cognitive-behavioral Therapy (CBT), Motivational interviewing (MI), Medical-assisted Treatment (MAT), Group therapy and family therapy.

We also have all the Therapists that are considered necessary to help our patients fight addictions effectively. They include:

1. **Psychologist (Mr. Khotsa)**
2. **Physical Therapist (Mr. Tobden)**
3. **Occupational Therapist (Mr. Choki)**
4. **Speech-Language Therapist (Mr. Drolo)**
5. **Recreation Therapist (Mrs. Lhuendup)**
6. **Music Therapist (Mrs. Dawa)**
7. **Art Therapist (Mr. Sangay)**