

# CHANGES

Addiction Rehab

The logo for CHANGES Addiction Rehab features the word "CHANGES" in a bold, blue, sans-serif font. To the right of the text is a stylized blue icon consisting of three curved lines that resemble a hand or a signal, with a white 'S' shape integrated into the design.

## Hello and thank you for choosing Changes Addiction Rehab

We offer the full spectrum of addiction treatment to 73 patients in various phases of treatment across 4 different facilities in Gauteng. We have a residential detox and addiction treatment license with 24-hour nursing and accept medical aid payments.

Changes prides itself on attracting and retaining the best clinical team to deliver our person centered, 12 Step, abstinence-based model. Currently, our clinical team has over 120 years of collective experience treating patients in both the UK and South Africa.



## Our Clinical Team Includes:

- 4 Psychologists
- 8 Addiction Counsellors
- 3 Recovery Assistants
- 2 Halfway House Managers
- Social Worker
- Occupational Therapist
- Psychiatrist
- Medical Doctor
- 5 Nurses
- 2 Registered Counsellors



# Treatment Phases

## Primary Care

**Location:** Northcliff

**LOS (Length of Stay):** 21 to 42 days. Medical aids pay for 21 days.

**Objective:** To narrow the discrepancy between the patients' delusional perspective of their addiction, and what it's actually like for them and their loved ones. It's only when the patient has an acute awareness of the severity of their addiction that they will be able to take responsibility for their recovery.

[More info](#) 

## Secondary Care

**Location:** Ruimsig

**LOS:** 1 to 6 months.

**Objective:** We opened River Manor to maintain our high quality of care while keeping costs as low as possible to allow people to get past the initially critical 90-day mark clean and sober in a tranquil, country environment.

[More info](#) 

## Halfway House

**Location:** Fairland & Melville

**LOS:** 2 to 12 months

**Objective:** Transitional living homes for people committed to living a sober lifestyle and needing support during this reintegration phase.

[More info](#) 

## Intensive Outpatient Programme (IOP)

**Location:** Northcliff

**LOS:** 6 to 12 weeks

**Objective:** Keep working full time and sleeping at home whilst in part-time treatment from 4.30pm to 7pm for people in the mild to moderate stage of addiction.

[More info](#) 

## Detoxification

**Location:** Northcliff

**LOS:** 3 to 7 days. Some drugs can be longer e.g. severe benzodiazepine addiction & PAWS.

**Objective:** Safely detox and renormalise sleeping and eating patterns preparing the patient to engage fully in treatment. Detox is a bare beginning, a pre-requisite to treatment and does not equal recovery. Usually completed at the beginning of Primary Care, rarely done as a stand-alone.

[More info](#) 

## Aftercare

**Location:** Via Zoom - Monday, Wednesday, Friday, 4.45pm – 5.45pm

**LOS:** For discharged patients who have 6-9 months clean & sober, depending on progress.

**Objective:** Group therapy with a weekly counselling session allowing continued connection with old and new recovery community members. Focus on relapse prevention and reintegration to life and family.

[More info](#) 

## Life Orientation

**Location:** Via Zoom.

**LOS:** For discharged patients who have 6-9 months clean & sober, depending on progress. **Objective:** Weekly group therapy focussed on here-and-now issues and maintenance of the recovery lifestyle ensuring stability and taking patients to 12 months clean & sober. Learning to access authentic relationships and nurture integrity through the continued learning to give and receive honest feedback.

## Family Programme

**Location:** Via Zoom

**LOS:** Every Tuesday at 6pm for a minimum of 3 months.

**Objective:** Treatment is about your addicted family member, but more so about a family realignment. Addiction intrudes on routines and relationships, honesty and trust. It slowly corrodes families.

Each hour-long session will focus on common themes like - educating families about the nature of addiction, its impact on the family, the treatment process, how to measure recovery, bottom lines and boundaries

# Addiction & Treatment Myths

## Let's dispel some critical addiction & treatment myths

- 1 Family and friends play a critical role in the addicted person's life. It's most often a crisis, not a moment of clarity, that results in treatment and recovery for patients.

The disease of addiction itself renders the addict less and less capable of spontaneous recognition of the severity of their symptoms. Often patients are forced into treatment and get recovery despite themselves.

- 2 Addiction is a complex but treatable disease that changes brain structure and function. These changes last long after drug abuse has stopped. This is one of the reasons why staying in treatment for a long enough period is important and may partly explain why relapse rates drop off significantly after 90 days and then again after one year.

We say "be clear, it's a year" as we like patients to remain tethered to some form of a treatment process for a year. This addictive problem didn't develop in 3 weeks, it's not going to be resolved in the 21 days that the medical aid pays for. Costs are often a factor when considering a rehab centre. Yes, costs can seem substantial.

However, please consider the costs of not getting treatment.

- 3 Addicted people have a high degree of ambivalence. If they ask for help, there is often a small window of opportunity while they are willing. Treatment must be available immediately.

- 4 Effective treatment must be comprehensive - addressing the associated medical, psychological, social, career, and legal issues each patient has. We individualise treatment plans to meet patients where they are in their process, whether it's their first time in treatment or they're struggling with persistent relapse.



## Addiction and Recovery Resources

[Addiction treatment myths](#)

[Addiction is a treatable disease](#)

[Forcing someone into rehab](#)

[What is an intervention?](#)

Please feel free to contact us at any time on the numbers below, should you have any questions or want to attend our family programme on Tuesday evenings on Zoom.

We look forward to hearing from you.

### Contact (Click to call)

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