

WHAT IS THE FOUNDATION RECOVERY WELLNESS PROGRAMME (RWP)?

The RWP is a 21-day outpatient programme, which has been developed with a combination of adult education, peer support and recovery coaching.

The programme includes groups as follows:

- Monday (ONLINE) – 3:30 – 5:00pm
- Tuesday 4:00 – 5:30pm (Foundation Clinic)
- Wednesday 4:00 – 5:30 (*Family Group* at the Foundation Clinic)
 - This group is a combined group with clients and families.
 - It is facilitated by Attie and he will support you in a family space.
- Thursday 4:00 – 5:30pm The Foundation Clinic)
- Friday 3:00 – 4:30pm (The Foundation Clinic)

Any time changes will be communicated through a WhatsApp message group. This is only used for sharing meeting details and is not a chat group.

Once the initial three-week, core programme has been completed, clients are given access to the outpatient programme for 12 months to support sustained recovery and wellness on a group basis.

The programme also includes six individual recovery coaching sessions with Leigh-Anne Brierley, who is a co-creator of the programme as well as a Master Coach. Additional individual sessions can be contracted for following the completion of the six individual sessions that form part of the programme.

Forward-focused, solutions-driven coaching is used effectively to address:

- Substance abuse management & relapse prevention
- Mental health & dual diagnosis management
- Personal & professional stress management
- Work-Life balance
- Mental & physical fatigue & burnout
- Low productivity & high absenteeism in the workplace

Topics that are included in the group coaching process, include but are not limited to:

- Developing a personal recovery (and relapse prevention) plan
- Rebuilding recovery capital which is the breadth and depth of internal and external resources
- Identifying and avoiding triggers and urges
- Understanding personal and professional relationships in recovery
- Undertaking long- and short-term goal setting
- Determining and incorporating personal beliefs and values into daily life
- Understanding our needs and wants and being able to set healthy boundaries
- Exploring healthy lifestyle choices.

Clients will be introduced to practical tools and techniques for setting long-term goals and developing short-term strategies within the areas of:

- Health and wellness
- Relationships
- Personal development and self-empowerment

- Communication
- Emotional Intelligence

All coaching is client-driven and facilitated by certified recovery coaches who use a systemic approach to aid your achievement of personal and professional goals and aspirations.

If a client is still actively using substances, please be mindful that medical advice should be sought with regards to detoxing safely, especially with regards to alcohol and benzodiazepines. No individual should simply stop using as there might be medical complications. If you need a medical recommendation, please ask one of the team at the clinic.

PLEASE be aware that clients will not be permitted to join the group or attend the sessions under the influence of any substances. This is upsetting for clients who are committed to their recovery and also creates an unsafe and unsettled environment, as some of the sessions attended will include inpatients in the residential treatment programme.

If you are battling with staying connected into your programme without the use of substances, we can discuss the possibility of an inpatient detox or programme. This is not a requirement, but please be mindful of your health and the impact that your using may have on the other members of the programme. I am always available to discuss your situation privately. If you do need additional support or therapy, I am able to make recommendations to support your recovery and wellness.

WHAT IS RECOVERY COACHING?

Recovery Coaching is about:

- **Rebuilding** recovery capital in the physical, mental, emotional, social & spiritual areas of your life.
- **Developing** a personalised recovery plan in line with your unique goals, dreams & aspirations.
- **Setting** realistic, long-term goals and developing short-term action plans to achieve them within reasonable time frames.
- **Identifying** harmful triggers that could result in lapse or relapse, and effectively learning to deal with these issues in daily life with the use of forward-focused and solutions-driven tools and techniques.
- **Learning** about the physiological and neurological elements of substance and behavioural abuse disorders, and what the major causes of addiction are believed to be.
- **Understanding and challenging** faulty, habitual thought patterns, habits & behaviours, and replacing them with improved ways of dealing with potentially difficult and challenging situations.
- **Establishing** healthy, self-loving personal boundaries to build strong, interdependent relationships in your personal and professional life.
- **Finding** the answers to your personal truth and living an empowered, authentic life.
- **Working** in a collaborative, accountable relationship with a coach to achieve a more balanced, holistic approach to long-term recovery and wellness.
- **Creating** a safe, collaborative space to explore possibilities and the availability of personal and community resources to aid sustained recovery.

Recovery Coaching is not about:

- **FRAPping**... Fixing, Rescuing, Advising or Projecting our emotions, experiences, feelings and solutions onto others.
- **Being sick**...in the coaching space you are a well person who is best able to develop your recovery plan.
- **Treating addiction**...recovery coaching operates within the wellness and positive psychology paradigm and is not a replacement for substance abuse and addiction treatment.

- **Revisiting the past and the causes of addiction**...it's about moving forward in a solutions'-driven, goal-orientated way.
- **Being given advice and answers to your questions**...you have all the answers you need inside yourself.
- **Being told what to do and how to do it**...the long-term goals you choose and short-term plans you make will be your own.
- **Holding onto guilt, shame & anger**...it's about letting go of the past, embracing forgiveness and learning to live in the present.

If you have any questions or need any further assistance, please feel free to reach out to me using the contact details in my signature.

Yours in Recovery,

Leigh-Anne Brierley

Recovery Wellness Programme Manager & Coach

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