

ABOUT US

Journey is an upmarket drug and alcohol rehabilitation centre offering professional treatment for all forms of addiction, substance abuse, eating disorders and other behavioural disorders.

Journey can be found in Atholl and is conveniently located near the business districts of Sandton, Rosebank and Melrose Arch.

Our holistic programme is founded upon the principles of compassion, support and understanding. We do not judge our clients and believe that addiction is a disease and not a moral failing.



Confidentiality and discretion are of paramount importance to us and we ensure that all our client's feel safe and protected during their treatment.

Our centre provides a luxurious and peaceful environment in which clients can maximise the benefits of treatment. Our facilities include spacious gardens, comfortable rooms, swimming pool and relaxation areas. Amenities include access to Wi-Fi, Netflix, Showmax and music streaming services at the premises.

Our professional team of therapists are focused on ensuring that each client receives the very best treatment specifically designed for them. We understand that the root cause of addiction varies and therefore adopt a holistic approach and incorporate various of treatment methods.

Our multi-disciplinary programmes address the emotional and mental well-being of our clients and incorporates relapse prevention, damage reduction and cognitive behavioural therapy. Our goal is to motivate and support our clients in their Journey to achieve long lasting recovery and a better way of life.

Minimising damage suffered by our clients as a result of their disease is one of our highest priorities and we address this immediately and throughout treatment.

Everyone's Journey to recovery is unique and we believe that acknowledging this helps to provide clients with the best guidance needed during this time.

PROGRAMME SUMMARY

INPATIENT PROGRAMME

Inpatient programme includes:

- Accommodation and nutritionally balanced meals daily.
- Medical detoxification.
- Initial psychiatrist consultation.
- Inpatient treatment programme comprises:
 - Therapy:
 - Group therapy.
 - Interpersonal groups.
 - Family interaction groups.
 - Individual counselling weekly.
 - Cognitive groups.
 - Educational lecture series.
 - 12 step programme assistance and implementation.
 - Therapeutic activities and life skills development:
 - Krav Magar training (self-defence to improve self-esteem).
 - Acupuncture detox.
 - Yoga.
 - Meditation.
 - Team baking and cooking.
 - Arts and crafts.
 - Reintegration objectives:
 - Communication skills.
 - Personal hygiene and responsibility.
 - Schedule management.
 - Leadership opportunities.
 - Shared responsibilities.
 - Life skills development duties and responsibilities.
- Weekly family support groups for patients and their families in perpetuity.

PROGRAMME SUMMARY

OUTPATIENT PROGRAMME

The intensive outpatient programme comprises:

- Course materials and client handbooks.
- Weekly one-on-one counselling sessions.
- Eleven one-hour long group and cognitive therapy sessions per week.
- Random drug and alcohol testing as required.
- Access to Journey facilities and counsellors

Distinctive features of the outpatient programme include:

- Access to medical detoxification in the event of relapse whilst attending the programme.
- Relapse mitigation – clients may book into the facility overnight during high risk periods to prevent relapse.
- Morning and Evening groups from Monday to Thursday. Evening groups begin at 17h30 to make them accessible outside of office hours.

PROGRESSIVE TREATMENT PROGRAMMES

The progressive treatment programmes have been designed to address the requirements of those clients that require treatment but are unable to undergo inpatient treatment as result of family or work responsibilities.

Clients participating in these programmes participate in the inpatient or outpatient programmes detailed above and receive weekly individual counselling throughout the course of each programme.

The Express Programme

The Express Programme comprises 10 days of inpatient treatment which allows a client to enter treatment on a Friday and exit on the Monday following 10 days detoxification and intensive treatment, thereby allowing the client to limit inpatient treatment to a minimum of 6 working days.

Thereafter, the client attends the 6-week outpatient programme with aftercare. Under aftercare, the client is more closely monitored for signs of relapse through a combination of regular check-in sessions and testing for use.

PROGRAMME SUMMARY

Like other chronic diseases, addiction often involves cycles of relapse. In the event of relapse, relapse prevention measures are discussed with the client which, depending on the severity of the relapse, may include checking into inpatient for a limited period, other restrictions or family cooperation. Throughout this period our therapeutic team assists the client in mitigating any damage caused (i.e. at home or in the workplace) and interacting with third parties (i.e. employers, friends and family).

The Stepped Exit Programme

This programme is designed for clients that wish to attend the inpatient programme but require the flexibility to leave the facility for work related reasons during the day.

The programme therefore comprises a 7-day detoxification and inpatient treatment period to ensure that treatment is initiated successfully. Thereafter the client enters secondary care for 21-days during which they can attend to their commitments during the day and returns to the facility for treatment in the evenings and over weekends. Successful conclusion of secondary care is followed by a further 2 weeks participation in the outpatient programme with aftercare.

HALFWAY HOUSE

Our halfway house provides board and lodging in a sober living environment for clients. In addition, clients are monitored by and have access to the Journey therapeutic team during their stay.

Halfway house clients can, and are encouraged to, attend the outpatient programme at no additional cost.

All meals are provided by the halfway house and clients have access to fibre, Netflix, DSTV, Showmax and music streaming services. Other interactive recreational activities such as badminton and swimming are encouraged amongst the resident to facilitate the development new, platonic relationships in a healthy environment.

Unlike other halfway houses, clients are not required to leave Journey in the event of relapse. Instead, clients are provided with the opportunity to enter Journey for relapse prevention treatment where our therapeutic team assists the client in recovering from and understanding the relapse.

TREATMENT COSTS

TREATMENT PLANS *

INPATIENT PROGRAMMES

14 Day Relapse Prevention	R18,000.00
21 Days	R32,000.00
28 Days	R39,000.00
3 Months – Month 1	R39,000.00
– Months 2 + 3 (per month)	R30,000.00

INTENSIVE OUTPATIENT PROGRAMME

6 Weeks	R18,000.00
9 Weeks	R25,000.00
12 Weeks	R33,000.00

PROGRESSIVE TREATMENT PROGRAMMES

Express Programme: <ul style="list-style-type: none"> • 10 days inpatient treatment and detox • 6 weeks outpatient aftercare 	R32,500.00
Stepped Exit Programme <ul style="list-style-type: none"> • 7 days inpatient treatment and detox • 21 days secondary care (inpatient exit for work) • 2 weeks outpatient aftercare 	R41,000.00

HALFWAY HOUSE

Board and lodging including outpatient per month	R16,500.00
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* : All costs exclude value added tax.