

Halfway House: Transition from Inpatient Treatment to Home



A halfway house is an institution for substance abusers to learn, or relearn, the necessary skills to re-integrate into society. They are termed halfway houses due to their being halfway between an inpatient treatment facility and independent living.

Whilst going home may seem like a relief after primary care treatment, for some people, the thought is overwhelming, especially if they are in a triggering environment or do not have a strong support system at home.

A person newly clean and sober is dealing with many physical, mental and emotional challenges. After stopping the use of drugs and alcohol, emotions are heightened. Fear, anger, self-doubt, insecurities, low self-esteem, anxiety and guilt are common. There is little doubt that the longer someone engages in treatment that provides both clinical and psychosocial support, the better the recovery outcomes tend to be. The relapse recidivism tends to decrease whilst the likelihood of long-term recovery increases.

Structure and support help clients find their feet

The amount of time necessary at a

halfway house varies between three to twelve months. This gives the client sufficient time to get back on their feet, address family issues, secure employment and feel stronger in sobriety.

Halfway houses are generally less regimented and allow more freedom than inpatient treatment programmes and provide more structure and support than at home. Clients can work and/or attend school whilst living in a halfway house but are required to focus on recovery by attending recovery meetings, workshops and individual counselling sessions.

Whilst serving as a residence, halfway houses provide social, medical, counselling, educational, employment assistance, family counselling, life skills coaching and other related services. Clients can also access a complete spectrum of healthcare services including medical oversight and testing, medication management, psychosocial evaluation, psychotherapy, physical therapy, fitness training, nutritional counselling and other wellness therapies.

The range of holistic services offered at Tranquility Halfway House underscores the programme's emphasis on a patient's ongoing continuum of care. By the time residential clients are ready to leave

Tranquility, their case managers have helped them arrange relationships with healthcare providers in their respective communities.

A place to develop accountability

Halfway houses have guidelines and regulations that clients agree to follow. These include nightly curfews, random drug tests, required weekly meeting quotas and looking for or maintaining a job. The obvious benefit of living in a halfway house is learning accountability. A halfway house will have many rules intended to provide a strict guideline for responsible living. Something as simple as being home on time for curfew teaches clients accountability to rules, other people and themselves.

Another positive that comes from living in a halfway house is the focus on recovery. Most halfway houses require daily 12-Step meeting attendance. Even if meeting attendance is done begrudgingly at first, over time they will get into the routine and actually begin to look forward to taking part in recovery. Living in a community of people actively working on themselves and their recovery is the best atmosphere to foster success in sobriety.

Sharing one's treatment experience with peers of similar age and life experience can improve the productivity of group work and lead to the development of lifelong friendships. The programme is oriented toward adults and professionals who have resolved to change their lives.

Our clinical therapies, curriculum, activities and amenities are geared toward client comfort and the relevance of group therapy discussion. Tranquility Halfway House clients have complete access to the Tranquility Clinic therapeutic team of professionals.

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