



# The Four Pillars of Successful Addiction Treatment

**Has treatment failed for you in the past? Having trouble staying sober? This information could make a huge difference...**

The four pillars of addiction treatment are as follows:

- A structured treatment programme
- Medication-assisted treatment
- Family involvement and integration
- Recovery network and 12 step support

Observation and experience has proven that these principles are paramount in successful long-term addiction treatment. Each pillar is important by itself, but for the recovering addict or alcoholic a firm recovery needs to incorporate all four pillars. What exactly are these pillars consisted of? More importantly, how do quality treatment centres like Tranquility Home Rehabilitation Clinic provide clients with these tools?



## The first pillar: Structured treatment programme

Early recovery can be a chaotic, emotional, and delicate situation. A healthy treatment regimen and a stable environment are conducive to recovery. By establishing an effective routine with planned out activities and groups, the treatment provider creates a comfortable and trusting place for recovery to occur. At Tranquility the programme is structured to accommodate the individual. As recovery progresses, the treatment structure may change or adapt to meet the individual needs of each person.

In addition, recovering addicts continue to learn about the disease of addiction through sharing of stories and experiences in appropriate 12-step groups.

## The second pillar: Medication-assisted treatment

Addiction and the recovery process are commonly marked by strong cravings to

use even after successful completion of detox and treatment. These cravings, a normal occurrence for those struggling to get and stay clean, can interfere with treatment and increase the risk of relapse.

Medication-Assisted Treatment or MAT has become an integral part of addiction treatment. Termed the new “Gold Standard” for treating opioid addiction, MAT can help people addicted to various substances. Medicines that reduce cravings and block narcotic effects can help aid in alcohol and opioid addiction. Patients treated with medication were more likely to remain in therapy compared to patients receiving treatment that did not include medication.

Other non-addictive medications are used to help with anxiety and insomnia. As more medications are developed to assist in addiction recovery, MAT is only going to become more wide-spread.

The combination of medications with therapies that teach the recovering user how to manage cravings and triggers for relapse on a cognitive/emotional level promotes extended periods of sobriety. The Tranquility professional medical



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team consists of a medical doctor, a psychiatrist and professional nurses.

### The third pillar: Family involvement and integration

Often undervalued as a component of recovery, the family aspect can be crucial in successful treatment. In active addiction, the addict and the family are often involved in a co-dependent or toxic relationship.

As an addict enters recovery – especially early recovery – the support of the family is critical to the ability to maintain and sustain sobriety. Coming home fresh out of treatment, the individual is, understandably, a bit fearful about his or her ability to handle all the stresses, the recurring triggers and cravings and urges. They're vulnerable, lack self-confidence, afraid to make a mistake, and desperate for the support, encouragement, and understanding of the family.

In early recovery, Tranquility encourages rebuilding of the family unit and helps each member of the family to recover in their own way. Family members are encouraged to play a healthy role in the individual's recovery, without trying to "control" the situation.



### The fourth pillar: Recovery network and 12 step support

Experience has taught addiction professionals that a strong recovery support system, such as a 12 step programme, can be a huge asset in staying sober.

Participation in a 12-step group is an important pillar of recovery, for one very basic reason, recovery is an ongoing journey. It's not a straight-line path and

there are no short-cuts to success. It takes constant management, working the steps, being cognizant of what can cause relapse and taking appropriate action to overcome the temptation to use when cravings and urges recur. Having a group of peers, recovering alcoholics or addicts, can help reduce feelings of loneliness and guilt.

Mentorship through the sponsorship concept ensures that the recovering addict is guided through recovery. Meetings provide a safe haven to openly express emotions in a confidential, caring and non-judgemental environment. It is also a great way for someone new to recovery to begin making connections and friendships to people who have overcome addiction. These connections and the support of sober peers can boost early recovery. These early relationships may develop into real friendships that can last a lifetime. Tranquility has six onsite recovery meetings per week.

### Combining the pillars creates the best chance for sobriety

Each one of the Four Pillars for Successful Addiction Treatment plays a unique role in the overall recovery process. If all four of these pillars are being implemented during addiction treatment, the client has the best chances of long-term sobriety. These four pillars support sobriety and if one of these pillars is ignored or ceased, then sobriety becomes less stable like a chair that is missing a leg. Take away another pillar, and sobriety becomes a two-legged stool, bound to topple over soon.

