



South Coast
RECOVERY CENTRE

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Restoring Addicted Lives

Specialists in the treatment of Addiction



ADDICTION SPECIALISTS

Welcome to South Coast Recovery Centre



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South Coast
Recovery
Centre
welcomes both
local and
international
clients.

Addiction Specialists

South Coast Recovery Centre is a registered Rehabilitation Facility, situated in Ramsgate on the KwaZulu-Natal South Coast. SCRC has been operational since 2001, specializing in the treatment of

- substance dependence
- behavioural addictions
- eating disorders
- co-occurring conditions.

Inpatient rehabilitation services are provided in this location to any individual who meets the admission criteria and in this way operates both nationally and internationally.

A photograph of two people's feet in shallow water on a sandy beach. The water is clear, showing ripples around the feet. A starfish is visible in the sand between the feet. The background is a soft-focus view of the beach and ocean.

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“A benchmark for other Treatment
Centres.”

(Department of Social Development, 2014).

An aerial photograph of a beach with turquoise waves crashing onto a golden sand shore. The water transitions from deep blue to lighter turquoise as it approaches the shore, where white foam from the breaking waves is visible. The sand is a warm, golden-brown color.

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“An inspiration to upcoming Rehab Centres.”
(KZN Department of Health, 2017).

Accreditations & Registrations

In conjunction with its members of staff, SCRC is accredited by, and/or registered with, the following organisations:

- The Department of Social Development (DSD)
- The Board of Health Funders (BHF)
- South African Council for Social Service Profession (SACSSP)
- Health Professions Council of South Africa (HPCSA)
- South African Nursing Council (SANC)
- Board of Addiction Professionals (BAPSA)



Our Vision

Our vision for the future is to:

1. Remain a flagship of excellence in the field of addiction treatment
2. Continue to achieve industry leading recovery-rates

through the ongoing:

- development of world-class facilities
- delivery of innovative, effective rehabilitation programmes
- dedication of our multi-disciplinary therapeutic team

Treatment Philosophy

South Coast Recovery Centre understands addiction (Substance-Use Disorder) to be a complex, multi-faceted syndrome that requires holistic treatment as per the Biopsychosocial Model.

This understanding is in keeping with DSM-V diagnosis criteria as well as treatment recommendations made by the American Psychiatric Association, the World Health Organisation and the South African 'Prevention of and Treatment for Substance Abuse Act' (70 of 2008).



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Multi-Disciplinary Team

A wide range of clinical disciplines are provided at SCRC by a multi-disciplinary team of specialists, which includes a full-time, Social Workers, Addiction Counsellors, Registered Nurses, Enrolled Nurses and Fitness Instructor, as well as a sessional General Practitioner, and contracted Psychologist and Psychiatrist.

This allows our patients access to many different modes of support, thereby maximising the potential for successful rehabilitation.

Twelve Core Functions

The Therapeutic Team at SCRC applies Kulewicz's '12 Core Functions of Addiction Counsellors' to deliver a comprehensive, integrated treatment process that prioritises the individual needs and best interests of each Service User at every stage of their programme, and also maintains a continuum of care.

1. Screening	2. Intake	3. Orientation	4. Assessment
5. Treatment Planning	6. Counselling	7. Case Management	8. Crisis Intervention
9. Education	10. Referral	11. Record Keeping	12. Consultation

Minimum Norms & Standards for Inpatient Treatment Centres

As per the Minimum Norms and Standards and various codes of ethical practice, upholding the rights and legal status of every Service User are of critical importance in the SCRC treatment philosophy.

“All treatment provided is done so within
“an ethos of patient / client dignity,
appropriate treatment provision and
respect for human rights.” (Minimum Norms &
Standards, pg.18).

Policies & Procedures

All treatment programmes at SCRC have been developed in accordance with relevant governing legislation, regulations and standards, most notably:

- Constitution of the Republic of South Africa
- Prevention of & Treatment for Substance Abuse Act (70 of 2008)
- Regulations of the Prevention of & Treatment for Substance Abuse Minimum Norms & Standards for Inpatient Treatment Centres
- Health Professions Act (56 of 1974)
- Mental Health Care Act (17 of 2002)

Current, documented Policies and Procedures (reviewed 2021 / 2022) are in place to guide and regulate all aspects of the treatment programmes at SCRC.

Facilities

The South Coast Recovery Centre property has been purposefully developed over the last 17 years to support a residential therapeutic community.

SCRC is equipped with a wide range of facilities, to sustain many different therapeutic and recreational activities.

These facilities, which promote holistic treatment, healing and personal growth, are continually being improved upon and enhanced to better serve our clients.



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Our current facilities include:

Male & Female Residencies	24-Hour Security
Well-Equipped Gym	24-Hour Medical Clinic
8 Counselling Rooms	Lecture Hall
Industrial Kitchen	11 Offices
3 Swimming Pools	Storage Rooms
Volley Ball Pitch	Propagation House
Sports Field	Staff Quarters
Tuckshop	Dining Hall

SCRC is located within walking distance of several beautiful South Coast beaches.

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Treatment Programmes

To meet the present demand for both short and long-term rehabilitation programmes, SCRC offers several comprehensive treatment options, of varying lengths, to accommodate a range of personal circumstances.

These options include:

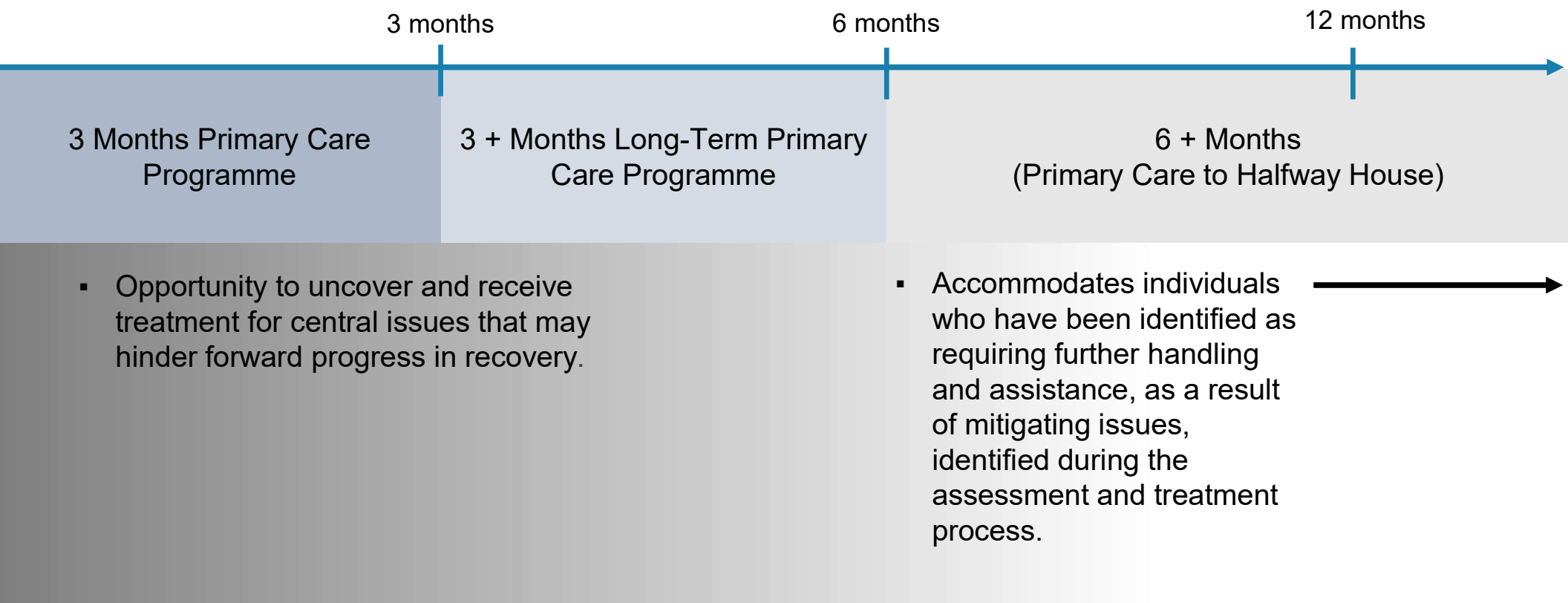
- 3 Months Primary Care Programme
- 3+ Months Long-Term Primary Care Programme
- Secondary Care Programme
at our stand-alone Halfway House.

Treatment Length is dependent on many factors, which include:

- work commitments
- children
- depth of addiction
- period of use
- multiple previous treatment attempts
- poly-substance abuse
- required crisis intervention
- personality disorders
- pervasive clinical syndromes
- sexual, physical & emotional abuse
- eating disorders
- sexual addiction
- trauma
- self-harm
- attitude / level of commitment
- work rate

Recommendations with regards to treatment duration are made by our Therapeutic Team on a case to case basis.

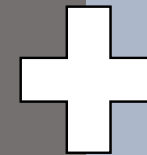
Available Treatment Options



Primary Care Programme: 3 Months



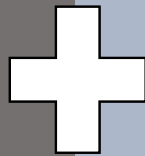
- Med, Psych & Risk Assessments
- Individualised Treatment Plan
- Self-Will Run Riot
- Life-Story
- Steps 1-3
- Education (Lectures & Activities)
- Interactive Group Sessions
- 3 x Feelings Groups per week
- 2 Individual Sessions per week
- Daily Journaling
- Weekly AA/NA meetings
- Supervised Exercise Sessions
- Therapeutic Activities
- Relapse Prevention Plan



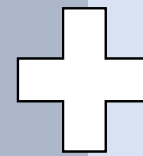
- Postponement Order
- Steps 4, 5 & 10
- Amends Assignment
- 20 Secrets Processing
- Additional Tasking
- 1 Drug-Related In-House
- Family Sessions
- Life Plan
- Warning Signs Document

Primary Care Programme: 3+ Months

- Med, Psych & Risk Assessments
- Individualised Treatment Plan
- Self-Will Run Riot
- Life-Story
- Steps 1-3
- Education (Lectures & Activities)
- Interactive Group Sessions
- 3 x Feelings Groups per week
- 2 Individual Sessions per week
- Daily Journaling
- Weekly AA/NA meetings
- Supervised Exercise Sessions
- Therapeutic Activities
- Relapse Prevention Plan



- Postponement Order
- Steps 4, 5 & 10
- Amends Assignment
- 20 Secrets Processing
- Additional Tasking
- 1 Drug-Related In-House
- Family Sessions
- Life Plan
- Warning Signs Document



- Steps 6, 7, 8, 9, 11 & 12
- Additional Tasking
- Specialised In-House Programmes

Secondary Care Programme: Halfway House



Halfway House (HWH) is our stand-alone, Secondary Care facility, accommodating clients who have completed initial treatment but wish to prolong their stay in a therapeutic setting.

The objective of our HWH is to provide a safe and controlled living environment, whilst clients re-integrate into society. HWH also reduces the stress and responsibility placed on our clients' families, during this critical phase of recovery.

Halfway House Programme

Under the guidance of an on-site HWH manager, clients at HWH can learn to take more personal responsibility for themselves and focus on forward progress in all areas of their lives. Whilst at HWH, clients may pursue their studies, volunteer at SCRC or secure external employment, whilst still benefiting from the structure of a recovery-orientated facility.

Halfway House offers the following advantages:
House Rules, Routine, Support Groups, Peer Support
Continued Ongoing Counselling, Regular Drug-
Testing, Financial Management, Medical Support,
Security, Assistance with Pursuing Studies or
Employment

MIND



BODY



SOUL

Programme Approach

Rehabilitation at SCRC seeks to address the physical, psychological, emotional, social and spiritual aspects of the illness, with a view to achieving significant paradigm shifts from a 'culture of addiction' to a 'culture of recovery'.

The primary objective of treatment is to equip Service User's with the knowledge, life-skills and attitude required to be able to effectively manage themselves in society as productive, responsible members.

Programme Components

The SCRC treatment programme is comprised of the following elements:

01. Medical Treatment and Supervision
02. Evaluation and Assessment
03. Psychiatric Intervention
04. Individual Counselling / Psychological Services
05. Group Therapy
06. Family Therapy
07. 12 Step Programmes & Spiritual Guidance
08. Specialised In-House Programmes
09. Education & Training
10. Physical Health
11. Relapse Prevention Planning
12. Social Work & Legal Services

1

Medical Treatment

SCRC strives to provide Service Users with an exceptional quality of physical and mental healthcare, which adheres to all applicable standards of good practice and supports sustained recovery from addiction.

Emergency healthcare is always available at our 24-hour on-site Medical Facility. The Medical Facility also facilitates daily medication administering and routine healthcare.

The Registered Staff are supported by the Therapeutic Team, as well as by a sessional Psychiatrist, Psychologist and General Practitioner.



Evaluation & Assessment

Physical
Assessment

All Service Users at SCRC receive comprehensive, accurate, timely assessment of their physical, psychiatric and psychosocial functioning and a regular review of such functioning.

Upon arrival, a Medical Assessment and Mental State Examination is conducted by a Medical Facility Registered Nurse on-site. All new Service Users are then referred to a consulting General Practitioner for further medical opinion and to be either medically certified as fit-for-rehabilitation or referred for detoxification.

Evaluation & Assessment

After successful admission, a Psychological Diagnostic Assessment and a Risk Assessment are conducted. These assessment tools identify multiple areas for therapeutic intervention within the Individual Treatment Plan.

- The Psychological Diagnostic Assessment includes :
 - Clinical Interview
 - Mood & Personality Assessment
 - Axis V diagnosis (DSM-IV)
 - Treatment Recommendations
- Risk Assessment measures the following:
 - Suicide risk;
 - Risk of violent behaviour;
 - Risk of aggressive behaviour;
 - Influence on other Service Users.

Psychiatric Intervention

Psychiatric treatment for dual-diagnoses and co-morbid conditions runs concurrently with SCRC addiction treatment programmes.

The multi-disciplinary team at SCRC works in collaboration with consulting Psychiatrists to ensure that psychiatric conditions are properly identified and managed.

Individual Counselling

A Primary Counsellor is assigned to each Service User for regular individual counselling.

However, Service Users always have access to the support and guidance of every member of the Therapeutic Team, each of whom have their own specific areas of expertise.

This ensures a wide range of therapeutic styles and interventions throughout the treatment process.

Individual Counselling includes:

- | |
|--|
| ✓ Psychological Diagnostic Assessment |
| ✓ Schema Therapy |
| ✓ Transactional Analysis |
| ✓ Client-Centred Therapy |
| ✓ Interpersonal Therapy |
| ✓ Cognitive Behavioural Therapy |
| ✓ Dialectical Behavioural Therapy |
| ✓ Rational-Emotive Behavioural Therapy |
| ✓ Motivational Interviewing |
| ✓ Goal Setting |
| ✓ Written Tasking |
| ✓ Step-Work Processing |
| ✓ Mediation |
| ✓ Grief / Trauma / Abuse Counselling |

Group Therapy

SCRC facilitates many different group formats, which have been developed to address the multi-layered problems associated with addiction.

All groups promote participation and development, and are facilitated by members of our trained therapeutic team.

* Journal Groups take place three times a week, allowing each Primary Counsellor a regular format to review Service User's' progress and address problem areas as they arise.

** SWOT Groups take place once a week. During this group, Service Users analyse their strengths, weaknesses, opportunities and threats, in a group format which is mediated by the Primary Counsellor. Service Users also set both long-term goals and short-term objectives for the following week.

Group Formats include:

Journal / Feelings *	Powerlessness & Damages
SWOT **	Educational Activity
House Processing	Topic / Discussion
Gender-specific	Goal Setting
Collateral	Abuse
Drug of Choice	Parents
Family Sculpture	Grief
Eating Disorders	Spirituality
Sexual Addiction	12 Step
Body Image	AA / NA
Self-Esteem	Welcome / Farewell

Family Therapy

Family members are encouraged to participate in mediated counselling sessions with their family member/s in treatment.

Throughout the treatment process, SCRC remains in regular contact with the family.

Family members are also encouraged to participate in their own journey of recovery and attend support groups such as HEAL, Al-Anon and Nar-Anon.

Twelve Step Programme & Spiritual Guidance

The AA and NA 12 Step programmes, as well as the Spiritual 12 Step programme, form a core element of treatment at SCRC. The 12 Steps guide individuals on a journey of change, whilst teaching about important spiritual principles. At SCRC, the 12 Steps are worked in significant depth and detail. All work is assessed and processed.

In keeping with the principles of recovery and those of 12 Step Programmes, emphasis is put on the development and maintenance of a positive and healthy spiritual life. Spiritual guidance is available to all Service Users throughout the treatment programme.

Specialised In-House Programmes

Addressing underlying issues and co-occurring disorders is of critical importance in the treatment of addiction. To this end, SCRC offers a variety of specialised programmes.

Our Drug of Choice In-House Programmes have been carefully designed to address the idiosyncratic behaviours, thought processes and beliefs related to that drug of choice (DOC).

Alongside this, SCRC also offers Behavioural and Trauma-related In-House Programmes. These In-House Programmes focus on underlying issues and co-occurring disorders.

In-House Programmes include:

✓ Alcohol Annihilators	✓ Co-Dependency
✓ Crack Busters *	✓ Anger-Management
✓ Heroin Fighters **	✓ Sexual Abuse
✓ Bet Beaters	✓ Sexual Addiction
✓ Goodbye Gaming	✓ Eating Disorders
✓ Self-Harm Slayers	✓ Body Image
✓ Smoking Cessation	✓ Self Esteem

* or Tik / CAT / Cocaine / Amphetamines

** or Whoonga / Nyaope / Opiates / Marijuana / Benzodiazepines

Education and Training

Education and training empowers Service Users with the knowledge and abilities required to effectively understand and manage themselves in recovery.

The educational programme at SCRC is extensive and includes lectures, presentations and practical activities which seek to promote the optimal well-being of Service Users, impart knowledge and equip Service Users with valuable life-skills.

All elements of the Educational and Life-Skills Programme at SCRC are conscientiously researched, referenced and promote reliable recovery principles.

9 Our broad lecture base includes the following topics:

Anger and Resentment	What is Addiction?	What is Recovery?	Self-Care
Boundaries	Co-Dependency	Cross-Addiction	Step Four
Conflict Management	Cravings and Craving Cycles	Coping with Cravings	Shame-based Families
Culture of Addiction	Culture of Recovery	Denial	Proper Planning
Communication	The Disease Concept	Depression	Willingness
Dual Diagnosis	Ego States	Eating Disorders	HIV Aids
Bi-Polar Disorder	Healthy Eating	Transactional Analysis	Basic First Aid
Enabling vs Empowerment	Etiquette	Forgiveness	Self-Esteem
Gratitude	Honesty & Freedom	Pride & Humility	Hitting Rock Bottom
Integrity	Journaling	King Baby	Social Media in Recovery
Neuroplasticity	Nutrition Basics	Mind Traps	Treatment at SCRC
Thinking Patterns	Improving our Thinking	Healthy Thinking	Non-Verbal Communication
Promise Therapy	Phases & Cycles of Addiction	Negative Self-Talk	Toxic Love
Early Recovery	Middle Recovery	Late Recovery	Shame and Guilt
Relapse Warning Signs	The Relapse Process	Relapse Prevention	Taking Responsibility
Medication in Recovery	Writing a RPP and Life-Plan	Relationships	Complications in Treatment

Outcomes-Based Learning includes:

Identifying Triggers	Making Amends
Forgiveness Ovals	Gratitude Lists
Gratitude Letters	Obituary Activity
Step 10 Inventory	Johari Windows
Relaxation Meditations	Strengths & Assets
Budgeting	Self-Care Suggestions
Self-Assessments	Journal Reflections
Wellness Manifestos	Mood Journals
Creative Expressions	Food Journals
Vision Boards	Worksheets
Team Building	Grounds-Keeping
Therapeutic Duties	Problem Solving

Physical Health

To promote holistic rehabilitation, time is allocated within the daily programme for compulsory exercise. Service Users make use of our gym facilities, under the guidance of a qualified Fitness Instructor. Other activities are also available, namely an obstacle course, paint-ball course, soccer pitch, volley-ball court, basketball net and 2 swimming pools.

SCRC focuses on good nutrition, ensuring that Service Users' food intake is healthy and balanced. Meal plans have been structured in conjunction with a dietician. Service Users who have a history, or show signs, of an eating disorder are assessed and referred to a Dietician

Relapse Prevention Planning

Because a preventative mind-set with regards to relapse is a vital component of successful, sustained recovery, a detailed, personalised Relapse Prevention Plan is a pre-requisite for graduation from the SCRC treatment programmes.

Relapse Prevention Plans are prepared with assistance and input from the therapeutic team, and focus on realistic goal-setting, effective maintenance of accountability, safe re-integration into society and the use of support structures. Throughout the treatment process, relapse prevention training is also provided.

Relapse
Prevention
Plan

Life Plan
(2 years)

Warning
Signs

Social Work and Legal Services

Experienced professionals are available to assist with the following issues that may have arisen out of active addiction:

- Family Problems
- Court Proceedings
- Criminal Charges
- Child Interventions
- Debt Review

As well as

- Postponement of Order applications
- Court Orders

Daily Schedule



On a daily basis, Service Users participate in a programme of structured routines and scheduled activities, all of which have been incorporated to support ultimate treatment goals.

This programme runs alongside, and in conjunction with, written 12 Step and In-House Programmes, as well as the Individual Treatment Plan, Individual Counselling, Psychological Services and Medical Treatment for each Service User

The Daily Schedule allocates time for the following aspects of treatment
(on a weekly basis):

Aspect	Min	Qty	Hrs	Aspect	Min	Qty	Hrs
Journal / Feelings Groups	30	x 3	1.5	Recreational Activities	90	x 2	3
House Processing Groups	90	x 2	3	Creative Activities	90	x 1	1.5
Gym / Exercise	60	x 3	3	Duties	30	x 6	3
Written Work	60	x 3	3	Spiritual Guidance	90	x 2	3
Grounds Keeping	90	x 2	3	SWOT Groups	90	x 4	6
Didactic Lectures	90	x 2	3	Specialised Groups	90	x 2	3
Outcomes-based Learning	90	x 1	1.5	Life Stories	90	x 2	3
Interactive Groups	90	x 1	1	NA / AA Meeting	60	x 1	1

Example of Daily Schedule

WEEKLY PROGRAMME: 29 May - 4 June 2023				Everything on your program is compulsory except Church, Devotion or Rhema (otherwise Session or Studying applies). Groundsweeping is for everyone (May be excused for legitimate medical reason from Meds Official). Sweeping during program time is unacceptable (unless legitimately ill) and booked off by Meds Official. Counseling takes precedence over all activities, therefore a counsellor may excuse you from program time for sessions. STENOGRAPH must be done in the Dining Hall during program time.				Trust													
29	MONDAY		30	TUESDAY		31	WEDNESDAY		1	THURSDAY		2	FRIDAY		3	SATURDAY		4	SUNDAY		
Cell															Marie, Derek		Natalie, Chantal				
Staff																					
06:00	Wake Up		06:00	Wake Up		06:00	Wake Up		06:00	Wake Up		06:00	Wake Up		07:00	Wake-Up		06:00	Wake-Up		
06:00-07:00	Duties		06:00-07:00	Duties		06:00-07:00	Duties		06:00-07:00	Duties		06:00-07:00	Duties								
07:00-07:30	Tea & Morning Meeting		07:00-07:30	Tea & Morning Meeting		07:00-07:30	Tea & Morning Meeting		07:00-07:30	Tea & Morning Meeting		07:00-07:30	Tea & Morning Meeting								
07:30-08:00	Devotion		07:30-08:00	Devotion		07:30-08:00	Devotion		07:30-08:00	Devotion		07:30-08:00	Praise & Worship			07:00-08:00	Duties		08:00-08:30	Breakfast	
08:00-09:00	Staff Meeting		08:00-09:00	CASE MANAGEMENT – ALL DAY (Councilors)		08:00-09:00	Staff Meeting		08:00-09:00	Staff Meeting		08:00-09:00	Staff Meeting		08:00-08:30	Tea & Morning Meeting		08:30-11:00	Church @ Norwegian Cellars (Garage to Transport to HSC)	CDT OFF	
08:45-09:00	Breakfast		08:30-09:00	Breakfast		08:45-09:00	Breakfast		08:30-09:00	Breakfast		08:45-09:00	Breakfast		09:00-09:30	Breakfast					
09:00-10:15	JOURNAL GROUP		09:00-10:00	Groundsweeping/Projects		09:00-10:15	JOURNAL GROUP		09:00-10:15	SWOT		09:00-10:15	JOURNAL GROUP		09:30-11:15	CDT OFF					
10:30-11:15	MEDITATION	RECOVERY TALK GROUP	10:15-11:15	Groundsweeping/Projects		10:30-11:15	MEDITATION	RECOVERY TALK GROUP	10:00-11:15	SWOT		10:30-11:15	ACA (Lunch)								
11:15-11:30	Tea		11:15-11:30	Tea		11:15-11:30	Tea		11:15-11:30	Tea		11:15-11:30	Tea		11:15-11:30	Tea		11:15-11:30	Tea		
11:30-12:30	HOUSE PROCESSING		11:30-12:30	Creative Expression		11:30-12:30	GROUP – TRAUMA		11:30-12:30	SWOT		11:30-12:30	Groundsweeping/Projects		11:30-12:30	LECTURE		11:30-12:30	CDT OFF		
12:45-13:15	Lunch		12:45-13:15	Lunch		12:45-13:15	Lunch		12:45-13:15	Lunch		12:45-13:15	Lunch		12:45-13:15	Lunch		13:00-13:30	Lunch		
13:15-13:30	Tuckshop		14:00-15:00	GROUP – WARRIOR MEN	GROUP – WARRIOR WOMEN	13:15-13:30	Tuckshop		14:00-15:00	LECTURE		13:15-13:30	Bible Study with Malcolm		13:15-13:30	Tuckshop		13:15-14:45	CDT OFF		
13:30-14:30	Maths Exercises with Jane	Bible Study with Malcolm				13:30-14:30	Mark's Group			14:00-15:00	Activities		14:00-15:00	Activities							
15:00-15:15	Tea		15:00-15:15	Tea		15:00-15:15	Tea		15:00-15:15	Tea		15:00-15:15	Tea		14:45-15:00	Tea		14:45-15:00	Tea		
15:15-16:15	MEN & WOMEN – CYM		15:15-16:15	MEN & WOMEN – CYM		15:15-16:15	MEN & WOMEN – CYM		15:15-16:15	MEN & WOMEN – CYM		15:15-16:15	Activities		15:00-17:00	CDT OFF		15:00-17:00	CDT OFF		
17:00-17:30	Supper		17:00-17:30	Supper		17:00-17:30	Supper		17:00-17:30	Supper		17:00-17:30	Supper		17:00-17:30	Supper		17:00-17:30	Supper & House Meetings		
18:00-19:00	QUIET TIME		18:00-19:00	CDT OFF		18:00-19:00	QUIET TIME		18:00-20:30	KARAOKE		18:00-19:00	NA – Closed Meeting		17:30-19:00	CDT OFF		17:30-19:00	CDT OFF		
19:00	Tea		19:00	Tea		19:00	Tea		19:00	Tea		19:00	Tea		19:00	Tea		19:00	Tea		
22:00	Lights Out		22:00	Lights Out		22:00	Lights Out		22:00	Lights Out		22:00	Lights Out		22:30	Lights Out		22:00	Lights Out		

Over the course of 6 months, a variety of Recovery Themes are addressed by way of lectures, interactive groups and practical activities, during the daily schedule. The following Recovery Themes ensure that a solid foundation for recovery is provided.

1	Definitions of Addiction	2	Culture of Addiction vs Culture of Recovery
3	Phases & Cycles of Addiction	4	Cravings, Craving Cycles & Coping
5	Taking Responsibility	6	Honesty, Open-Mindedness & Willingness
7	Communication & Conflict Resolution	8	Shame & Guilt
9	Thinking Patterns	10	Pride & Humility
11	Relapse Prevention Planning	12	Balanced Eating & Healthy Living
13	Eating Disorders & Disordered Eating	14	Anger, Resentment & Forgiveness
15	Neuropsychology & Addiction	16	Hitting Rock Bottom
17	Ego States & Transactional Analysis	18	King Baby
19	Dual Diagnoses	20	Planning & Goal Setting
21	Enabling vs Empowerment	22	Developing Character & Integrity
23	Self-Esteem & Self-Care	24	Co-Dependency and Boundaries

Aftercare Services

Aftercare support is directly available through SCRC in the forms of onsite individual counselling sessions, telephonic / online contact and drug testing.

SCRC also offers reaffirming 'Recovery Refresher' programmes, hosted through our Halfway House. Weekly Aftercare groups are run at Anthem Church (#Recovery) and by other service providers connected with SCRC.

HEAL Ministries is an independent organisation that works closely with us to provide a free support structure for both recovering addicts and their supporters.



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Testimonials

“They saved my life. I would not be alive today if it had not been for South Coast Recovery Centre. I was in active addiction for twenty years and was unable to stop the cycle until I stepped into SCRC. My life has never been the same.” (Irene Winterburn, 2017)

“A little over 10 years ago, I arrived at SCRC from England. Through the love and nurturing of the staff, I was given acceptance and direction. SCRC helped build the foundation of my recovery by instilling strong and steadfast principles in my life that I still use today.” (Tom Mellor, 2017)

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Directors

Mr R.V.H. Petterson

(B. PROC, LLM, Dip.ADR.)

Dr J.G. Tainton (MBChB.)

Mr D. Walton

(NDip. Policing)

South Coast

RECOVERY CENTRE

Contact Details

South Coast Recovery Centre & Halfway House (Pty) Ltd

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Email: enquiries@scrc.co.za

Website: www.scrc.co.za

Facebook: www.facebook.com/southcoastrecoverycentre

Practice Number: 047 000 179 221

VAT Reg. Number: 4850 198 294

PTY Reg. Number: 2017/464504/07