

Kisko Community Treatment Programme (Kisko yhteisöhoito ®) Stage I

See also: www.a-klinikka.fi/vp/kiskon_yhteisohoito.html (in Finnish)

Target group and goal: Persons dependent on substances, application for the programme possible from any prison, requires commitment to the treatment programme, e.g. abstinence from substances. The remaining sentence has to be at least one to two years long.

The goal is that those completing the treatment programme will be free from substances, self-sufficient and full members of the society. The goal of the comprehensive three-stage Kisko Programme (duration one to two years) is to ensure abstinence from substances, learn to live without substances and motivate to a lifelong growth.

Duration: Six months after the withdrawal treatment. The overall duration of the programme is individual, one and a half to two years: The students participate in the first two stages in prison and the third stage in civilian life after release. It is an intensive programme with fixed weekly and daily schedules. Treatment groups meet three times a week, AA and NA groups twice a week and *Here and Now* theme group once a week.

Content: Community treatment requires its own closed ward. Abstinence from substances is supported by NA/AA recovery programmes. Learning to live without substances is supported by Daytop-based community treatment and social rehabilitation. Personal growth is supported by transactional analysis (TA) group or individual psychotherapy. The whole treatment continuum is drug-free. One week long substance withdrawal, information, interview carried out by the working group, discussion and possible *Here and Now* group: recognising, admitting and accepting the substance use disorder, relaxing in the treatment situation and joining a community. Treatment groups, lectures, self-initiated work, getting familiar with continuation treatment groups (AA/NA) (steps 1-5) and committing oneself to the recovery, revealing and recognising emotions in an emotion group, determining the factors which need to be changed in view of the second stage.

(The whole Kisko Programme: After withdrawal admission to Hämeenlinna Prison Hospital, after that Kisko II (see the following entry) before Kisko III which is carried out in freedom in the Kisko family and continuation treatment unit of Kalliola Clinics or in the home municipality with an individually planned programme)

Institutions: Kerava Prison, Pelso Prison

Kisko Community Treatment Programme (Kisko yhteisöhoito ®) Stage II

Target group and goal: The goal of the rehabilitation programme is to ensure abstinence from substances, learn to live without substances and motivate to a lifelong growth. Application for the programme possible from any prison, requires commitment to the treatment programme, e.g. abstinence from substances.

Duration: Six months. Kisko I has to be completed. Community treatment round the clock every day of the week.

Content: Kisko II is arranged in an open prison. Support work with the family and closest people is an essential part of the treatment programme. The programme also includes aftercare and follow-up.

Vision: Chemical dependency on a substance makes a person unable to control substance use regardless of whether the substance is drugs, alcohol or medicines used as drugs. The aim of the second stage is to change the lifestyle maintaining the failure behaviour and self-destructive behaviour of an addict. The used methods include agreement-based group work focusing on change, written assignments, lectures and individual discussions. Paid work is an essential part of the second stage of the

treatment. Basis: Daytop community treatment, transactional analysis psychotherapy, AA/NA programmes, social rehabilitation, adult education. Stage III is carried out in the continuation treatment unit of Kalliola Clinics or in the home municipality with an individually planned programme.

Institutions: Helsinki Open Work Colony, Kestilä Open Prison Unit