

The expertise of practitioners

The Covid19 pandemic has brought an abrupt end to Ecett courses, there has not been a single trip in 2020 or 2021 so far ! Ecett has therefore found another way to exchange knowledge: webinars.

We have launched webinars in two languages and on 5 themes (see calendar on page 6).

As we cannot send trainees to look for good practices abroad, we involve, not the trainees who wrote the good practices, but those who explained them to the trainees. They bring their expertise directly into webinars.

The good practices in this issue of the Ecett Bulletin are presented in the words of the experts. Yes, given the professionalism in terms of content and number of pages, this journal is now called "Bulletin" instead of "Newsletter".

The first webinar in French brought together French-speaking colleagues from five countries :

Mauritius - Congo DR - Lebanon - France - Belgium



Webinar n°1 in French of January 29, 2021

Addiction therapy through the community approach

Three good practices were presented :

1. The frame "Moral of the Day" and the "Discovery of Emotions" workshop for learning to talk about emotions (Phénix)
2. "The Therapeutic Garden" for taking care of oneself with plants (Le Fleuve, CEID)
3. "Relapse prevention workshops" and "Horus groups" for avoiding relapses or rebounding after relapse (Trempline)

Contact Ecett-Networks (contact@ecett.eu) if you want training or coaching to implement these good practices in your organisation.

The frame "Moral of the Day" and the "Discovery of Emotions" workshop

Phénix day centre, Belgium)



Reference practitioner
Axel Leplat



As soon as they arrive at Phénix, the service users of the centre discover two tools for learning how to express their feelings.

The frame "**Moral of the day**".

In the common room there is a frame with 16 boxes where the 4 basic emotions are represented (fear, sadness, anger, joy) and 4 feelings related to each of the emotions. Each client (so-called "intern" at Phénix) has a magnetic label with his name on it, which he places in the box corresponding to his morale of the moment. The labels are interchangeable throughout the day.

The tool is entirely managed by the interns and they use it assiduously.

A text that captures all the emotions and feelings is available to the interns for consultation, in order to deepen their emotional vocabulary.



The "**discovery of emotions**" workshop completes the moral of the day" frame. This is a group of 7 participants who explore feelings through a theoretical brainstorming, music therapy, theatre, mindfulness, techniques of regulation, etc. The facilitators supervise the workshop and actively participate in it.

The objectives of these two tools are :

- To learn to identify, verbalise and manage one's emotions and feelings.
- Interact and create a group dynamic.
- To measure the congruence between what is indicated on the board and the observable reality on the ground.
- See at a glance the emotional state of each intern.
- Pass more detailed information to the team in debriefing.
- Organise complementary workshops adapted to the needs of the public.



"The Therapeutic Garden"

(Therapeutic Community Le Fleuve, CEID, France)



**Leading practitioner
Nicolas Bourguignon**



The challenge of the stay in the TC is to develop strategies for management of stress that may persist outside the community. We therefore provide an educational work around the prescriptions of certain treatments with a margin: the medicine is available "if needed..." i.e. in self-management. The objective is to accompany a progressive and realistic decrease of certain treatments and to avoid the subsequent relapse into alcohol or cannabis after TC.

An external nurse suggested that we should have a "therapeutic garden" as a partial response to the decline in "preventable" psychiatric treatment.

This consists of :

- ◆ producing herbal teas and using them gradually independently,
- ◆ learning the use of plants with medicinal, pharmaceutical and aromatic properties to treat in a natural and economical way a wider range of disorders such as illness, disease and pain to the belly, head, legs, eyes... but also flu, asthma, stress, fatigue, and other consequences of medical treatment.

A nurse leads this activity and is supported by a group of motivated residents. They make garden containers, selected plants according to their properties, referring to an in-house library on herbs and medicinal plants. Later, residents collect and carry out the drying and storage of the plants.

Initially, everyone could come regardless of the time of the day in the infirmary and, with the degressive support of the nurse, collect the necessary items for a herbal tea adapted to the expressed need. Later, we have installed pots with herbs in the dining room to enable users to prepare their herbal tea when they need it.

The working axes are :

- An alternative to the reflexes of drugs consumption
- Increase the ability to deal with stress
- Getting to know oneself through the body's ills
- Learn to treat oneself with simple means
- Look at common medicinal plants with a new look
- To know the methods of conservation and consumption.
- Share one's impressions with others
- To promote physical, mental and social well-being.

Effects of the workshop : there is no evaluation tool, but there has been a decrease in the use of medicines « if needed" type, especially anxiolytics and sleeping

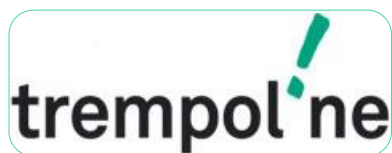


pills. This develops another demand and a new reflex in the decrease of treatments, the management of moments of stress and anxiety, for accompanying the "craving" and many other pains. That is part of a global "alternative" offer.



"Relapse prevention workshops" and "Horus groups"

(Trempline, Belgium)



Leading practitioner
Domenico Senese



The Horus Group was set up in 1999 at Trempline, after a visit to the COGES Don Milani centre in Venice-Mestre. The "Ulysses Project" was discovered there, which proposed a program for former residents who had relapsed. Then, in 2019, after a visit to the "Sorenzo" centre " also in Venice-Mestre, the group "prevention of the relapse" was set up.

Définitions :

- "Reconsumption": one-off consumption since the Social Reintegration phase
- "Relapse": physical dependence and general collapse (psychological, relational, professional, family and social).

Relapse Prevention Workshops (RPW) : this group happens every month (10x/year) on Tuesday from 7 to 9 pm. All TC residents participate who are entitled to non-accompanied trips out of the TC and those in Social Reinsertion (SR) as well as the Horus residents. These workshops take place in the house of Reinsertion to demystify it and make people want to get to this last phase. It starts with a meal together at 6 p.m. Upon arrival in this group, the resident receives a short written work about his risk behaviours and on his alert signals. It is on the basis of this work that he will evaluate himself in the following workshops, checking his situation in terms of risks. In the Horus groups, the emphasis is on the reproductions that may endanger him/her and how to do otherwise. The RPW refers to the "process of change" of Di Clemente & Proschaska.

1. Pre-contemplation - "using psychotropic drugs, it's not a problem" or "it doesn't matter".
2. Contemplation - there is ambivalence: "reconsuming is a problem but I don't have the strength to talk about it or to get out of it".
3. Determination - there is motivation to change - "I decide to ask for help".
4. Action - "I implement solutions".
5. Maintenance - "strengthening the gains of change".
6. Prevention of relapse.

In the event of a relapse "recycling" is from Stages 1 and 2.

The "Horus" talk groups

The objective of the Horus group is to offer a specific therapeutic support to the people who have pursued a programme in therapeutic community and which after having concluded or interrupted it in the phase of social reintegration have started to use drugs and to lose the benefits of the treatment at individual, family or social level. These people who relapse into physical and psychological dependency need (again) treatment in therapeutic community. While living in the therapeutic community the resident's trajectory in the the Horus programme will focus ONLY on what was the process of relapse ? How else can it be done today ?

The time in the Horus programme is determined in relation with the severity of the relapse and with the targeted objectives. It will generally be shorter and focused solely on relapse.

"Criteria for joining the Horus Programme".

- ◆ Rational criterion: to manage certain basic aspects of TC (mutual support, structure, confrontation, requests system...).
- ◆ Behavioural criterion: control over fundamental behaviour (violence, living in community).
- ◆ Emotional criterion: a certain notion of emotional management.
- ◆ Integration criterion: assimilating values in the daily life...

Approach of the Horus talk group

- The climate: a privileged moment, an atmosphere favourable to speaking, a secure place.
- Non-directiveness: a relationship of trust.
- Belonging: a particular framework.
- Sharing: the experience of revealing oneself
- Work in phases, with specific objectives in function of the difficulties.
- The Horus questionnaire.
- Empathy.





Thank you, EU!

Do you remember how your parents acquired new skills and new working methods in their trade? Especially workers who face extreme complex situations as in "the human centred occupations"... In many countries, it was impossible to travel in Europe and to enrich your skills "on the ground" with experts committed to your field. Coming from the Czech Republic and born long before independence, I am quite familiar with this scenario.

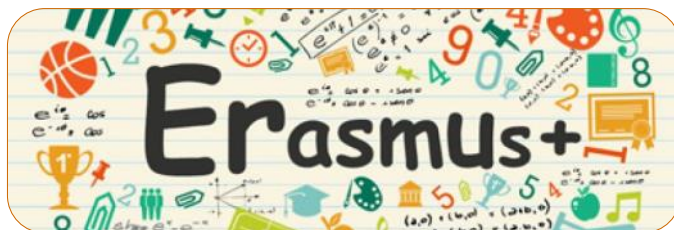
Today, we exchange our knowledge in the Ecett network! We communicate in all Europe. And let's travel thanks to the Mobility grants (Erasmus+). Our mutual relations have grown stronger and our jobs have made significant progress.

Thank you EU for giving us the means to share our ideas and stimulate our visions.

Zdenka Effenberger, Czech Republic, June 2019

Get Mobility grants to finance your internships abroad

Would you like to visit your colleagues abroad? Ecett can help you to get Mobility travel grants for the next few years.



How to finance your traineeship abroad ?

- a) Contact the central Ecett helpdesk (Ecett-International: contact@ecett.eu) and ask for the model of the application form already completed to inspire you for your own application to Erasmus+ Mobility.
- b) Download the official Mobility-Erasmus+ application form and start completing it. Contact us in October or November in order to be able to introduce it before the deadline (1st week of February). You must have a partnership agreement with Ecett and letters of mandate from the institutions where you want to make internships.
- c) Wait until June to get the answer from Erasmus+ and then it's off for two years internships and exchanges .



Dates of webinars

<i>Dates of the upcoming Ecett webinars</i>		
Topics	FRENCH	ENGLISH
Addiction therapy through community as method.	VEN 29/01 15:00 CET	FR 23/04 10:00 CET
Partnerships with Families and networks.	VEN 26/03 15:00 CET	FR 25/06 10:00 CET
Target groups : youth, women, dual diagnosis, etc.	VEN 28/05 15:00 CET	FR 29/10 10:00 CET
The low threshold : harm reduction, substitution, prevention.	VEN 24/09 15:00 CET	FR 17/12 10:00 CET
Organizational management : human resources, quality, etc.	VEN 26/11 15:00 CET	FR 25/02/22 10:00 CET

Share your experiences with your peers !

N.B. The good practices presented in the French webinars are rarely the same as those presented in the webinars in English as this depends on the language skills of the experts presenting them.

Call for Good Practices

Do you have an effective or original practice that could be of interest to colleagues? Enrich our community by exchanging good practices. Contact us at contact@ecett.eu and we will help you to make a validated and published good practice that you can present in a webinar.

