



**Magdaléna, o.p.s. is a nonprofit nongovernmental organization with the principal residence in Mníšek pod Brdy nearby the western edge of Prague. It has been providing high-qualified and sustainable services for the drug-addicted and their families in the area of Central Bohemia for almost twenty years. It covers a wide spectrum of social and health services including the outreach programme, outpatient treatment, low-threshold contact centers, therapeutic community and aftercare programme. There is also a Centre of Primary Prevention that provides professional and attractive programs for pupils and students, educates pedagogues and offers consultation services for schools and institutions. Some of the Magdaléna's employees are also active members of different domestic and international expert groups in the field of addiction treatment. The main principles of the organization are professionalism, sustainability of the services and individual and humane approach to every client.**

## A brief history of the organization

**1997** Magdaléna, a nonprofit nongovernmental organization, was founded on 7th November 1997 by Ms. Marie Kaplanová and the town of Mníšek pod Brdy for the purpose of providing treatment and resocialisation programmes for persons addicted to narcotic substances. **1998** Therapeutic community for 13 clients opens on 1st December 1998 on the premises of the 'Včelník' former army military base in Mníšek pod Brdy. Repairs to parts of original barracks buildings to be used by the community and as a farm for work therapy. **1999** Psychiatric outpatient clinic specializing in addiction therapy opens on the Včelník premises in Mníšek pod Brdy. Launch of systematic programme for relatives of clients of therapeutic community in Prague. '1st Cultural festival: Magdaléna therapeutic community begins tradition of cultural festivals for therapeutic communities in the Czech Republic. Beginning of cooperation with local parish, first visit of Cardinal Miloslav Vlk and beginning of voluntary work for Magdaléna. **2000** Opening of sheltered accommodation clients (capacity: 5). Clients of Magdaléna therapeutic community publish V úle ('In the Beehive') client magazine. 1st stage of reconstruction one third of main building for sheltered accommodation, dining area and common room. Refurbishment of premises of protected workshops for carpentry and gardening workshops. **2001** Start of supported employment of clients in carpentry and gardening workshops (capacity: 5 positions). Capacity of therapeutic community increased to 14 and beginning of tradition of ringing the 'Prokop' bell to mark the conclusion of treatment. Beginning of many years of cooperation with ICE (Iniziativa Christen für Europe). First volunteer from Germany spends a year with the therapeutic community programme. Refurbishment of separate building for sheltered accommodation, water-tank, setting-up of production line for the manufacture of ecological briquettes made from waste wood. **2002** Capacity of residential programmes increased to 21. Income from main and supplementary activities exceed 20% of organisation's total income for the first time. Donations from sponsors reach 1,600,000 CZK and help to balance temporary fall in financial resources. **2003** 2nd stage of refurbishment of main building (new windows, balconies, bridge, insulation of part of facade). 80 clients, of whom 60 have been drug-free for an extended period of time, have undergone residential programmes in the first 5 years of operation. **2004** Publication of specialist text "Therapeutic community for drug addicts I." Joint organisation of addiction therapy conference for Central Bohemia Region. Start of international cooperation with other therapeutic communities in Europe. Construction of well, root purifiers for waste water, insulation of facade. **2005** Joint organisation of national addiction therapy conference with J.A. Purkyně Czech Medical Association (CzMA). Granting of professional certificate to therapeutic community programme by the Government Council for the Coordination of Anti-Drug Policy. Visit by M. Kooyman, European expert on therapeutic centres, to Magdaléna. Official transfer of buildings on the premises of the Ministry of Defence of the Czech Republic to the ownership of the organisation. Cooperation on the creation of a 'Concept for healthcare and social services for addicts in the Central Bohemia Region'. Increased number of positions available in the client supported employment programme. **2006** Organisation becomes a training centre for students of addictology from the 1st Medical Faculty of Charles University and students of Prešov University (Slovakia). Opening of Follow-Up Care Centre in Prague 4 - Podolí. Magdaléna therapeutic community accepted as a member of the European Federation of Therapeutic Communities (EFTC). Total capacity of residential programmes increased to 23. Preparations for acceptance of K-centre Benešov into the organisation. **2007** We launched of low-threshold services in the contact center Benešov and development field programs to the Benešov region. In cooperation with the Firts Faculty of Medicine Magdaléna implemented specific primary prevention programs in two regions Central Bohemia. We celebrated the 10th anniversary of the company - Cardinal Miloslav Vlk visited Magdaléna. Second part of the professional publication „Therapeutic community for drug addicts II“ was released **2008** Contact center in Příbram with its outreach and primary prevention programs was adopted to our portfolio of services in the Central Bohemia Region. We opened psychiatric clinic in Kolín. Extension of primary prevention of long-term systematic programs. **2009** The second stage of reconstruction of buildings for residential care in the area Včelník, thanks to the financial support of the Ministry of Health **2010** Magdaléna overcame the first wave of the financial crisis and maintained all existing services in operation. **2011** Expansion of primary prevention and field programs in the region Berounsko. Our project office provides project management for 7 other non-profit organizations. **2012** Aftercare program CHRPA opens first training apartment in Prague. The first 18 teachers successfully completed two years specialized study for school prevention methodology that we hold from 2010. **2013** We ceremonially opened the new spaces of low-treshold facility for children and youth in Benešov. Along with the Department of Adictology we organized an international conference European Federation of Therapeutic Communities (EFTC), which was attended by 150 experts in residential treatment of addiction. This was the first event of its kind in the Czech Republic. We released a special publication dedicated to compulsive gambling. **2014** An outpatient adictology clinic in Beroun was opened. The founder of Magdaléna, Mrs. Marie Kaplanová, died at the age of 85. **2015** We trained and involved first volunteers of the new volunteering era in Magdalena. We opened fourth outpatient clinic; the addictology ambulance and aftercare program are located in Prague – Podolí.



- Outpatient treatment
- Primary prevention
- Outreach programs
- Contact and counselling services
- Therapeutic community
- Aftercare – supported housing
- Aftercare – dual diagnosis programme
- Outpatient Follow-up care

## Primary prevention

The developmental phase of biological maturation and the creation of a personal identity is a difficult life-stage for a growing child, associated with a number of changes leading to the child becoming independent and self-sufficient. The child's still immature and socially unfixed personality is exposed to massive pressure, both external (numerous demands, choices to make, criticism from those round about, conflicts...) and internal (uncertainty, ambivalence, confusion, anxiety, aggression, frustration...). Adolescents become, at this time of their lives, a highly vulnerable section of society. The best solution, therefore, is to deal with them through the primary prevention of high-risk behaviour and protect them from the possible consequences of such activities through the timely provision of information and education.

The mission of the Centre for Preventive Care is to prevent high-risk behaviour in children and adolescents: use of narcotic substances, bullying, violence, other addictive behaviour, gambling, political and religious extremism, virtual network addiction, racism, xenophobia, high-risk sexual behaviour, or to minimise the effects of this behaviour and limit its spread.

→ **Mezičas: low-threshold facility for children and young people:** Opening up a low-threshold facility for children and young people in Benešov in July 2013 was a turning point for the Center. The facility's mission is to support healthy development in adolescents and young adults from 12 to 26 years of age from Benešov and the surrounding areas, prevent them from engaging in risk behavior and minimize the impact of risk behavior. The low-threshold facility offers leisure activities and social services. It started out offering field services, i.e. outreach work, information services, situational and crisis intervention, counseling and educational activities provided to the target group. Our presenters have been working in primary prevention for a long time, which made it easy to initiate contact with young people (for example in parks and on playgrounds) helping them deal with any problems they might have and encouraging them to spend their leisure time in healthy activities. In the beginning of 2013 a low-threshold club intended for group activities opened.

→ **Primary Preventive Care programmes:** Long-term primary preventive care programme for pupils at second level of primary schools, interactive seminar for students of secondary schools and technical schools

- help students to gain knowledge, take control of their lives and develop the skills that will help them safely negotiate the uncertainties of the difficult growing-up period, as well as motivating adults to create a positive, supportive and caring environment in schools and families.
- are effective, thanks to their long-term, continuous and interactive nature, and the giving of objective information.
- support the development of a healthy lifestyle, social skills and increase the quality and effectiveness of realised programmes.

**Goals of the programme:** Children with enhanced mental resistance to stress, negative experiences and influences capable of making independent (and, if possible, correct) decisions while being aware of all alternatives, capable of solving problems or finding help for the resolution of problems who are open and positively inclined to social relationships, particularly at school and in the family, who actively accept a healthy lifestyle (way of living, sports and cultural activities). Increased quality and effectiveness of preventive activities at school and in the family, adults who actively create a positive, supportive and caring environment and living conditions for children and adolescents. Excursions to open-door services are provided as part of our wider preventive care activities.

→ **Training for pedagogues**

- long-term course for pedagogues EU-DAP – European preventive care project Interactive seminar for pedagogues
- specialisation courses for school-based preventive care methodology 250-hour course

→ **Above-standard services** provided based on agreement with the specific requirements of the client (expert consulting etc.)

## Outreach programs

Users of narcotic substances, especially those at an advanced stage of addiction and high-risk behaviour, do not have, for the most part, sufficient motivation to seek help despite the fact that they frequently suffer from serious health, psycho-social and legal problems. Often they don't even know about such help or are afraid the remedial institutions cannot fulfil their conditions. For this reason, Magdaléna, o.p.s. runs an outreach programme, a registered social service that functions as a street-level, open-door service for users of narcotic substances. This service is founded on the belief that many complications linked to the use of drugs can be prevented if the user can be contacted and influenced.

The goal of the outreach programs run by Magdaléna, o.p.s. is to minimise the health and social risks associated with drug use while at the same time protecting public health from any possible negative effects of such behaviour. We therefore endeavour to seek out and talk to unseen drug users in public places and in their natural environment, make and maintain contact with them and arrange a connection with a social environment, motivating them to less dangerous means of using narcotic substances, to change their lifestyle or to give up drugs in order to improve the quality of their lives, which may help them to return to normal society in the future.

### Outreach Programs

- are a registered open-door social service provided directly to users of narcotic substances at street level
- encompass a range of activities that represent the effective beginning of the care system for drug users and are frequently the first service encountered by users of narcotic substances
- are a key measure towards reducing the health and social risks related to the use of narcotic substances and the protection of society and public health from possible negative effects of their abuse
- guarantee clients safe and anonymous contact with specialist services without any further demands being made (e.g. to order a service, prove one's identity, fees) and without any ambitions to change them quickly.

**Working methods:** Our field workers are active in the Central Bohemia Region and regularly travel to more than ten towns and communities in the Benešov, Příbram and Beroun regions. Field workers actively seek out drug users (clients) in public places and in their natural environment. They endeavour to find clients, forge contacts with them and gradually build a relationship based on mutual trust in order to be able to offer them whatever necessary services and assistance they are able to accept. Field workers always proceed according to professional standards and accept clients and their lifestyle, giving them sufficient space to decide whether to utilise our services and assistance or not. Anyone interested in field services can also contact us via Street Mobile.

**Our services:** Information service on the risks connected to drug use and on counselling, treatment or other specialist programmes available - Exchange of syringes and distribution of healthcare material (disinfectant and other aids) - Crisis intervention - Social and legal counselling - Assistance services - accompaniment to institutions - Brokering of contact with other specialist services - Collection of used and discarded injection materials - Mapping of the drug scene in the given locality

**Goals of services are** to seek out users of narcotic substances in their accustomed environment, forge and maintain contact with the client and ensure they have positive experiences with specialist institutions. Make clients better-informed of the risks of using narcotic substances, infectious diseases and specialist help. Stabilise the client's psycho-social situation and engage clients in a network of specialised assistance in the relevant specialist institutions. Minimise the health and social risks associated with the use of drugs and their impact on individuals and society at large. Lower the risk of transfer of infectious diseases (HIV, hepatitis, etc.)

**Who the programme is aimed at:** users of narcotic substances and other addicted people, irrespective of frequency, duration and means of use, primarily drug users who inject.

## Contact and counselling services

The goal of contact and counselling services is to provide assistance, anonymously and free of charge, to drug users over the age of 15 who are sufficiently motivated to make a fundamental change to their drugs-based lifestyle. Through our professional and individual approach to each user we endeavour to improve their quality of life from a psychological, physical and social point of view in order to ease their engagement in society. We assist their family members and those close to them in solving the problems associated with drug use, and with their orientation in this area.

Contact centres - in Příbram and Benešov - are intended for timely intervention in the event of crisis, counselling, health and social assistance for users at various stages of drug use (from initial experimentation to 'recreational use' and 'problematic use' up to addiction accompanied by serious damage to health). They offer a wide range of assistance from the giving of basic information to interviews motivating clients to change their lifestyles and from one-off counselling to systematic, structured and more long-term cooperation with clearly-defined goals. Mutual cooperation means accepting the client's experience and not rejecting their worldview, offering them understanding and orientation in their situation, even though we do not agree with their irresponsible and dangerous behaviour. On the contrary, we endeavour to find, together with the client, options and solutions for their complicated situation that could allow them to live their life in a more contented way.

**Our services:** Contact work - information service on the risks associated with drug use and on counselling, treatment and other specialist programmes available - exchange programme and distribution of healthcare material to reduce damage caused - basic medical examinations - hygiene, food and vitamin service - crisis assistance - social counselling - accompaniment to official institutions and to the doctor's - individual and family counselling and therapy - arranging of outpatient and in-patient treatment and contact with other specialist services

### Goals of services

- forge and maintain contact with the client and ensure they have positive experiences with specialist institutions
- make clients better-informed of the risks of using narcotic substances, infectious diseases and specialist help that is available
- influence the client's motivation so that they change their dangerous behaviour and lifestyle towards safer behaviour (means of drug application, sexual behaviour etc.)
- minimise the health and social risks associated with the use of drugs and their impact on individuals and society at large
- stabilise and improve the client's psycho-social situation and quality of life
- lower the risk of transfer of infectious diseases
- engage clients in a network of further specialist services

**Who the services are aimed at:** users of narcotic substances and other addicted people, irrespective of frequency, duration and means of use; clients of substitution treatment; family members and those close to users of narcotic substances

## Outpatient treatment

Addicts whose motivation to abstain from drugs or to change their lifestyle is sufficiently high, have access to social facilities and are more capable of self-control may utilise outpatient healthcare which is carried out without their exclusion from a natural social environment.

The goal of outpatient treatment at Magdaléna, o.p.s. is to help persons older than 18 years of age who are addicted to narcotic substances and other types of addictive behaviour to get rid of their addiction and to be capable of abstaining in the long-term, creating and maintaining good relationships and to fully engage in productive life in the family, at work and in society. We provide them with this complex, specialist outpatient treatment of addiction in special, non-governmental psychiatric facilities (so-called addiction therapy (AT) outpatient clinics) in Kolín, Mnišek pod Brdy, Beroun and Prague.

**Outpatient treatment for addiction** represents specialist, complex, targeted and structured work with clients, from contact via counselling and care to follow-up treatment leading to the minimisation of health and social risks associated with the use of addictive substances. The intensity and duration of treatment is adapted to the individual opportunities and needs of our clients and usually requires a period of 6 to 12 months, with highly frequent visits to the clinic. It utilises a variety of specific approaches to treatment with regard to the bio-psychiatric social model of addiction, including detoxification and pharmacotherapy as well as, primarily, complex diagnosis, individual, group and family psychosocial therapy, education, social work and rehabilitation. Through the use of effective methods we activate, as part of the process of abandoning a drugs-based lifestyle, systemic changes in clients at a physical and psychological level, foster their personal growth and psycho-social habits and provide balanced support of their ability to resolve crisis situations, cope with relapses and take responsibility for their behaviour. The treatment leads to lasting changes in clients' previous positions and dangerous behaviour, working towards abstinence and to a subjectively contented lifestyle that is acceptable in health and social terms. Following the conclusion of outpatient care, patients can progress smoothly to outpatient follow-up care.

**Our services:** telephone and personal crisis assistance - 'Laboratory Examination' information service - therapy for somatic impairment - diagnostic filter and reference to associated facilities if necessary - individual and group psychotherapy - individual, group and family therapy and counselling - legal counselling in social matters - relapse prevention - pharmacotherapy - substitution treatment - conciliation and consultancy activity - assessment and protective treatment

### Goals of services

- health, psychological and social stabilisation of the klient
- development, renewal or acquisition of psycho-social knowledge and skills
- change and stabilisation in client lifestyle
- thorough abstinence, coping with relapse
- strengthening of family network
- social integration of client (return to normal life) and contented and full life of the klient

**Who outpatient care is aimed at:** persons older than 15 years of age who are experimenting with addictive substances; persons addicted to or abusing addictive substances, and those close to them.

## Residential care in Therapeutic Community

The Therapeutic Community Magdaléna was founded in 1997 as the foundation stone of the whole organization. Since then it has helped more than 300 drug and alcohol addicted people. The system and rules were inspired by several foreign and domestic communities and the staff also take part in the constant process of defining the best ways of community treatment. The Community is located at Včelník which is a formal military base.

### The treatment in therapeutic community

- the rules and daily routine are strictly given and include work in the farm, garden or in the carpentry, community assemblies, group and individual therapy, non-verbal therapy, sports and common household care and cooking
- there are no drugs or alcohol allowed
- the system of deciding is mostly democratic with the supervising role of professional therapists.
- the Community works, celebrates different occasions, travels or keeps folk customs together
- as the client's competences and self-confidence grow, he or she is given more freedom and responsibility for him or her self as well as for others
- therapeutic and educational work with the families and the loved ones of the clients is one of essential parts of the treatment
- the complete treatment of a client takes from 8 to 12 months and endeavors to prepare the client for unsupported life with adequate relationships, hobbies and career

Thanks to our close cooperation with residential and outpatient follow-up care programs in our organization as well as high-quality cooperation with facilities of the same type elsewhere in the country, more than 70% of our clients continue in their treatment after leaving the community.

A therapeutic community festival Kulturfest takes place at Včelník in Mníšek pod Brdy every september. A total of 200 participants from 14 communities from all over the Czech Republic, Slovakia and Poland take part. Magdaléna clients prepare an original performance under the expert leadership of art therapists.

**Goal of the service:** A complete shift in the individual's priorities, lifestyle, self-esteem, relationship net and attitude towards addiction and abstinence.

**Who the Therapeutic Community is aimed for:** Men and women of the age 18+, addicted to narcotic substances or gambling, with a strong motivation for change. A detoxification before the beginning of the treatment is demanded.

## Supported housing and aftercare - Chrpa

The complicated social integration of drug-free clients with a history of addiction to narcotic substances who suffer from a low frustration threshold, high risk of relapse or personality disorder and who mostly do not have prior experience of steady employment is eased by vocational rehabilitation which constitutes an important part of the process.

The goal of the CHRPA rehabilitation programme is to aid drug-free clients with a history of addiction to narcotic substances and who have completed a long-or medium-term treatment programme and provide them with individual support in the development of specific skills and knowledge essential to their engagement in the normal employment process as well as private life. At the same time we provide safe and supported housing. The end result of these activities is to make clients self-reliant, independent and self-sufficient in normal life.

**There is a new programme for the clients with a strong psychosocial load or addiction and other psychiatric diagnosis (psychosis before all) being prepared.** The daily routine consists partly of the community system and has its roots in the Chrpa Aftercare programme. It is influenced by the dialectical behavior therapy. The programme offers an intensive psychotherapy combined with the occupational therapy and aims similar goals as typical aftercare in the view of the fact that this type of clients needs a very individual approach and the results may be different and from those of mentally healthy people. The programme

### Chrpa rehabilitation programme

- offers clients a real-life environment to develop knowledge and skills necessary to find and sustain suitable gainful employment. The programme preserves the specificity of approach to drug addicts, takes account of their individual needs and possibilities and adapts appropriately the working and demands made on them. Helps the clients to improve their family relationships and prepares them to a new, responsible and sustainable way of drug-free life
- is run by specialists with relevant qualifications, who develop clients and teach them basic knowledge, practical manual skills, systematic and purposeful activities, working rhythms, hierarchies, planning and organisation of individual tasks and skills and orientation in relationships

**Our services:** supported housing (Mníšek pod Brdy/Prague) - individual and group psychotherapy – jobcoaching - social counselling - option to carry out alternative tasks

### Goals of services

- increased preparedness of clients for engagement in society and employment
- increased working skills up to requalification
- exercising one's rights
- gaining of permanent employment with external employer
- increased skills to find and keep one's own housing
- improved relationships
- relapse prevention

**Conditions for acceptance to programme:** abstinence from drugs + mid-term or long-term successful community treatment + physical and mental condition allowing the participation in the programme.

## Outpatient follow-up programme

### Follow-Up Care Centre Magdaléna-Podolí

Persons addicted to narcotic substances who are returning to normal life following the conclusion of residential treatment programme face a significant risk of recidivism when faced with real-life conditions and adapting to normal life in society. A major source of support for them in maintaining their drug-free lifestyle at this time can be follow-up care, provided to them via the outpatient follow-up treatment programmes at our Follow-Up Treatment Centre in Prague – Podolí. The goal of the Magdaléna o.p.s. follow-up care and follow-up treatment programmes is to assist drug-free clients with a history of addiction to narcotic substances, who have completed a programme of outpatient or residential treatment and support them in the social integration process so that they can safely negotiate the demanding and dangerous period following the transfer from a protected treatment environment to normal life in society. We also provide support for those who have been drug-free for an extended period of time at critical moments of managing relapse and in keeping recidivism in check.

### Outpatient follow-up treatment programme

- encompasses a range of services that follow the conclusion of basic treatment programmes and represent the final component in the chain of existing services for users of narcotic substances
- is based on effective methods and techniques for the prevention of relapse and the tapping of the positive potential of interpersonal relationships which, when taken as a whole, help to create the right conditions for clients to maintain their abstinence following treatment and strengthen positive changes in behaviour that have been achieved during treatment of their drug addiction
- reacts flexibly to the individual needs and possibilities of the client and offers them, as part of the services offered by the organisation, adequate space for the resolution of relationship and family problems and issues connected to accommodation, employment and social and financial stabilisation.
- strengthens the competence of individuals to satisfy their spiritual needs, create a system of values and the very acceptance of social norms
- is amongst the key factors in the success and conclusion of treatment and almost doubles the likelihood that the client's abstinence will be maintained.
- encompasses cooperation with family members, partners or persons close to addicts, as we regard their engagement in the treatment process for the clients as a crucial factor increasing its success. We believe in the possibility of change not only in the client, but also in their whole family background

**Our services:** individual psychotherapy and counselling - group therapy and counselling - family or couples therapy and counselling - groups for parents and those close to clients - social and employment counselling - leisure and education programme - personal and telephone crisis assistance

**Goals of our services:** Health, psychological and social stabilisation, stabilisation in abstaining lifestyle, coping with relapse, social integration, a full and contented life, independence from services provided

**Who the programme is aimed at:** drug-free persons with a history of addiction to narcotic substances with minimum recommended 3-month period of abstinence; clients who have completed a treatment programme for drug addiction - short-term (e.g. daily drop-in centre), medium-term (e.g. in a psychiatric hospital) or long-term (in a therapeutic community); the programme does not exclude clients who have not undergone treatment or a similar programme, but are strongly motivated to change. We prefer, however, clients who have undergone detoxification and have received at least a short-term (outpatient or residential) course of treatment, with the intention and motivation towards long-term abstinence and who have their own accommodation. Recommendations from other institutions are an advantage, but not essential.

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