

Gracehill Place Hospital

SUBSTANCE ABUSE AND ADDICTION TREATMENT (SAAT) PROGRAM

Information Brochure





Substance Abuse and Addiction Treatment (SAAT) Program

The Gracehill Place Hospital SAAT program commenced in August 2018. Substance abuse is a complex but treatable health disorder that affects brain function and behavior. There are two phases to our SAAT program; the inpatient drug addiction treatment program and the aftercare program.

Our 8-week inpatient drug addiction treatment program typically follows a structured plan that progresses through different phases of recovery. Each week builds upon the last, gradually helping individuals understand their addiction, develop coping skills, and prepare for independent sober living.





Week 1

Medical Detox & Stabilization

This process includes intake assessments, medical and psychological evaluations, and the development of a comprehensive treatment plan. Patients may experience withdrawal symptoms, in which case medical supervision and intervention will be provided as necessary. Additionally, they will begin group therapy, gain an understanding of addiction, and gradually adapt to a structured daily routine.

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Week 2

Understanding Addiction & Building Motivation

Commencement of intensive educational sessions focused on addiction, triggers, and relapse patterns. Patients also engage in therapeutic work to recognize and address negative thought patterns. Additionally, various wellness practices are introduced to support overall well-being.

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Week 3

Identifying Triggers & Emotional Regulation

If applicable, patients begin trauma-informed therapy to address past experiences in a supportive environment. Through individual therapy, they learn to identify personal triggers and high-risk situations. Family therapy is also introduced, fostering healing within relationships and providing loved ones with a deeper understanding of addiction.



Week 4

Behavioral Changes & Coping Strategies

Patients engage in deeper therapeutic work to address core emotional and psychological challenges while developing essential life skills. This phase emphasizes skill-building, peer support, and social reintegration, including preparation for employment or education, financial planning, and self-care.



Week 5

Rebuilding Relationships & Self-Identity

During this phase, patients focus on strengthening their support networks through continued family therapy and relationship rebuilding. They also work on developing a personalized recovery plan, setting long-term sobriety goals to maintain progress beyond treatment.

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Week 6

Preparing for Life After Treatment

During this stage, patients engage in intensive relapse prevention, practicing real-world scenarios and developing effective responses to maintain sobriety. They also focus on sober living planning, exploring potential post-treatment housing or structured sober living options. Additionally, job readiness and financial planning are emphasized to support reintegration into the workforce or further education. To foster long-term recovery, patients are encouraged to connect with sponsors, sober communities, and support groups, ensuring a strong network of ongoing support.

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Week 7 **Transition & Independence**

Practicing independent decision-making by taking on greater responsibility and accountability. Learning to manage difficult conversations and setting boundaries. Additionally, a comprehensive aftercare plan is finalized to ensure continued therapy, engagement in support groups, and necessary medical follow-ups. In preparation for graduation, patients reflect on their progress, share personal experiences, and write a letter to their future selves as a source of motivation and encouragement.



Week 8 **Graduation & Aftercare Planning**

As treatment concludes, final assessments review progress and address any concerns. Patients develop a personalized emergency plan for managing cravings or relapse. The transition phase includes farewells and reaffirming their commitment to sobriety. They then move into our outpatient aftercare program.

Aftercare

Aftercare is crucial - continuing therapy, attending meetings, and staying engaged with a support network greatly reduces relapse risk. Engagement in these aftercare services is designed to provide a robust support network, equip individuals with relapse prevention strategies, and facilitate a smoother transition to independent living.

We provide a comprehensive aftercare program to support individuals transitioning from inpatient treatment to everyday life. Key components include:

- Individuals who complete the residential addiction treatment program are eligible for 10 months of free outpatient aftercare to support ongoing recovery. Free counseling is available onsite during work hours; sessions outside of these hours or online may incur additional charges.
- Family Support for 10 Months: We recognize the role of family in recovery and offer support services to help loved ones understand addiction and contribute positively to the recovery process.
- Fortnightly Group Therapy Sessions for 6 months: These are held on Saturdays and are facilitated by experienced therapists, these sessions provide a platform to discuss challenges, share experiences, and receive continued guidance.
- Lifetime Access to Support Groups: Participation in community-based groups called the Horse's Mouth which is provided by Toolbox Therapy Hub to foster peer support and accountability.



The Gracehill Place Hospital

We are Gracehill Behavioural Health Services - multi disciplined specialists in all issues concerning mental health and all issues concerning mental health and emotional wellness.

Our purpose is to build a globally recognised, accredited and respected organisation which provides comprehensive mental health and wellness solutions for everyone, while providing a platform for all cadres of mental health practitioners to research, develop, practice and grow the field in Nigeria, Africa and beyond.

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