



Triple R: Rehabilitation for
Recovery and Reinsertion

The Triple R project

Guidelines on

Rehabilitation and Recovery for drug users

Justice intervention and alternatives to
incarceration for drug abuse offenders

Social reintegration of recovered drug
users



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PREFACE

We are proud to present the summary of the Triple R project findings and the guidelines in the thematic areas of rehabilitation and recovery, justice interventions and alternatives to incarceration for drug abuse offenders and social reintegration for recovered drug users.

The Triple R project is a 2-year long European project based on the exchange of the best practices in the field of recovery between EU member states that took place in Belgium, Italy, Spain and Sweden in 2016. Popov GGZ, San Patrignano, CelS Rome, Dianova Spain and Basta Sweden have been actively engaged in the project, sharing expertise and views on addiction, shading light on the methodologies implemented in the recovery program they offer to drug addicts that want to quit addiction and on justice interventions promoting treatment instead of punishment for drug abuse offenders and programs for supporting effective social reintegration of recovered users.

Building on decades of work in the field of drug treatment, recovery and rehabilitation, this booklet summarizes the content of the three Triple R thematic publications, providing an overview of the HERMESS, MC. CORRE and ARES models elaborated by Triple R, offering also guidelines for practitioners in the addiction field, for policy makers and relevant stakeholders. The full version of the publication is available for download on the dedicated page at the Triple R website: <http://www.tripler-project.eu/publications>

We believe this booklet will be a resourceful tool for knowledge and food for thought for those who are interested in recovery oriented rehabilitation models and on the importance of investing in recovery as robust and long term social return for individuals, families and communities.

The Triple R project Team

INTRODUCTION ON THE TRIPLE R STRUCTURE AND PROJECT PARTNERS

TRIPLE R STRUCTURE

The Triple R project had been designed and implemented as an exchange of best practices among organizations working in the field of drug addiction interventions in Belgium, Italy, Spain and Sweden.

In 2016, under Phase I, 5 exchange trips took place: 3 study visits and 2 trainings.

Study visits offered the opportunity to gather an overview on more realities in one country apart from the host organization and were more focused in getting to know different rehabilitation programs and methodologies.

Training sessions were mainly organized in order to provide in depth knowledge of the rehabilitation program of the host organization, to offer hand on experiences of the methodology and daily work of the centers.

In the box below there is a summary of the study visits and training session:

Triple R study visits

31th of January - 4th of February 2016

Location: Gent, **Belgium** organized by **Popov GGZ**

Main focus: exploring the **Belgian drug treatment court model**

28th of February - 3rd of March 2016

Location: Barcelona, **Spain** organized by **Asociación Dianova España**

Main focus: exploring **Spanish interventions in the field of drug rehabilitation**

3rd - 7th of April 2016

Location: Nykvarn & Skara, **Sweden** organized by Basta

Main focus: getting to know the **Basta model in drug rehabilitation, social enterprise and social reinsertion**

Triple R workshops and training labs

16th - 20th of May 2016

Location: Rome, **Italy** organized by **CeIS Rome**

Main focus: getting to know **CeIS Rome intervention in the field of addiction** and visiting different branches of the organization

27th June-1st July 2016

Location: Rimini, **Italy** organized by **Comunità San Patrignano**

Main focus: learning first hand on the **San Patrignano recovery program**, experiencing a week in San Patrignano and **the community life and methodology**

The second phase of the Triple R project carried out in 2017 has been taking place in Croatia. The aim has been to set the bases for piloting of the models and guidelines elaborated in the Triple R publications in Croatia. A feasibility study has been implemented to assess the current needs of treatment services, therapeutic communities, social reinsertion programs and alternative sentencing interventions in the context of the newest EU member. The involvement of Croatian NGOs (NGO Stijena, NGO Udruga, NGO Institute) has been crucial in the feasibility study and in the implementation of the piloting phase, as well as in networking with other therapeutic communities and service providers and in disseminating project findings at a national level.

Project partners

SANPATRIGNANO, Italy – Triple R project coordinator

San Patrignano is the largest residential drug rehabilitation community in Europe, providing drug free treatment to young people completely free of charge, earning its income from the wide variety of high quality enterprises it has set up which provide those being rehabilitated with job training, and a sense of meaning and dignity.

Since 1978 the community has welcomed more than 25.000 individuals suffering from drug addiction without any religious, ideological or social discrimination and completely free of charge. The drug rehabilitation program of San Patrignano is drug- free, long term and residential. San Patrignano's approach is totally based on individuals, providing a place and space for their personal and professional growth building a drug free life and assisting also in the social reinsertion upon completion of the program. The community invests in education and job trainings as viable ways to self-support the residents in their future life as productive members of the society. In the San Patrignano community are hosted also people with special needs. Among them there are minors, pregnant women and mothers with kids. Special housings have been created for them to be able to better respond to their needs. According to the Italian Drug Law, San Patrignano also welcomes offenders in alternative setting from prison, offering a real option for treatment, recovery and social integration, providing support, education, job trainings and life skills.

CeIS ROME, Italy – project partner

Centro Italiano di Solidarietà don Mario Picchi (Don Mario Picchi Italian Solidarity Center, also known as "CeIS") is a non-governmental association, which started operating at the end of the 60s, and legally founded in 1971. CeIS, although known in Italy and throughout the

world for having devoted most of his activities to the treatment and rehabilitation of people with problems related to drug use, has been gradually extending its range of interventions, especially in the first years of the third millennium, to other realities of economic, social and cultural hardship.

DIANOVA SPAIN, Spain- project partner

Asociación Dianova España was founded in 1982. Dianova, at its very first stages, was focused on prevention and treatment of problems related to interpersonal relations, addictive behaviors and behavioral disorders. Due to its extensive experience with youngsters, Dianova carries out different programs focused on:

- Social Inclusion;
- Educational programs to prevent violence in secondary schools;
- Gender equality for teachers, family and youth;
- Family intervention;
- Psychological assistance;
- Teacher training on emotional and relational learning;
- Trainings for job seeking;
- Soft skills development for empowerment and employability for youngster with risk of social exclusion; and
- Immigrants in need of protection and shelter.

BASTA, Sweden- project partner

Basta is a Swedish user-run social enterprise started in 1994. The organization offers drug rehabilitation to those wanting to leave drug abuse, often long-term drug abuse. At Basta there are no therapists, doctors, or nurses. The tool for leaving abuse is the interlinked process of empowerment and real work. Basta is a user-run social enterprise, which means that, both in theory and in practice, power and influence over different activities rest with the people who earlier were socially excluded due to heavy drug abuse. Almost all the positions on the board and in the management team are held by people who themselves have gone through their rehabilitation at Basta. More than 95 % of the people who live and work at Basta have this background.

ECAD, Sweden

ECAD is the Europe's leading organization promoting a drug-free Europe. Representing millions of European citizens, ECAD works to develop initiatives and efforts against drug abuse, in support of the United Nations Conventions, which oppose legalization and promote policies to counter drug abuse worldwide. In the Triple R project ECAD has been in charge of the disseminations of project results, best practices and guidelines.

Croatian partners

The Croatian partners participated as observers during the exchange of best practices under Phase I, and became more engaged in the Phase II, which has been taking place in Croatia. They actively contributed to the publication on social reinsertion, sharing their expertise in this field and to the feasibility study and piloting of the guidelines.

NGO STIJENA, Croatia

The association Stijena, which in Croatian means the Rock, was founded in Zagreb in 2001. The full name of the organization is Christian center for help and rehabilitation of addicts and families Stijena. The Association has a strong Christian character and all members of the association are believers.

The main areas of work in Stijena are:

- prevention programs in primary and secondary schools;
- motivation building in hospital settings and on the street;
- counseling and visiting addicts in many prison around the Republic of Croatia; and
- social reintegration program for ex-offender exiting prison and for graduates from rehabilitation programs in therapeutic community.

NGO INTITUTE PULA, Croatia

Association NGO Institute started its activities in 2004 with the realization of the film "Abandoned". In 2005, it started implementing a drug abuse prevention program on a daily basis. The program was modified and updated and ultimately performed as a cycle of 3 workshops:

1. prevention of drug overdose deaths;
2. prevention of sexually and blood transmitted diseases among drug users; and
3. prevention of perpetration of criminal offences.

SANPATRIGNANO ASSOCIATION SPLIT, Croatia

The San Patrignano Association Split, Udruga San Patrignano in Croatian, is a charitable non-profit organization, belonging to the network of international associations working in synergy with the community of San Patrignano in Italy.

The main purpose of the San Patrignano Association Split is:

- raising awareness on addiction among the general population especially young people combating drug addiction and reducing the spread of addiction;
- referring drug addicts to treatment, preferably in the San Patrignano community in Italy, but not exclusively;
- supporting re-socialization of recovering addicts after completing the program in a therapeutic community;
- educating parents and family members of recovering addicts to support their beloved one in drug treatment and in social reinsertion; and
- contributing to the development of programs that provide treatment interventions opportunities for recovering addicts in the whole Croatian territory.

REHABILITATION AND RECOVERY

THE TRIPLE R HERMESS MODEL ON REHABILITATION AND RECOVERY

The Triple R HERMESS model presents the key concepts that emerged from the best practice exchange during the Triple R project. The acronym HERMESS stands for:

H-human centered

E-empowerment aimed

R-reintegration oriented

M-motivational driven

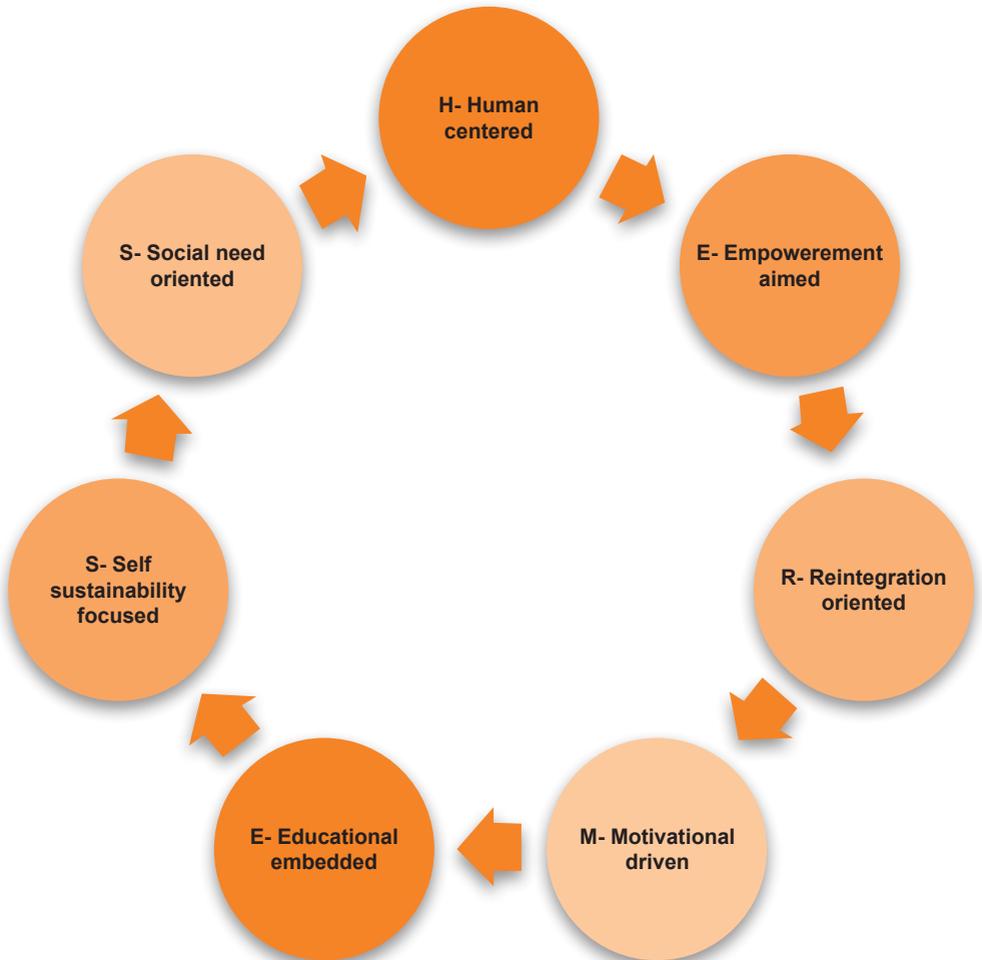
E-educational embedded

S-self sustainability focused

S-social need oriented

The key concepts of the HERMESS model are further elaborated in this session and have also been captured in a video, produced by the San Patrignano Audiovisuals. The video features interviews with project partners, providing highlights on each Triple R partner work and methodology and it is intended to be a complementary tool along with the manual in the dissemination of the project results and best practices. The video has been posted in the Triple R website and is publicly available at <http://www.tripler-project.eu/triple-r-rehabilitation-recovery-and-reinsertion>

The image below is presenting the key elements as Visual Chart, highlighted as lessons learnt that could help professionals, practitioners and policy makers interested in knowing more on the essence of the rehabilitation programs.



Human centered

A successful recovery program is the one that assesses and addresses individual needs and finds the best way toward rehabilitation and recovery. Human beings and not the substance or drug of choice should be seen as the core center of the program. Working on the root causes or the co-causes that led people into addiction is the key to help out those who decided to quit their addiction. Triple R project has been very much focused in underlining the importance of each individual as unique, and so should be the intervention.

One other key aspect of human life is time. Although in some case the rehabilitation program needs to follow a timeline, due to the public contributions or the funds to run the rehabilitation center, it emerged clearly from the project lessons learnt that after years of addiction, a true recovery takes time, and the program should be a long term one. Different options have been shown on how to make projects self-sustainable and allow the person in recovery to stay longer in the community setting if needed, in order to be ready for social reintegration. Allowing time for behavioral change is also a very important component of the individualized program Triple R strongly recommends.

Empowerment aimed

The ultimate purpose of recovery is to empower people, to provide ex drug users with the necessary self-esteem, life and professional skills, they have been lacking due to drug addiction. Triple R sees recovery as a personal journey, where the individuals are actors for change, overcoming their fears and leading the foundation of a new drug free life. Different ways or methods have been explored in order to achieve empowerment or autonomy, as some of the partners also call it. Some approaches are more focused on work,

professional trainings and learning by doing, some other prefer psychological therapy, both individuals or in groups.

Triple R presented study cases on the methodologies applied by project partners that are sharing insights and lessons learnt being truly inspirational in supporting addicts in their recovery programs.

Reintegration oriented

Triple R demonstrated how the recovery path is intrinsically connected with the social reintegration. All the study cases presented underlined the importance of seeing the continuum between the rehabilitation and the social reinsertion. Social reintegration is considered as the farther step of the recovery. Social reintegration is also embedded in the planning, and the activities carried out in the rehabilitation are functional to the achievement of the successful reinsertion.

Motivational driven

The Triple R partners have universally identified motivation as crucial determinant in the recovery path. Recovery has been defined as a personal journey where motivation is the trigger for change at the beginning of the program. It is also the force that keeps people in treatment going facing the challenges of the rehabilitation and boosting self-esteem while an initial change is achieved. Motivation plays a role in learning about ethics and in taking the right decision, abandoning shortcuts and embracing commitment, while getting a profession, a career and building up a better future for one self and for the beloved ones.

Educational embedded

The Triple R model insists in the role to be played by education in recovery programs. Interrupted studies are not enough to face the challenges of today's demanding labor markets

and earn a living. Formal and informal education, professional trainings, learning foreign languages and IT programs, getting degrees, are all important aspects to be included in the rehabilitation program and should be an integral part of it and not an appendix. Resources should be allocated and opportunities should be given, according to Triple R partners. Education is an investment for the future, exactly as recovery and they will mutually benefit from each other, being included in the rehabilitation programs.

Self-sustainability focused

The Triple R partners have recognized self-sustainability as the main challenge. They underlined that the search for funding is a constant struggle and a time consuming work that sometime shadows the most important social work and mission. According of each organization peculiarity, ways have been recognized to enhance self-sustainability. Securing public funds, private donations, or having services and goods to be purchased in the market are options to be looked into, while offering a rehabilitation program. Some organizations are more oriented to selling services rather than goods, but so far only Basta has been implementing a model, which is fully sustainable. For the other Triple R partners, the financial aspect is still a challenge. For this reason, Triple R suggests that self-sustainability should be included among the long-term goals of the organization and provide inspiration on how to shape activities and services toward achieving operational autonomy of the organization. In doing so, each rehabilitation center would secure the opportunity to provide the best services and have the final say on the duration and the implementation of the recovery programs offered, making the program sustainable for their residents and clients as well.

Social need oriented

In the Triple R project emerged repeatedly the necessity and the call to go far beyond the addiction. The partners themselves have identified new forms of social marginalization that request active involvement and expertise. Capitalizing on the work the partners have been doing for decades on addiction, there are lessons learned from the recovery and rehabilitation that could be applied to other emerging social needs and could be inspirational for social workers operating in different fields, such as migrant, aging population and homeless. Some of the partners have been already exploring these new opportunities. New forms of interventions could be created, merging also approaches or target population, to create innovative solutions for the organizations and their beneficiaries and the community as a whole.

The Triple R guidelines on rehabilitation and recovery for practitioners

Based on the HERMESS Triple R model the following action oriented points for practitioners in the field of drug addiction and or social marginalization have been elaborated. They are intended to provide food for thought while planning recovery oriented rehabilitation interventions or as an inspiration to ameliorate the ones that already exist.

Human centered

- Securing that the individuals and not the substance are at the core center of the rehabilitation.
- Listening to the people, to their needs and explore together the better way to achieve recovery.
- Considering each one unique and allowing enough time for recovery, respecting different personal responses to the program.

Empowerment aimed

- Being conscious of the importance of the example and role model, from ex-users but also from professional staff dedicating time and passion to the recovery of others.
- Remembering that there are different ways to reach empowerment. So if something does not seem to work, it is possible to try a different angle or approach.
- Accepting the fact that empowerment is a personal journey, handling the frustration of not being able to influence each single step.

Reinsertion oriented

- Embracing the fact that reinsertion should not be a separate process but it is the natural continuation of the rehabilitation program.
- Planning reinsertion as ultimate goal and have follow up and reality check during the implementation of the rehabilitation.
- Supporting the conditions for reinsertion providing counseling and assistance in it, also in the cases where it is not formally part of the program. If this is not possible, refer the recovered addicts to some organizations that provide support in the reinsertion.

Motivational driven

- Assessing motivation at the beginning of the program, to have a benchmark on where to start with.
- Keeping motivation stable or even increasing during the implementation of the program, working on boosting self-esteem, the desire for a career, a family, all the positive elements that help in keeping up the good work.
- Using praising and criticism in a constructive and productive way to support motivation thanks to the results achieved and being able to even move forward by improving and overcoming personal limits and growing out of fears.

Educational embedded

- Supporting education as an integral part of the rehabilitation program.
- Matching up with local or national institutions, universities, with the Ministry of Education in order to join resources and create learning opportunities for the residents.
- Creating alliances, joining forces with the private sector to create professional trainings and certifications to be offered to the recovered addicts in relevant professions.

Self-sustainability focused

- Being certified by the government and having in place agreement with the relevant national institutions for the receipt of public funds according to national or regional legislation.
- Creating a network of supporters that could contribute to the sustainability of the organization.
- Having a portfolio of services and goods that could be produced and sold for raising funds for the organization.

Social need oriented

- Exploring target populations apart from drug addicts that are currently marginalized and in need of a response.
- Considering the lessons learnt from the Triple R project and the methodologies of intervention presented.
- Assess whether some of the Triple R partners could be useful for in defining the interventions to be further implemented.

The Triple R guidelines on rehabilitation and recovery for policy-makers

Policy-makers, politicians and stakeholder share the unique challenge and opportunity to leading the policy and providing indication for the wellbeing of the national population.

Triple R appreciates and commends their interest in drug policy and especially in looking at recovery as the soon to be main paradigm in drug treatment oriented intervention.

Based on the finding of the Triple R project, some suggestions have been articulated following the HERMESS rehabilitation model, which would be useful for the policy-makers while deliberating on the recovery model.

Human centered

- Drug policy should be human centered, having the individuals, their needs as the core focus and not the substance of abuse.
- Recovery should be the leading paradigm in national drug policy legislation because it offers the best chance for the long-term wellbeing of the former addicts, their families and communities.
- Recovery programs need time and resources to be successful. Politicians should consider how to support the implementation of recovery in practice, according to national framework and legislation.

Empowerment aimed

- Politicians should support recovery as true life empowerment. Empowering individuals thanks to successfully completed recovery programs means that the recovered addicts are no longer a burden for the society, a cost or a threat for the taxpayers.

- Triple R suggests not to compromise for half way life achieved through medicalization or harm reduction interventions as a goal in themselves, but rather to consider them instrumental to the recovery journey.
- Total recovery could be achieved and has provided positive evidence thanks to the Triple R project. Therefore national drug policy should mention recovery as leading paradigm and support the implementation of programs nationally.

Reinsertion oriented

- Reinsertion should be considered as complementary to recovery, not a separate process.
- Triple R strongly advises policy makers to consider the continuum of care from prevention, rehabilitation and social integration and to advocate for it in the relevant national meetings.
- Triple R invites policymakers to read the separate handbook on social reintegration that has been edited based on the project findings, providing additional contributions on the subject.

Motivational driven

- Triple R presents evidence on how motivation can trigger personal change and benefit both individual and community. Policy-makers have the power of leading the change.
- Politician can be inspirational supporting the recovery movement and become recovery champion, sharing their believe in recovery as tool for empowerment and development.

Educational embedded

- Triple R urges policy makers to support education as integral part of the rehabilitation program.
- Politicians should promote interaction among Ministries, National institutions, to create learning and educational opportunities for people in recovery.
- Policy makers could facilitate the creation of educational programs and professional certifications for the recovered addicts.

Self-sustainability focused

- Policy-makers could be supporting the organizations working in recovery by allocating public funds for their activities at the grass root level.
- Politicians should recognize the important social work undertaken by not for profit organizations in the field of addiction and contribute to produce an estimation of the costs saved by the government thanks to their work.

Social need oriented

- Politicians should look into other emerging social needs such as migrants, homeless and aging populations, supporting innovative solutions based on the Triple R knowledge and methodologies of intervention offered.
- Policy makers should advocate for creating the necessary legal framework to create new interventions in the field of social work addressing all form of social marginalization.

JUSTICE INTERVENTIONS AND ALTERNATIVES TO INCARCERATIONS

THE TRIPLE R MC.CORRE MODEL ON JUSTICE INTERVENTIONS AND ALTERNATIVES TO INCARCERATION

The Triple R MC.CORRE model captured the key concepts emerging from the best practice exchange during the Triple R project, and from the comparison of interventions in Belgium, Italy, Spain and Sweden. Appreciating the considerable differences among the national legal framework, however it was possible to consolidate some lessons learnt that might have universal value.

The acronym MC.CORRE stands for:

M-motivation

C-commitment

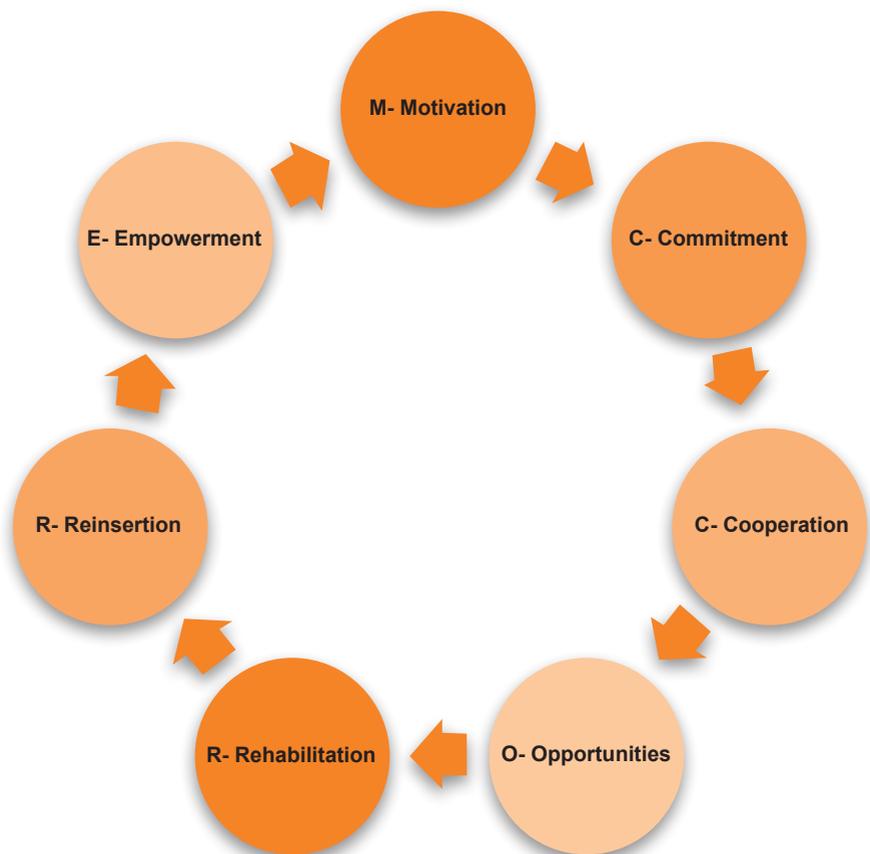
C-cooperation

O-opportunities

R-rehabilitation

R-reinsertion

E-empowerment



Motivation

All Triple R partners underlined the importance of personal motivation in quitting addiction and looking for a new beginning in life. Once the personal motivation has been established, assistance could be given to identify options according to national legislation and framework to seek treatment and not punishment for the crime committed connected with drug abuse, and make amendments to society. Motivation is the first step that allows drug addict inmates to accept the counseling and assistance that could be offered to them. Even in the cases of compulsory treatment, such as in the Swedish experience, if there is no personal motivation, the results of the rehabilitation might be very poor.

Commitment

Commitment to change is the second fundamental step toward recovery and social reintegration in alternative measures to incarceration and justice interventions. According to Triple R partner experience, there are different approaches to show this commitment. In some cases, like in the Belgian drug treatment court (DTC), the offender is supposed to work through all the areas of his/her life, that need to be changed and prepare a therapeutic plan. In the Swedish experience there is a contract treatment to be signed, that is a binding document among the individual, the judiciary organ and the treatment center of choice, affirming the decision to change.

In other countries, such as Italy and Spain, the commitment idea is embedded in the personal choice and should be put into action and proven right during the rehabilitation process and the reintegration phase.

Cooperation

The cooperation among all the stakeholders in alternatives to incarceration is also another aspect that has emerged as a best practice during the Triple R project. The Judiciary system should not work alone in promoting rehabilitation, treatment and reintegration for drug addict offenders. The synergy with the public health system and with the civil society handling the rehabilitation is essential. In some cases, such as in the Belgian drug treatment court, an ad hoc function has been created, called Liaison, to be acting as a focal point in helping the clients establishing a treatment path and life plan. In the Italian case, there is also a strong cooperation among the public institutions and the civil society, therapeutic communities and treatment centers in the form of the Office for the External Criminal Execution.

Opportunities

During the time spent in prison, inmates with drug addiction problem often realize that they had chosen a wrong path in life. If they are really motivated to get socially reintegrated in the society, they have to work on the root causes that brought them to drugs and crime and take action to prevent relapse in addiction and recidivism. The national constitutions and the national ministries and Triple R project partners underline the importance of the prison time to rehabilitate people for good. These suggestions should be further implemented and actions should be secured to provide real opportunities for inmates to change their life: facilitating entering into treatment, getting job training and education as appropriate, supporting the individual to choose alternatives to incarceration and be accompanied in the social reintegration phase with housing

support. Furthermore, San Patrignano, Basta and the Belgian DTC emphasize the importance of work and developing a professional carrier as an important component of the rehabilitation process, fostering self-esteem, motivation and providing a living while counteracting the feeling of emptiness associated with the addiction. Having a purpose in life and feeling useful is a powerful trigger for recovery from drug, avoiding recidivism in criminal activities and fostering for social reintegration in the long run.

Rehabilitation

Effective justice interventions for drug-addicted offenders should prioritize access to treatment for the individuals. Although compulsory treatment has proven to be less effective than voluntary treatment, a system should be established to facilitate access to treatment, offering a range of options to choose upon. Individuals need some counseling about the situation in each country, according to the national legislation and provision, but each drug addict inmates, should be presented with the best opportunities to get help in quitting addiction and embrace recovery, if so desired.

Reinsertion

Reinsertion is complementary to recovery and the two works hand in hand. Incarcerated drug addicts are experiencing a dilemma following the question on what is coming after prison. In order to break the vicious cycle of drug and crime, it is essential to plan social reinsertion and recovery as an integral part of the rehabilitation programs and secure that appropriate attention is given to both, once the decision of the individual is explicitated. This implies, creating a referral mechanism and a close cooperation among all the stakeholders to secure the best implementation of the recovery and rehabilitation process.

Empowerment

Empowerment is the leading principle and the final aim of the recovery process for drug addicts and it is also the inspirational concept that should guide the justice interventions. Empowered offenders, who are able to overcome their addiction, plan and implement a successful social reintegration, are valuable contribution to the society and not a burden or a cost for the taxpayers. They are not a threat to security but active members in their families and communities. All the stakeholders should keep in mind that punishment is a fruitless intervention; treatment, care and support are needed to achieve positive results in the long run and provide actual opportunities for a change.

The Triple R guidelines on justice interventions and alternatives to incarceration for practitioners

Inspired by the MC.CORRE Triple R model on justice programs for addicted offenders, the following action oriented key points have been drafted to provide useful recommendations for those working at the grass root in delivering rehabilitation opportunities to drug addicted offenders and/or relevant stakeholders interested in the issue of alternatives to incarceration for drug addicts inmates.

- Social workers and practitioners have unique access to the prisoners with addiction problems. They are in the position of stimulating personal motivation and commitment in choosing a rehabilitation path instead of incarceration. Also in the cases where no alternatives to incarceration are available for the inmates with addiction problems it is important to inform each individual about opportunities to receive treatment in the prison setting and get the best out of the time while incarcerated, in order to plan a successful reintegration.
- According to regional or national legislation, the practitioners could work with the health and justice systems in the creation of a standardized procedure for the diagnostic and therapeutic assessment and setting up of an integrated and unified national follow up mechanism, not leaving this aspect to each local or national authority.
- Not for profit organizations should work toward strengthening the cooperation among the institutional actors, promoting an integrated approach leading to the creation of local liaison teams that will fill the gaps of the system bridging the needs of the institutions with the local communities.
- Not for profit organizations should be improving the offer for services to inmates, overcoming the polarization between the outpatient treatment and the residential treatment, creating effective therapeutic programs that could merge efficacy and sustainability.
- Social workers and practitioners should work toward the creation of an active and engaging therapeutic response so that the offender decides to continue the treatment while in alternative sentencing and not interrupt it, going back to prison.
- Rehabilitation and social reintegration should be seen as complementary processes and as a continuum of care, inside as well as outside prison settings. Therefore, the cooperation with the penitentiary system and the non-governmental organizations working in these fields it is crucially important to secure adequate treatment and opportunity for the inmates.

The Triple R guidelines on justice interventions and alternatives to incarceration for policy-makers

Based on the finding of the MC.CORRE Triple R model on justice interventions, the policy-makers and stakeholders will find useful the following points, capturing the essence of the best practice exchange among the partners.

At the policy level:

- Drug addiction is preventable, curable and it could be treated in more appropriate and viable ways outside prison.
- Drug addicts prison inmates should not be considered as regular criminals and prison is not the best place to treat their addiction: governments should implement measures to create programs or increase the already existent treatment options, to transform the detention period in a concrete opportunity for redemption, providing treatment, job training, education which will foster social reintegration and reduce recidivism in the long run.
- Governments might also consider implementing new procedures that will avoid drug addicts entering into prison, sending them directly to treatment.
- Governments should work toward promoting alternative measures for drug addict offenders to lead them to recovery and getting them out of prison where often their health condition along with their addiction and recidivism deteriorates. Therapeutic communities are indicated as one of the possible options.
- According to their national legal structures, countries might look into the drug courts model, a US best practice, which has been successfully replicated in other countries in the American hemisphere as well as in Europe, for example in Belgium. Drug treatment courts proved to be effective both in reducing recidivism and in saving taxpayers money, resulting with a long run social investment.

- In order to assess the financial sustainability of the alternative measures Member states should promote evaluation of the results and develop a set of indicators to provide a cost-benefit analysis, to better plan further projects and initiatives.
- It is suggested to build up or strengthen the partnership between the justice and the health care systems to promote the implementation of alternative measures, preventing drug addicts from entering into prison, and promoting the exit from prison setting for the individuals who need treatment.
- Alternative measures would work at their best when there is a multidisciplinary staff (including prosecutors, social and health workers), which will undertake the work according to moral values and in respect of human rights.

At the grass root level, politicians could advocate for:

- Strengthening the cooperation among the institutional actors, promoting an integrated approach leading to the creation of local liaison teams that will create synergies among the judiciary system, the health care system and the not for profit or treatment center providing rehabilitation and social reinsertion programs.
- Allocating adequate funding for the implementation of the alternatives to incarceration and for the treatment in therapeutic communities or rehabilitation centers.

SOCIAL REINTEGRATION

THE TRIPLE R ARES MODEL ON SOCIAL REINTEGRATION

The Triple R ARES model presents the key concepts that emerged from the best practice exchange during the Triple R project. The acronym ARES stands for:

- A-**autonomy oriented
- R-** recovery embedded
- E-** education and job aimed
- S-** socially supported

The image below is presenting the key elements in the form of a Visual Chart, that could help professionals, practitioners and policy makers interested in knowing more on the essence of the social reintegration programs.



Autonomy oriented

Autonomy is the final goal of a successful social reintegration. According to Triple R partners' experience social reintegration programs should be as much as possible addressing the needs of the recovering addicts and being therefore very much individualized. People recover at their own time and following their own path, and since social reintegration is perceived as the natural continuation of the recovery journey, the following crucial aspects have been highlighted by the Triple R partners as essential while achieving the necessary degree of autonomy:

- providing attention to the priority planning and identifying the areas that need immediate interventions;
- learning how to manage time, especially free and leisure time; and
- focusing on relapse and recidivism prevention.

Recovery embedded

Triple R partners agreed on the fact that recovery and social reintegration are two inseparable and intertwined processes, and in most cases the two phases are overlapping for quite some time. It is perceived that social reintegration should be clearly embedded in the recovery program as ultimate step and natural continuation of the recovery journey in the society. Therefore, the recovery program should be tailored to support and foster social reintegration, being enriched with the tools, educational and job training activities and professional psychological support when needed, preparing recovering addicts for their successful reinsertion. In this way the time spent in treatment could also be seen as social investment for the future of the recovering addicts and would have a positive impact in minimizing recidivism in addiction and criminal behaviors in the reintegration phase.

Education and job aimed

In the Triple R experience emerged clearly that work and employment have a crucial role both in the recovery and social reintegration programs.

During the treatment, work and vocational trainings are supporting self-esteem and fostering motivation, while helping in creating concrete opportunities for a sustainable livelihood, upon completion of the program and in the long run during the social reinsertion program. The chances of employability are greatly increased if recovering users could count on a formal education, earning degrees, certifications and skills required by the job market. Furthermore, getting a job is a necessity for recovering addicts who often have to sustain themselves and eventually pay off debts accumulated during years of addiction. Being able to get a job and keep it in the long run is one of the factors that minimizes recidivism and offers stability to the recovering addicts, and should be considered, one of the priorities in the social reinsertion phase in the same way as educational opportunities should be provided during the rehabilitation phase. Doing so, a positive virtuous cycle is created that would effectively support a social reintegration path.

Socially supported

Triple R partners stress the importance of finding a supporting environment in the social reintegration phase. Recovering addicts, who had completed a treatment program, are coming out from a protected setting and should count on continuous support, while adjusting to a more challenging environment. As previously mentioned, in the reintegration program it is crucially important to identify the best option for the reinsertion. Sometime nor the hometown or the family of origin are the optimal choice, especially in case of abusive families or highly at risk context. Housing or cohabitation might present both a challenge. The first one in term of economically sustainability: it might be difficult to find a place to stay due to the stigma against former users and also the high cost of renting, which might not be affordable, in the first period of the social reintegration. Cohabitation with the family of origin might be an economic necessity, but could present the

challenge of getting back to old family mechanisms the recovering addicts should try to avoid. On the other hand, in case families are willing and able to provide economic and emotional support, it could be a real asset in progressing toward a successful social reintegration and their contributions should not be underestimated.

The Triple R guidelines on social reintegration for practitioners

Based on the ARES Triple R model on social reintegration, the following action oriented recommendations have been formulated for practitioners and professionals working in the social reinsertion field and stakeholders interested in the subject.

- Recovery and social reintegration are two intertwined aspects in the journey toward empowerment and autonomy for former drug user seeking their way out of drugs. Therefore practitioners should be aware of the continuum of care and create collaborative synergies between the two phases, also if different organizations or institutions carry them out.
- Autonomy should be the final aim of the social reintegration, and should be achieved thanks to an individualized approach taking into consideration the needs and the progress of each recovering addicts. Therefore professionals should be able to help the beneficiary in creating a personal plan, instead of sticking to predetermined models and modifying it to make it fit for purpose when need it.
- Professionals should assist the recovering addicts in identifying their own priorities and finding suitable paths towards their own social reintegration.
- Practitioners should support the recovered client in the job search and emphasize the importance of work and employment as crucial elements of a successful social integration. When needed, they should also encourage the beneficiaries to pursue the necessary education or a professional education needed to perform a job.

- Practitioners should assist clients that demonstrate an interest in looking into self-employment opportunities and refer them to the relevant stakeholders who could facilitate this process.
- Professional should encourage the beneficiaries to engage in social activities, volunteering and giving back time, helping them in finding positive alternatives for their leisure time and supporting them in further enhancing their self –esteem.
- Practitioners should liaise with families of the recovering addicts and help them understanding the mechanism of recovery and social reintegration. When possible, professional could encourage the engagement of the families in the social reintegration as support group of the beneficiary.

The Triple R guidelines social reintegration for policy-makers

Inspired by the findings of the ARES Triple R model, the following points on social reintegration have been elaborated. Politicians and policy makers could find food for thought in the lessons learnt by project partners.

- Social reintegration should be seen as an integral part of the recovery process. Too often the two aspects are handled separately, endangering the final results. The social reintegration programs should be planned as long-term effort, and not just focus on short-term results. Addiction takes years of life, so does recovering from it. The idea of a quick fix, it is not just unrealistic, but even counterproductive because it fuels into the spiral of relapse, and it is also ineffective in terms of costs and efforts.
- Politicians should secure that a coherent drug action plan is in place, including and securing the funds of the continuum of treatment, from recovery to social reintegration, to be understood as a virtuous cycle. There is no complete recovery if a successful social

reintegration is not accomplished. A long-term plan should be established considering all the actions of treatment, recovery and social reintegration as a continuum of care, and sufficient resources should be invested to secure that such policy would be than adequately implemented at the national and regional levels.

- Policymakers should advocate for real job opportunities to former addicts and not welfare assistance. Former drug users deserve a real job and a dignified life. Surviving on welfare is not a sustainable option. It could be helpful just for a short time while the person puts life into perspective, but it cannot be a long-term solution. Competitive job opportunities and market salary will boost independence, self-esteem and contribute to the long-term success of the social reintegration, diminishing the chances of relapsing.
- Politicians should promote affordable housing for vulnerable people. In times of economic crisis, giving the high market price of rentals, having options for affordable housing for former drug users could be a great help in the starting up of a new life.
- Policymakers should see recovering drug addicts, as individuals that deserve a chance to become a social value and not a burden. National policies supporting the recovery movement and championing the results are extremely helpful in disseminating knowledge about the fact that coming out from addiction it is not just possible but it is desirable and helpful for the society as a whole. This consciousness will further reduce the stigma against former drug addicts and enhancing their social reintegration.

APPENDIX

DEFINITIONS ON THE KEY WORDS IN THE TRIPLE R PROJECT

The following definitions have been elaborated in the framework of the TRIPLE R project, since the partners had identified the need of shading light on the common understanding of the terms used throughout the project and reflected in the Triple R publications.

For this reason a drafting group composed by drug experts among the partners worked together to crystalize the essence of the discussion around the main terms and drafted the definitions below which will secure consistency in the wording used in the Triple R publications.

Rehabilitation

Comprehensive multidisciplinary approach that addresses the complex problem of addiction in all its aspects: health, education, life and job skills, providing a place and space for former addicts personal and professional growth, helping them to build a drug-free life.

The drug rehabilitation process is a comprehensive multidisciplinary approach that should mirror the complexity of addiction, providing effective answers to people's needs. Since addiction itself it is a multifactorial disease as defined by the World Health Organization, drug rehabilitation should address all the cross-cutting facets embedded into it.

Reinsertion/Reintegration

In the Triple R publications the term reinsertion is used as synonym of reintegration and they could be interchangeable.

The social reinsertion/reintegration should be considered as an unavoidable segment of a recovery program. Upon completion of the rehabilitation, the reinsertion/reintegration is the moment during which the ex-user will work toward consolidating the newly acquired self-esteem, capitalizing the learning of life skills and job training to move forward in life and be active member of society.





Triple R: Rehabilitation for
Recovery and Reinsertion