

# ADDICTION TREATMENT PATHWAY



The Cabin Edge offers dedicated support through every step of the treatment process. We also offer stepped-down extended care options to help participants transition back into their daily life in a supported, therapeutic environment for optimal recovery. Unique to The Cabin Edge, participants in later stages are able to give back by mentoring young men newer to the programme, and to our local community by leading events in support of The Cabin Foundation.



## DETOX AND STABILISATION

### Inpatient Medical Supervision

Not all addictions and substances require a medical detoxification. Typically, prolonged use of opiates, alcohol or benzodiazepines will require medical assistance to safely taper off. Duration of this stage depends on the client and drug used but typically takes one week.



## PRIMARY TREATMENT

### Intensive Psychotherapy in a Residential Setting

Participants must identify their addiction, define their abstinence and learn recovery tools and resources. This stage can last from one to three months.



## SECOND AND THIRD STAGE TREATMENT

### Step Down

During this stage, participants step down into a less structured environment, typically called a '*sober house*'. Here they can get used to the outside world again whilst still being monitored to a lesser degree. The programme is fairly intense for two to three months (*second stage*) before reducing to allow for greater self-management (*third stage*).

Cabin Edge participants in third stage treatment may continue their *Muay Thai boxing or triathlon training* and become part of our teaching team, contributing to the community and helping other young men hone their athletic skills and boost their personal growth.



## AFTERCARE

### Monitoring

After leaving the care of a structured programme, participants should engage in aftercare where they attend online group therapy once a week and are accountable to an outpatient programme managed by an outpatient therapist. This stage typically lasts about six months.

Our online video aftercare programme allows participants to accomplish this and stay in touch with their recovery peer support network from anywhere in the world.