



OASIS
recovery centre



Oasis is one of South Africa's leading addiction treatment centres. Our standards are unparalleled and we are one of the few treatment centres that are registered with South Africa's Department of Social Development. We have been running successfully since 2005.

We offer highly personalised and innovative treatment programmes designed to meet the specific needs of each of our clients. Our comprehensive and holistic approach to addiction treatment guarantees the optimal balance between recovery and wellness.



WELCOME TO OASIS RECOVERY CENTRE

There is often the perception that treatment for addictive disorders and various dual diagnoses has to be uncomfortable, punitive and unpleasant. The process of admitting that we have a problem that we can't solve, and the process of healing is difficult enough.

It is our privilege at Oasis to deliver personalised multidisciplinary treatment programmes in a non-judgemental and compassionate environment that is effective and transformative, comfortable, stylish and tranquil, reassuringly confidential and spacious.

Our skilled and experienced team of therapists, counsellors, psychologist, psychiatrist, doctors, support workers and 24-hour nursing staff will help you feel comfortable, at home and safe through your life changing time at Oasis.

Our approach can support those who struggle with; alcohol abuse, substance abuse, eating disorders, behavioural addictions & co-dependency, gambling, gaming, sex addiction, co-occurring disorders & psychiatric conditions.

*REBUILDING LIVES THROUGH HOPE,
COMPASSION, AND EXCELLENCE.*

TREATMENT AT OASIS RECOVERY CENTRE

WHY CHOOSE OASIS?

At Oasis we pride ourselves in providing an effective treatment programme, while offering the highest quality standards and services. Our all-inclusive inpatient treatment programme combines:

- Effective treatment planning within a multidisciplinary team
- Licenced and accredited team of clinicians with extensive experience in the field
- Intensive individual and group therapy
- Family Treatment Programme
- Comfortable accommodation at our beautiful beachside centre
- Weekly excursions and holistic wellness therapies
- 24 hour nursing support
- Complementary relapse prevention treatment
- After-care support
- World class treatment at a fraction of the cost of international centres

OUR ADDICTION PROGRAMME

A fundamental principle of Oasis' treatment is our philosophy that addictive behaviours are a means to survive, a way to cope with stress, escape inner pain and relieve guilt. In our treatment, a crucial element is creating an understanding of the important function that each individual client's addiction serves. We aspire to be the best, most thorough and comprehensive addiction treatment team in the country because our clients aren't treated with a one size fits all approach, our clients aren't shamed for having an illness, nor are our clients just measured in terms of their value to our bottom line. For each of our clients there is a story of devastating entrapment, of erosion of confidence and destruction of their lives. But with each of these stories there is an ember of hope, an ember that with care, attention and skilled precision can be gently fanned to create a flame.

With over a century of combined experience we have assembled a relentless team who strives to help, no matter the problem, no matter how difficult the odds. Because our team understands that addiction is complex, and that as unique as each of our clients are, so must their treatment programme be.



EVIDENCE BASED THERAPY

Individual Therapy
Group Therapy
Psycho-dynamic Therapy
Motivational Interviewing
Trauma Focused Therapy
Cognitive Behavioural Therapy
Dialectical Behaviour Therapy
Interpersonal Therapy
Schema Therapy

CREATIVE THERAPY

Play Therapy
Art and Drama Therapy

PHYSICAL THERAPY

Onsite Gym
Therapeutic Massage
Chi Kung
Yoga

SUPPORTIVE THERAPY

12 Step Programme
Volunteer Programme
Engaging with Nature
Beach Walks

TREATMENT AT OASIS RECOVERY CENTRE

CLINICALLY INTEGRATED, INDIVIDUALIZED CARE

The goal of treatment at Oasis is lifelong recovery for our clients. Our abstinence-based approach incorporates integrated clinical disciplines with individualized planning and care.

Our interdisciplinary care team consists of an addictions counsellor, a psychologist, a social worker, psychiatrists, physicians, family specialists, a dietician, and wellness specialists who collaborate in developing and administering individually tailored treatment plans. For many Oasis clients, addiction treatment also involves clinical care for co-occurring mental health conditions such as depression or anxiety disorders.

RESIDENTIAL TREATMENT

Oasis apostrophe nurturing and respectful environment provides the optimal setting for clients to focus on making physical, emotional, mental and spiritual changes that build lifelong recovery.

Our model of care is defined by individualized treatment planning, clinical integration, respect for the dignity of each client, and open, comfortable surroundings.

THE CLIENT'S TREATMENT PLAN

Addiction treatment at Oasis begins with a comprehensive, individualized plan developed by an interdisciplinary team of clinicians who meet weekly to review and modify each client's plan as needed.

The client's treatment plan is influenced by a variety of factors. Recommended levels and types of care are based on the addictive substance, family history, existence of co-occurring illnesses, gender, physical health, stability of home and work environments, and many other variables. Tailoring treatment in this way ensures each client the most effective approaches and the best opportunity for recovery.

ADDICTION RECOVERY

Oasis clients learn about their disease and the process of recovery through individual group sessions facilitated by an addictions counsellor or psychologist.

The addiction counsellor guides each client through the treatment experience, and may deal with specific issues such as anger, assertiveness, disordered eating, gender, grief, trauma, gambling, sexual compulsivity, and other potential obstacles to lifelong recovery are also addressed.

THE DAILY EXPERIENCE AT OASIS

Daily treatment activities are carefully planned to help the client understand what it means, and what it takes to get recovery from addiction. The client's daily schedule is structured to include intensive therapy and education while still having time for personal reflection and relaxation.



OVERCOME ADDICTION STEP INTO SOCIETY WITH OASIS RECOVERY CENTRE

At Oasis, our mission is to help rebuild lives through hope, compassion and dedication.

We are a boutique residential treatment and rehabilitation centre dedicated to an integrative treatment approach to addiction. Our goal is to identify the root of our clients' addiction and guide them in developing new ways of coping and communicating.

We believe that uncovering and understanding the function of addiction in our clients' lives is the route to effective and long-lasting recovery.

At Oasis, we provide our clients the opportunity to practice new skills in a safe and tranquil beach environment that supports healing and change.

*"I had to clear up my messy life.
By letting go of the debris and filth,
I have come to a deeper more soulful beauty and clarity like an oasis in the desert.
From that place of clarity,
a vision of what I could have,
what I could do,
who I could be has emerged if I allow my heart to become a place of compassion,
acceptance and forgiveness."*



LEVEL OF CARE AT OASIS RECOVERY CENTRE

MEDICAL DETOX

Clients requiring acute medical detox for drug or alcohol abuse are treated at a specifically selected off-site hospital, under the care of an experienced detox team. Once our clients are physically stabilised, we continue to manage their detox as they begin their therapy with us.

RESIDENTIAL INPATIENT TREATMENT

Our residential treatment programme provides 24 hour a day nursing and therapeutic care. The initial stage of treatment is structured and highly individualised, according to each client's needs.

Each client works closely with our multidisciplinary team, that includes our psychiatrist, doctor, primary therapist, social worker and, for our clients with eating disorders, a registered dietician.

Referring psychiatrists, physicians and therapists are an important part of our collaborative team and comprehensive treatment planning for each client.

AFTER-CARE PROGRAMME

Our after-care programme provides a structured treatment plan suited to each client's needs, with decreased monitoring where our clients continue to live on site with access to staff. Autonomy and accountability are essential to this level of care, and our clients continue to engage in individual and group therapy during this phase.

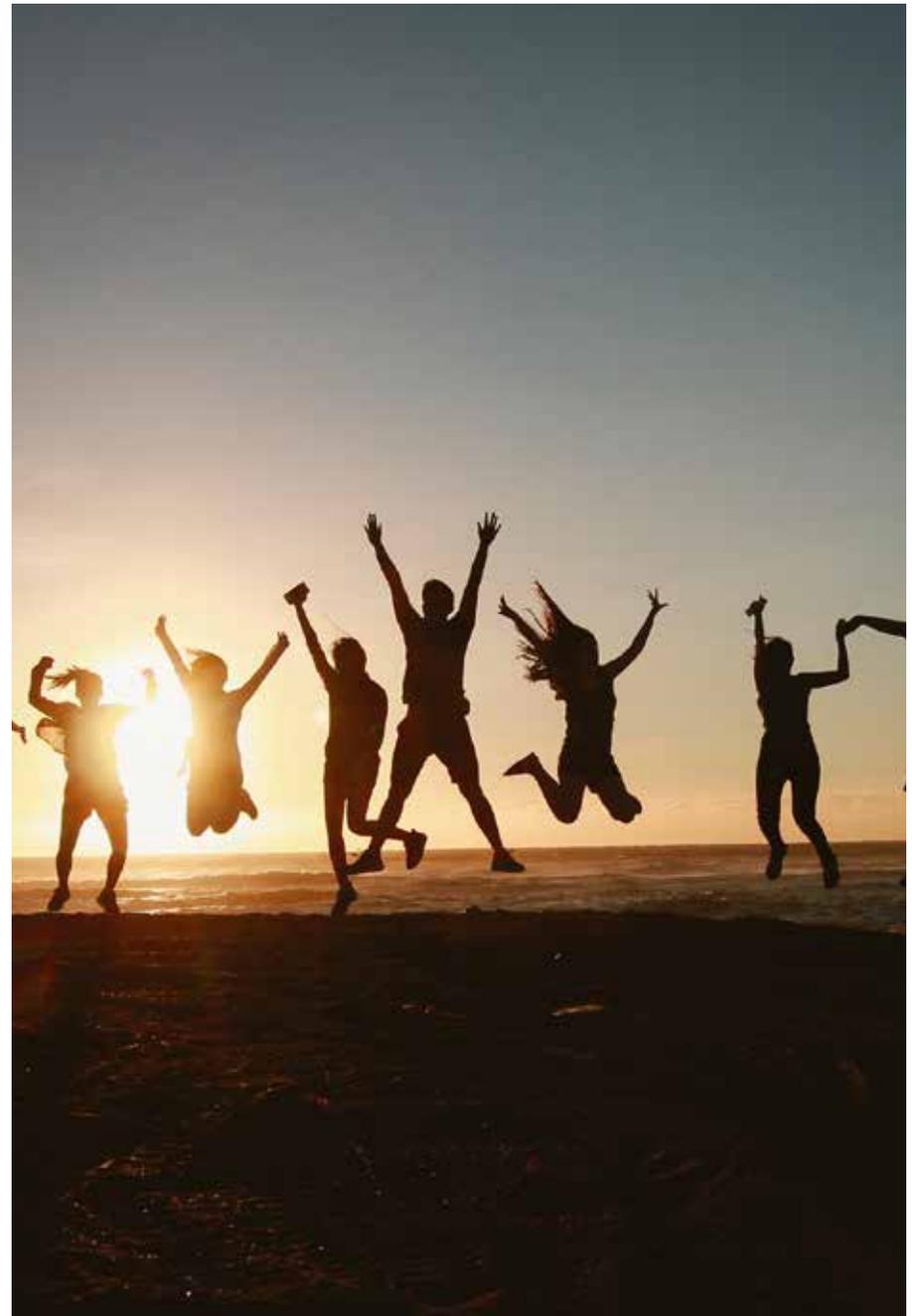
Ongoing after-care is provided to our clients, as we support and guide them as they return home. Thorough discharge planning is pre-arranged, in which appointments, meetings and ongoing therapeutic care is scheduled.

EFFECTIVE TREATMENT

We make the referral process as easy as we can for both our clients and referring professionals. Admission is expedited, and we accept clients 5 days a week. Pre-arranged transfer services are available across the globe.

Oasis clients receive comprehensive medical, psychiatric and social assessment within 48 hours of admission. All of our eating disorders clients also receive a nutritional assessment in order to help achieve optimal wellness.

Referring professionals are considered as part of our team, and ongoing consultation and communication is provided to the degree to which each referring professional prefers. Progress reports as well as thorough discharge reports are provided.



ACTIVITIES AT OASIS RECOVERY CENTRE

At Oasis, we provide our clients the opportunity to practice new skills in a safe and tranquil beach environment that supports healing and change.

ADVENTURE ACTIVITIES

Elephant Walks
Safari
Fishing
Adventure Sports
Stand Up Paddling

Horse Riding
Rock Climbing
Mountain Biking
Canoeing
Hiking

EXERCISE & LEISURE

Drumming
Yoga
Golf
Walking

Swimming
Jogging
Team Building



OUR PROGRAMME VARIES BETWEEN THREE TO SIX MONTHS IN ORDER TO HELP OUR CLIENTS ENGAGE AND EMBRACE LIFE FREE FROM THEIR ADDICTION

STAYING AT OASIS RECOVERY CENTRE

This information booklet is aimed at answering any practical questions you may have regarding flights, visas, and of course, what to bring. Please read through the booklet carefully, and if you have any further questions please feel free to contact us at info@oasiscentre.co.za.

FLIGHTS AND VISAS

Please be aware of the fact that this is a drug and alcohol free therapeutic community. No alcohol or drugs are to be brought onto the premises under any circumstances.

All flights should be booked to Plettenberg Bay Airport (which can only be booked through CemAir - <http://www.flycemair.co.za/>) or to George Airport. Oasis will make arrangements to collect clients from the given airport. When booking your flights, please note that the length of treatment is twelve weeks exactly and that it is best to arrive at Oasis between Monday and Thursday. This gives the client a chance to settle in with the help of his/her Counsellor and if necessary to see a doctor before the weekend.

Ensure that you are exempt from needing a pre-arranged visa to enter the country and that you are automatically able to obtain an automatic 3 month Visitor visa on arrival, which will be extended if needed once you are here. If you are able to and there is enough time, you can apply for a medical visa before coming to South Africa.

WHAT YOU NEED TO KNOW

1. All medication must be handed in on arrival.

2. Residents are advised to bring the following items with them:

Appropriate, warm and comfortable clothing (we have overlapping weather patterns throughout the year). Laundry is sent to a laundry service weekly.

- An international plug converter is advisable for any electrical appliances you might bring with you.
- Comfortable walking shoes, a windbreaker and warm jacket. Sun hat, sunblock, appropriate swimwear, towel for swimming, beach sandals.
- Toiletries: soap, shampoo, conditioner, razor and blades, deodorant (roll-on only), body lotion, lip salve, moisturiser and cosmetics.
- I-pod/MP3 players – please try to have your music already loaded.
- Credit Cards, ID documents and travel documents (passports and airplane tickets) need to be handed in to the office for safekeeping.

3. Residents are requested NOT to bring the following items with them:

- No medication other than prescribed medication
- No illegal drugs or alcohol
- No herbal teas except rooibos

- No laxatives (unless prescribed)
- No protein / health drinks
- No spray deodorants, perfume or after shave (only roll on)
- No mouth wash containing alcohol (alcohol free mouth wash is available in stores)
- No partially used electronic cigarette liquids. Only sealed refills will be allowed

IMPORTANT DOCUMENTS REQUIRED

Please provide us with the following information / documents for your medical safety:

- Copy of your passport
- Copy of your comprehensive travel insurance
- Copy of your Prescription (for chronic medication) – bring this medication with you
- A "fit to fly" letter from your Doctor (if applicable)
- A psychiatric report from your Psychiatrist or Psychologist (if applicable)
- The results of any blood tests that we request from you
- Emergency contact details of family member / friend

Please note that should you arrive in an inebriated or medically unstable state, then the Medical Doctor may need to transfer you to a Medical hospital for emergency treatment – this would be due to you not being able to provide an accurate recent using history, or that your vitals/medical history indicates that you are high risk. This would incur medical costs for your account.

Do not hesitate to contact us should you require any further information or assistance.

We look forward to working with you at Oasis.

BEST REGARDS,
THE OASIS TEAM

GENERAL INFORMATION FOR OASIS RECOVERY CENTRE

INFORMATION WITH REFERRERS

Referring health professionals are kept involved and informed of their client's progress on a weekly basis throughout their treatment process. Each client's discharge plan includes a follow up appointment with their referrer and thorough discharge report.

ADMISSION CRITERIA

Clients must be over the age of 18

Clients can be either male or female

Clients need to have a working knowledge of English, however provision will be made as far as possible, to assist clients who may not have English as their home language.

All clients are required to undergo a screening by a medical doctor and detoxification or stabilization under medical care should it be indicated, before admission is granted.

MEDICAL AND SPENDING FLOATS

A Medical Float of is held in trust for the disbursement of medical expenses such as medication, psychiatrist, dietician, doctor's visits, dental visits, physiotherapy, etc. if required. This also includes statutory visa renewal costs. This float may need to be replenished at times, depending on the individual client's requirements.

A Spending Float is held in trust for items of a personal nature.

Any unused amount in these floats will be refunded once the account has been reconciled.

DETOXIFICATION

If detoxification is required, this is done at the Knysna Life Hospital, which requires an additional deposit.



Tel: 0027 - (0)44 - 533 1752
A/H: 0027 - (0)73 - 798 9699

info@oasiscentre.co.za
www.oasiscentre.co.za
@oasistreatmentcentre

SOUTH AFRICA'S LEADING PROFESSIONAL ADDICTIONS TREATMENT CENTRE
CK 2017 / 446749 / 07