

My name is Piotr Busz. I'm a service user/client of the House of Therapy and Social Re-adaptation run by the Antidotum Association.

I'll briefly discuss the different steps and additional tools that are used in therapy.

The different steps are:

Internship, Novitiate, Inmate, Resident

In addition to these, service users/clients may have different statuses as Inhabitant, Inhabitant-Employee or ward called "Medic".

INTERNSHIP

Upon arrival, each person newly arrived, is admitted to community. Obviously this is not the first day. Before being accepted into the community, a First Contact Attendant takes that person under his wings. The First Contact Attendant is the person who is responsible for taking care of the newly arrived. He provides exchange of clothing as people arrive in different conditions. In turn, the medical supervisor takes care of hygiene.

After the adoption to the Community, the person is assigned a Community Attendant, which in turn takes care of that person for a period of time until he graduates to the status of the Inmate. The task is to make this person aware of what's going on: help read and understand the rules the findings and the principles that prevail in our home.

The Internship lasts up to two weeks. During these time the newcomer is able to get an idea of what the life and therapy is like here and makes a decision whether he wants to be here or not.

If he/she decides to stay, they have to sign a contract. If he/she decides otherwise then he/she leaves the base. There's no therapy without own will.

There are of course limitations when it comes to the various stages of therapy. Newcomers cannot use personal electronic devices such as mobile phones, mp3 player, laptop (if they have one) at the beginning.

The point is that such a person should be slightly, as if to say, torn from their environment. No contact with old environment in early stages of therapy might just have positive impact on the further stages.

NOVITATE

The next step of therapy is novitiate which follows the adoption to the community and signing the contract.

At that time Novice is acquainted with the terms and the findings. He needs to define his priorities and develop Social Action Plan which includes all basic operations, together with the social worker. Operation begin with getting an identity card, insurance, supplement medical records and what should be the next steps for medical or legal improvment.

After about a month of stay the Novice develops an Individual Personal Development Plan. What duties he has?

First of all Novice must get acquainted with the rules. Rules that apply here.

Obtain feedback from the community, that is how is he received. This lets him know on what to work on when it comes to his vices and bad habits.

What is he/she obliged to?

To participate in all activities, namely therapeutic community meetings and all kinds of workshops as well as Job Club, Stigma and Integrational activities.

INMATE

The Inmate is a person after 3-months of Novitiate, although it can differ depending on the progress in therapy. Something may be slowing the pace down as the person may not be able to handle it.

Inmate should feel obliged to obtain such status, because he is needed to take care of novices: welcome them, show them what's going on and in the first place support them. He should give back what he received as a novice.

The basic duty of an Inmate is be an example to others. He probably dealt with a lot of stuff in his life and it is useful to share ways of going back on track it with others. They may follow.

It is a privilege of an Inmate to take part in individual therapy, although some novices also have it. This may seem a little odd, but at the market cost of individual therapy hardly anyone could afford it once a week. The problems and barriers persist all the time and you have to somehow deal with them. Hardly any traumatized person can do it alone.

Inmates can also enjoy using the mobile phone, MP3 player or MP4, laptop. Of course, if there was no addiction of the person to the device as this may result in exclusion from the therapy.

The status of an Inmate is usually hold for one year which is short.

The therapy is provided for a maximum of two years. During this time an Inmate should arrange all his affairs, social, legal and other including family relationships, internal barriers, his attitude towards others. A homeless person often has a problem with communicating with the society due to self-isolation.

RESIDENT

Inmate may be a Resident for up to half year.

Resident is a person who took care of her/his affairs, found a job or has good job prospects. Resident can work outside to save money for renting privately after leaving the Antidotum. We know what are the realities of the housing market in Poland. In general you have to rent an apartment or room. For this you need to have some money to start.

Resident is exempted from various activities associated with the therapy but not with integration. The integration results in the establishment of a relationship and better relationship, so it has to be continued.

All the statuses are not linear, they haven't a linear increment in time. So in addition to the Internship, which lasts up to two weeks, the other could vary. Someone might want to quickly achieve different status, someone else prefers slower pace, and some people may want, but just not be able to yet.

It can also go backwards if something negative happened which is not in line with current status such as starting drinking.

Remaining statuses

Inhabitant-employee

Inhabitant-employee is a person who has declared his ministry here for the institution and works on a voluntary basis and lives here. He is often involved in various activities but it is not required.

Medic

Medics are people who are not in therapy and are here due to their health condition which does not allow for being elsewhere.

Inhabitant

Status given to an Inmate who for various reasons like age or health has no chance to work. He may be waiting for social housing although in the absence of income moving in is unrealistic so living in institution is a lifetime opportunity.

Our Activities

Stigma

This is an artistic activity, which we undertake to deny media reports that homelessness is a necessary evil or a byproduct of our civilization. A printed image of a homeless person usually presents a dirty, swathed in a motley variety of bundles of clothes, often drunk guy. These are people who moved outside the margin. They are received as useless, worthless by many people in communities and this is wrong image. Absolutely wrong, because every person has the artistic potential of manifesting itself in different ways. They have deeply hidden talents like art music painting and acting. There have been incidents. The Stigma workshop is run to energize the people and show them that they are valuable. On the other, in order to show others around that one should not reject anyone because of his fate, this one is the value also.

Job Club

Job Club gives an opportunity to find a job through the Internet, which is the most powerful tool for this purpose. Many times most of the proteges had no contact with the computer besides playing video games, so they have to learn computer, office programs and the use of web browsers, search ads, learning how to write your CV and a covering letter.

Orientation in the labor market helps to verify the demand for certain professions and their valorisation. Someone would like to work as, say, a bricklayer. Well, good. Bricklayer - there is a lot of offers on the labor market but in general on the „black market“.

What is the meaning of work on the black market? You do not have insurance and then not have pension.

You can then think about a possible change of own qualifications.

Knowing your skills, even uncertified, allows you to search for professional course and complete it and have a document proving your qualifications.

Proteges create their own profiles on all the sites related to the job, looking for work. For those good skilled it is a good thing due to the fact that headhunters look for such people, and often the offers flows into the email box.

What is an Individual Personal Development Program - IPDP?

This is what in general is based therapy. All activities that protege performs are contained in the plan.

IPDP is one of the tools to motivate us. Namely, at the beginning of this printing, there are written down our own dreams. What we want to do in the future.

As, of course, real, because I could say that I would go to the Cassiopeia constellation, but I know that technically it is impossible for the time, being at least.

But shall be dreams and thanks to them, you can then define your goals.

Professional goal, what we want to achieve in life. On this basis, what is being built next part of IPDP. The entire Plan is conducted virtually for the completion of therapy, are in it too all the action social, legal, etc.

Here you can see one of the pages of IPDP print.

The need is what I want to cater to realizing my goal.

The barrier, which is what bothers me in achieving the goal.

Action, ie what is being done to achieve the objective.

Timings – planned and real completion date

Signatures – confirmation that the goal is done