

## ÁTJÁRÓK

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# ADAPTED PORTAGE MODEL IN MAGYARÓZD

Publication for blended training for professionals working with addiction

The main aim of the publication is to present the adapted Portage treatment model used in the Magyarózd Drug Treatment Home.

Before detailing the therapeutic community-based method of Magyarózd, the publication considers it important to present the history of therapeutic communities (TC) and to introduce the Portage model.

### Therapeutic community, Portage model

The effectiveness of therapeutic communities in improving the lifestyle and quality of life of addicts far exceeds the effectiveness of individual psychotherapy treatments. This can be attributed to the fact that "the main feature of therapeutic communities that distinguishes them from other therapeutic methods is that they use the community as a deliberate and conscious therapeutic tool to promote psychological and social change in the individual. In TC, the therapist is the method and the master is the community."



The use of community as a method presupposes that the individual wants to change, wants to learn from being close to those who are also struggling with addiction. From this perspective, community is essential for all: participants and staff, professionals and volunteers. The community is not a place where addicts are kept and where professionals go to provide therapy, nor is it a place where addicts spend their days away from the noise and temptations of the street, waiting for the next group. A therapeutic community is a social environment made up of professionals and counsellors who can be models, guides in the process of rehabilitation and recovery, through their personal, successful life changes or simply in their lives. All activities in TC are aimed at creating a therapeutic and educational change in the lives of the participants, and everyone involved facilitates this change.

The primary aim of TC is therefore to promote personal development in a highly structured environment, with well-defined boundaries (moral and ethical), where community members are seen as family members rather than patients under institutional treatment.

The Portage programme is one of the therapeutic communities that grew out of the Synanon movement in the US. Its origins can be traced back to the 1950s, when professionals were trying to address the mass heroin addiction of soldiers returning to America from Korea. Today, this model is well known for its effectiveness and has been used in programmes in Italy, Portugal, the Philippines, Bermuda, Honduras, Canada, the UAE, Hungary and Romania. The first Portage community was established in 1973 in Quebec, Canada. Since 1979, Péter Vámos, a psychologist of Hungarian origin living in Canada, has been the leader of the Portage communities.

### **Adapted Portage model in Magyarózd**

In 2005, the Bonus Pastor Foundation launched a long-term rehabilitation programme in the renovated granary of the Radák Castle in Magyarózd.

Portage's approach to addiction and therapy is a key element of the therapy at the Magyarózd Drug Treatment Home. It can be summarised as:

- Addiction is a bad behavioural response rather than a disease.
- It builds self-esteem and self-confidence.
- It puts tools in the hands of the residents, teaches skills.
- Gives hope that residents can be free from the shackles of their addiction.

Key characteristics: drug-free, self-help, positive environment typical of family support systems, bio-psycho-social approach to addictions and recovery, Christian spiritual dimension and values, honesty, commitment to active participation and rehabilitation.

**The programme aims to:**

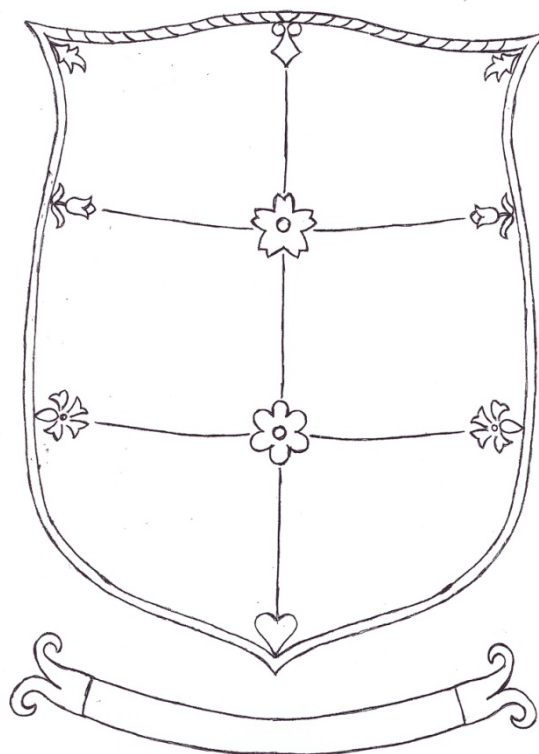
- teach residents to develop values that they can respect and draw on;
- help residents to be able to assess their life situation realistically and to increase their self-esteem;
- prepare residents to adapt to the world outside the therapeutic community;
- help individuals to develop positive ways of meeting their needs without having to "escape" to drugs.

**Portage's motto: "Only you can do it, but you can't do it alone!"**

This publication goes on to describe the Portage model used. The 6 phases of the therapy, from the pre-admission and admission to the Home to the exit phase (orientation, new client, new member, regular member, old member and exit phase), are described in detail, with the objectives, activities, competences and responsibilities to be acquired in each phase.

Active participation in therapy involves the performance of various tasks. One of these tasks is to make a coat of arms at the end of the orientation phase. The coat of arms is a tool for self-awareness and goal setting, a specific therapeutic tool used in the "rite of passage" to welcome the new resident into the community. The presentation of the coat of arms is a sign of initiation into the community, from which point the resident is considered a new member of the family.

If you want to get a feel for the situation of a resident at the beginning of therapy, make your own coat of arms for your current living situation using the template below. Where possible, use symbols instead of writing, and feel free to draw, colour.



CÍMER	
1. VALAMI, AMIT JÓL CSINÁLSZ	2. VALAMI, AMIT EL SZERETNÉL ÉRNI
3. LEGFONTOSABB ERÉNYED	4. AMILYENNEK SZERETNÉD, HOGY A TÖBBIEK LÁSSANAK <small>KÉP ÉS ÖNSZIMBÓLUM</small>
5. A RÁD LEGNAGYOBB HATÁST GYAKOROLT CSALÁDI ÉRTÉK	6. NÉGY SZÓ, AMIVEL SZERETNÉD, HOGY A TÖBBIEK JELLEMEZZENEK

NEVED

1. Something you do well
2. Something you want to achieve
3. Your most important virtue
4. What you want others to see you as
5. Family value that has had the greatest impact on you
6. Four words you want others to define you by

Your name: