

Florida Treatment Model

Founder(s)

Sid Goodman, MA, LMHC

Acknowledgments:

Renaissance Institute

Caron Foundation

Reference:

In Florida, Addicts Find an Oasis of Sobriety

New York Times

November 16, 2007

Jane Gross

Florida Treatment Model

Under the Florida Treatment Model, patients receive clinical services in an office-type venue while living in supervised residential settings. This addiction model, which Caron Renaissance founder Sid Goodman was instrumental in developing in 1977, has proven to be extremely effective.

The Florida Treatment Model enables patients to receive intensive treatment care from qualified, experienced clinicians, while still holding them responsible for daily tasks of living. Treatment takes place in a state-of-the-art clinical facility, and patients live in apartment-type housing located nearby.

This arrangement encourages men and women to be self-sufficient and responsible for themselves and each other. They are expected to shop, cook, do their own laundry and complete other chores, as well as participate in counseling, group sessions, activities and other aspects of treatment for addiction to drugs or alcohol and any co-occurring disorders.

The Florida Treatment Model has become extremely popular as patients and their families have experienced positive results. As patients advance in treatment and recovery, they are encouraged to seek employment or consider enrolling or re-enrolling in an educational program. This allows them to remain in a supportive treatment environment while becoming more involved in day-to-day activities sober.

The Florida Model of substance and drug abuse treatment provides the best opportunity for long lasting recovery through client-centered treatment that includes:

- ▶ Individual counseling that completely evaluates the substance and drug abuse-what started it, how far along the client is into the addiction, what substances abused and what the client's life outside of treatment is like.
- ▶ Cognitive behavioral therapy to evaluate the psychological problems that may be involved with the substance and drug abuse.
- ▶ Detailed evaluation of the behavior associated with using and how to restructure those behaviors in order to live without alcohol and drugs.
- ▶ Group therapy that focuses on the clients supporting one another and developing skills within a social environment.
- ▶ Goal oriented planning for a future of maintained addiction recovery. Substance abuse takes all the structure out of an addict's life and the best chance for successful recovery is to rebuild a structure to follow.
- ▶ Continued education throughout the treatment process for the addict and the family to fully understand the substance and drug abuse, triggers to avoid, goals to achieve and the life skills necessary to productively function within society without the use of drugs and alcohol.
- ▶ Relapse prevention education and planning.

One of the most important recommendations in seeking alcohol and drug rehab is to find a facility outside of the environment fueling yours or your loved one's substance abuse. This includes separating yourself or your loved one from the people and places that may hinder the treatment process.

The Florida Model of substance abuse treatment has the added benefit of residential treatment with housing connected to the Florida substance abuse facility.



Unlike other states, Florida is able to provide congruent housing for their clients, which enables the clinical staff to be a part of the client's home life, and ensures no treatment time lost to transporting from farther housing to the treatment facility.

Furthermore, clients live together and are forced to be self-sufficient and responsible for themselves and each other in this sort of setting. Throughout treatment, clients are then not only treated for their substance and drug abuse but also learn basic life skills like: cooking, cleaning, laundry, exercise and basic responsibility to survive once back in society.

As a result, Florida substance abuse treatment is the most well rounded treatment plan to ensure lasting recovery.