

The European Federation of Therapeutic Communities

THE FIRST 40 YEARS



EUROPEAN FEDERATION
OF THERAPEUTIC COMMUNITIES



Introduction from the President of the European Federation of Therapeutic Communities

It all started 40 years ago.

After four years of intense deliberation, the constitution of the European Federation of Therapeutic Communities (EFTC) was formally signed in Düsseldorf, Germany, on the 6th of February 1981. As one reads in the EFTC site “the formal meeting in Düsseldorf was, in many ways, the first stage of an odyssey to secure our dream of a network of drug treatment communities across Europe”.

Today, forty years later, the Odyssey is still going on and the dream is alive more than ever.

The challenges are many and the social issues that often give birth to addiction are profoundly complicated. What transcends through time is the fact that therapeutic communities, by definition, are recovery oriented. They focus on the whole person and encourage overall lifestyle change, not simply abstinence from the use of substances.

The Greek word “therapon” (the root for the term “therapist”), is first recorded in Homer’s Iliad. It originally signified the servant who helps a warrior put on his armour before battle. Health providers and more specifically addiction professionals are exactly this: therapists, servants who serve people in their need. They equip individuals so that they can go fight their personal battles.

With this in mind, all of us in the EFTC, can face the future and the years to come with optimism, determination and the commitment to serve addicted populations and their social networks all over Europe by restoring hope, dignity and personal well-being.

Phaedon Kaloterakis, KETHEA, EFTC President



Message from the host of the 18th EFTC Conference held in Glasgow 2022

It is my pleasure to be able to host the EFTC conference on the 40th anniversary of the EFTC. The world of addiction treatment has changed much over the last 40 years. Organisations have formed and TCs have opened across Europe enabling thousands of people to recover from addiction. Phoenix UK was founded in the late 1960s (called Phoenix House at the time). We were founded using the experience of Phoenix House New York and we in turn shared our experience to help create other TCs across Europe. We truly are a community crossing geographical and political borders and the EFTC ensures we continue to support each other to the benefit of those that need our help. I am very proud of our association with the EFTC and grateful for the support and learning it provides me, our staff and the people who use our services.

I took the decision to host the 18th Conference in Scotland with Rowdy Yates, a former President of EFTC and a Phoenix Scotland Board member. Rowdy died earlier this year. I miss him hugely but his voice has echoed around my head as I have been preparing for the conference. His presence will be keenly felt by many of us I am sure.

Karen Biggs, Chief Executive, Phoenix Futures, EFTC Board Member



The TC Model

The therapeutic community (TC) for people addicted to drugs was one of the first treatment approaches to respond to the growing drug problem during the 1960s. TCs are still a relevant and valued treatment intervention in a larger context of different treatment programmes across the world.

European TCs offer a drug-free environment in which people with addiction problems live together in an organised and structured way to promote change and make it possible for them to lead a drug-free life in society. The experiential knowledge of people who have been through addiction is a critical and valued part of the TC approach.

In response to a changing environment with growing interest in harm reduction and new groups of clients in need of drug treatment, TCs gradually modified their programmes to better respond to the needs of specific groups of drug users: women with children, imprisoned drug users and people with dual diagnoses.

The TC model for the treatment of people in addiction exists today in most European countries.



Queen Beatrix of The Netherlands at the 5th ICAA World Conference held in Noordwijkerhout where the decision to create a European Federation of Therapeutic Communities was made.



The History of the European Federation of Therapeutic Communities

The decision to have a European Federation of Therapeutic Communities (EFTC) was made in 1980, during the 5th World Conference of the TC Section of the ICAA (the International Council on Alcohol and Addictions) in Noordwijkerhout, The Netherlands (August 31- September 5, 1980).

During the conference a meeting was held of representatives from TCs in Europe. Eric Broekaert was chosen as the Chairman. Further rules and formalities were discussed and agreed on by the founding fathers later that year. On 6th February 1981, the constitution of the European Federation of Therapeutic Communities (EFTC) was formally signed in Düsseldorf, Germany by: Lars Bremberg (Sweden), Eric Broekaert (Belgium), James Cumberton (Ireland), Juan Corelli (Italy), Walfried Hauser (Austria), Martien Kooyman (The Netherlands), Martin Lutterjohan (Germany), Mario Picci (Italy) and David Tomlinson (United Kingdom).

The vision of the founding fathers of the EFTC was to create a network of drug treatment communities across Europe. Communities that would learn from each other, delivering recovery-oriented services through peer support and mentoring, challenging negative behaviour and role modelling: what we call “community as method”.

In 2000, the EFTC was formally created as a not for profit organisation when Dirk Vandevelde, the current EFTC Secretary and Treasurer, progressed the registration and publication of the EFTC constitution, according to Belgian law.

Today, despite many difficulties and continuing reluctance within much of Europe's mainstream treatment culture to accept the reality of self-governed recovery, Therapeutic Communities continue to make a significant contribution to treatment systems in many European countries.

The European Federation of Therapeutic Communities (EFTC) has become one of Europe's largest and longest-lived recovery networks with members from over 50 organisations in 25 European countries.

Members provide in-prison therapeutic communities; community based therapeutic communities; structured day programmes; peer-led after-care services and street-based advice services.

The Federation has strong links at national and international level with a number of organisations including: the World Federation of Therapeutic Communities (WFTC), the Australasian Therapeutic Communities (ATCA), the Federation of Therapeutic Communities in Asia (FTCA), the Vienna NGO Committee on Narcotic Drugs (VNGOC), the Consortium for Therapeutic Communities, Narcotics Anonymous, the European Working Group on Drugs Oriented Research (EWODOR) and the Recovered Users' Network (RUN).

From its inception the Federation recognised that a radical approach involving self-help communities of people in addiction delivering individual recovery, would be met with some scepticism and resolved to encourage self-evaluation amongst its members and an active participation in research studies. As a result, the Federation has organised 18 biennial international conferences to present and evaluate research into all aspects of the therapeutic community and the wider issue of long-term recovery. It enjoys a close reciprocal relationship with EWODOR* and has consistently been an active participant in that organisation's annual symposia.

In addition, the Federation – in conjunction with EWODOR, The University of Ghent and The Scottish Addiction Studies – has organised training institutes for therapeutic community staff and university students (within the Socrates & Erasmus teaching framework), in collaboration with a range of other recovery organisations and more than 15 European universities.

The Federation continues to encourage its membership to refine and evaluate community as method approaches to addiction and recovery in a world increasingly concerned by the damage created by ongoing drug misuse and the failure of national and international drug policy to do more than contain the problem. For the future, the Federation will pursue its ambition to provide a bridge between the self-help recovery community and mainstream treatment and to explore the application of therapeutic community principles to other areas of concern and social dislocation.

*The European Working Group on Drugs Orientated Research has been facilitating symposia in conjunction with the EFTC and local hosts since its establishment in 1981. EWODOR symposia are a central element of EWODOR's mission to bring together the research and practitioner communities in order to drive up treatment quality and ensure the delivery of treatment sensitive research interventions.



The current President of the Federation is Phaedon Kaloterakis. Previous Presidents have been: Eric Broekaert (founding President), Martin Lutterjohan, James Cumberton, David Tomlinson, Anthony Slater and Rowdy Yates.

The current EFTC board of directors: Phaedon Kaloterakis, President (Greece), Dirk Vandevelde, Secretary and Treasurer (Belgium), Karen Biggs (UK), Oriol Esculies (Spain), Pauline McKeown (Ireland).



In 1968 Dr. Ian Christie set up the first Therapeutic Community in the UK, the Pink Villa Huts at St James' Hospital in Portsmouth. In 1971 Christie moved the TC to Alpha House.



Phoenix House in London was founded by Griffith Edwards in 1969 following a visit to Phoenix House New York. Staff and graduates of Phoenix House in London have supported the establishment of TCs across Europe.



Coolmine was established in 1973 by Lord Paddy Rossmore. Rossmore was an Anglo-Irish peer who became interested in drug problems from seeing friends get into difficulties. He opened Coolmine Lodge following a visit to Phoenix House London.



In 1972 the Dutch psychiatrist Martien Kooyman founded Emiliehoeve in an old farm in the Hague. It was the first drug-free therapeutic community in The Netherlands and the first in mainland Europe. Former staff of Phoenix House New York and Phoenix House London were a great help to develop it into a structured drug-free concept TC. The Emiliehoeve became the role model for many therapeutic communities in Europe such as De Kiem and KETHEA.



De Kiem in Belgium was founded in 1976 by Eric Broekaert. In 2006 the TC moved to a new building, designed as TC and including a welcome house and a house for women with children. Above, Eric Broekaert in the garden of the first De Kiem house, together with the owners of the house.

EFTC CONFERENCES 1982 – 2022

The first EFTC conference was held in Sweden in 1982. An EFTC conference has been held every 2 years since 1993. A member of EFTC hosts the conference in a different European country. There have been 18 conferences since the EFTC was formed.

1982	Eskilstuna, Sweden	3 ^d generation of TCs
1984	'Haus Buchenwinkel', Germany	Innovation of treatment of substance abusers
1985	Brugge, Belgium De Kiem	Tc, family and society
1987	Dublin, Ireland Coolmine House	Euro-Conference
1993	Stockholm, Sweden	1 st European conference on rehabilitation and drug policy "Europe against drug abuse"
1995	Thessaloniki, Greece KETHEA	2 nd European conference on rehabilitation and drug policy "TC in Europe 1995: Europe in transition, TC in transition"
1997	Oslo, Norway Phoenix House	3 ^d European conference on rehabilitation and drug policy "Drugs in Europe, fight or flight?"
1999	Marbella, Spain	4 th European conference on rehabilitation and drug policy "Opening a window to hope"
2001	Warsaw, Poland Monar	8 th EFTC conference "21 st century, New spiritual and ethical challenges in prevention, treatment and research"
2003	Venice, Italy CEIS, Belluno, Mantova, Mestre, Treviso, Verona, Vicenza	9 th European conference on rehabilitation and drug policy "Over the Borders"
2005	Heraklion, Greece KETHEA	10 th European conference on rehabilitation and drug policy "Drug addiction treatment and prevention in a united Europe : diversity and equality"
2007	Ljubljana, Slovenia Project MAN	11 th European conference on rehabilitation and drug policy
2009	The Hague, The Netherlands Brijder verslavingszorg/Verslavingszorg Noord Nederland	12 th European conference on rehabilitation and drug policy "Eyes on the future"
2011	Oxford, United Kingdom Phoenix Futures/Ley Community	13 th EFTC conference
2013	Prague, Czech Republic Magdalena ops, Centre for Addictology	14 th European conference on rehabilitation and drug policy
2015	Malaga, Spain, Proyecto Hombre	15 th EFTC conference "Promoting an integrated model"
2017	Dublin, Ireland Coolmine House	16 th EFTC conference "Pathways of care to recovery"
2019	Thessaloniki, Greece KETHEA	17 th EFTC conference "Everything Flows"
2022	Glasgow, Scotland Phoenix Futures	18 th EFTC conference "Complexity, Sustainability and Inclusion"



RECIPIENTS OF THE EFTC ERIC BROEKAERT AWARD 2001 – 2022

	Award winners	N°	conference
2001	Don. J. Ottenberg	8th	Warsaw, Poland
2003	Martien Kooyman	9th	Venice, Italy
2005	George DeLeon	10th	Heraklion, Greece
2007	Juan Correlli / Mario Picci	11th	Ljubljana, Slovenia
2009	Anthony Slater	12th	The Hague, The Netherlands
2011	Griffith Edwards	13th	Oxford, UK
2013	Naya Arbiter	14th	Prague, Czech Republic
2015	Eric Broekaert	15th	Malaga, Spain
2017	Albert Sabates	16th	Dublin, Ireland
2019	Babis Pouloupoulos / Anna Tsiboukli	17th	Thessaloniki, Greece
2022	Rowdy Yates	18th	Glasgow, Scotland



EFTC Eric Broekaert Award

The EFTC-Eric Broekaert Award is an Award given to those who have been of great influence for the TC movement and have been active in the field of drug addiction: practice, research and training.

It was given for the first time to Donald J. Ottenberg during the 8th EFTC conference in Warsaw 2001. Since then, every two years an award has been made at each conference.

Every EFTC-Eric Broekaert Award is a beautiful and unique handmade sculpture from the Belgian artist Kathy Verhegge. This bronze sculpture is the perfect illustration of the human spirit and the power of the self-help idea, so important for the work in drug-free therapeutic communities. The sculpture shows how mutual support and involvement gives people the power to come to a new balance in their life.



The EFTC Eric Broekaert Award by Kathy Verhegge

STANDARDS AND GOALS FOR THERAPEUTIC COMMUNITIES

Therapeutic communities represent a design of treatment which is directed primarily towards recovery from substance abuse through personal growth and which requires abstinence from mood-altering substances, including prescription drugs used illegally.

The members of the European Federation of Therapeutic Communities are required to:

- ▶ Recognise the human and civil rights of all persons associated with their therapeutic community and clearly state the rights, privileges and responsibilities of clients and staff.
- ▶ Vest in each individual within the community the right to be free from the threat of the negative use of power by any individual or group.
- ▶ Develop a statement on the philosophy and the goals of the programme.
- ▶ Adopt regulations for their Therapeutic Community, which afford protection from apparent or actual abrogation of local and national laws.
- ▶ Function within environments, which provide maximum opportunity for physical, spiritual, emotional and aesthetic development and which will ensure the safety of everyone.
- ▶ Facilitate the structure of a society/community based on the optimal use of the integrity, good will and humanity of all its members in which the dignity of persons is a priority value.
- ▶ Train and provide adequate supervision for staff.
- ▶ Be accountable to an external Executive or Community Board that meets at predetermined, regular intervals during the year for the purpose of maintaining supervision and responsibility for the activities of the programme and each facility.
- ▶ Produce an annual audited financial report, authorised by the member's Executive or Community Board.

These standards and goals have been adopted unchanged by the EFTC from the World Federation of Therapeutic Communities.



STAFF CODE OF ETHICS

The primary obligation of all staff members is to ensure the quality of services to clients in treatment. The relationship between the staff and the client is a special one and it is essential that staff have both the maturity and the ability to handle the responsibility entrusted to them.

All staff must be aware that they are part of a profession, which must carefully watch over its own activities, and those of its clients. This Code of Ethics relates to staff at all times both at and away from their work.

Staff members must:

- Conduct themselves as mature and positive role models.
- Maintain all client information in the strictest confidence with regard to all-applicable laws and agency rules.
- Provide all clients with a copy of the 'Client Bill of Rights' and ensure that all aspects are understood and implemented by both staff and clients.
- Respect all clients by maintaining a non-possessive, non-punitive and professional relationship with them.
- Provide service regardless of race, creed, religion, gender, national origin, sexual preference, age, disability, political affiliation, previous criminal record or financial status, respecting the position of the clients in the case of special circumstances.
- Recognise that the best interest of the client may be served by referring or releasing that person to another agency or professional.
- Prohibit any sexual relationship of any kind between staff and clients (and client's family). Compensate adequately a client for any work performed personally for a staff member.
- Prevent the exploitation of a client for personal gain.

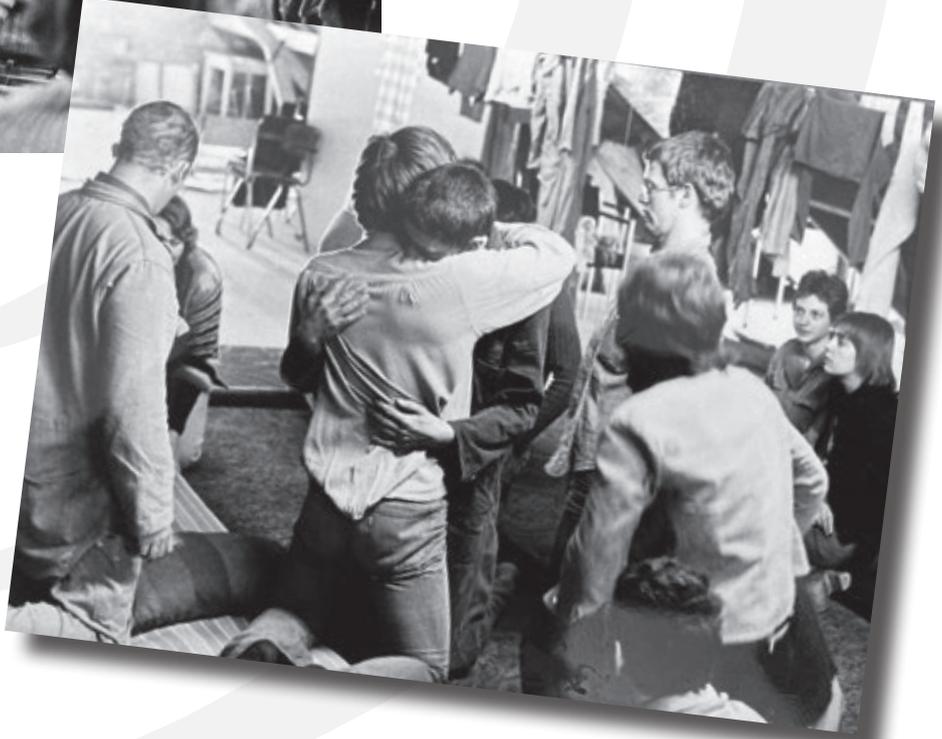


BILL OF RIGHTS FOR MEMBERS AND CLIENTS

All members and clients of treatment programmes have the absolute right to the following:

- A supportive and drug-free environment.
- Treatment without regard to gender, race, national origin, colour, creed, political affiliation, sexual orientation, marital status, religion, ancestry, identity, age, military or veteran status, mental and physical disabilities, medical conditions, previous criminal record or public assistance status.
- Dignity, respect, health and safety at all time.
- Knowledge of the programme philosophy and methods.
- Information given accurately of all the current rules and regulations of the programme as well as sanctions, disciplinary measures and any modifications of rights.
- Access to a Board approved grievance procedure to register complaints about the administration of all rules and regulations, sanctions, disciplinary measures and modification of rights.
- Definition of all fees and costs to be charged, the method and schedules of payment and the availability of money and personal property during the programme and upon leaving.
- Confidentiality of information regarding participation in the programme and of all treatment records in accordance with the laws of the land.
- Examination of personal records with Board approved guidelines and the re-insertion of counter statement of clarification to rebut recorded information.
- Discharge themselves from the programme at any time without physical and psychological harassment.
- Personal communication with relatives or friends of whereabouts on admission and thereafter according to the rules of the programme except when prohibited as a documented part of the treatment plan.
- Protection from real or threatened corporal punishment, from physical, emotional and sexual abuse and from involuntary confinement.
- Provision of nutritious food, safe and adequate lodging, physical exercise and adequate personal hygiene needs.
- Medical care from qualified practitioners and the right to refuse the medical care offered.
- Access to legal advice or representation where required.
- Regular contact with any child accompanying the member into the programme.
- Clear definition of responsibilities when working in the position of staff member together with adequate training, adequate staff support and supervision (including evaluation and feedback), with no exploitation and the right to decline the position without any recrimination.
- Guidance and assistance when leaving the programme for any reason, about other health-care and assessment services, sources of financial aid and places of residence.
- Freedom from exploitation (including parents and family) for the benefit of the agency or its staff.







www.eftc.ngo

As of September 2022, EFTC is in special consultative status with the United Nations Economic and Social Council (ECOSOC)

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ΣΧΗΜΑ + ΧΡΩΜΑ

KETHEA SCHEMA+CHROMA
Printing Unit of the Therapy Center
for Dependent Individuals