



**SAULRITI**

A three-story brick building with a stone base. The upper two floors are made of red brick, while the ground floor features a stone wall with a decorative pattern of small white stones. There are several windows with white frames and a dark arched doorway on the left. A garden with green grass and yellow flowers is in the foreground, next to a gravel driveway.

Saulrīti is a rehabilitation center which helps to fight addictions.

## Teenagers Rehabilitation collective «Saulrīti» characterization.

- Teenagers group "Saulrīti" is the unit of the State «Straupe addiction Hospital».
- "Saulrīti" was established in 1990 based on Latvian and Norwegian border cooperation, according to the therapeutic community principles.
- "Saulrīti" gives social rehabilitation services for the children addicted to psychoactive substances. The average number of children in school - 32
- Team: social workers, psychologists, teachers, therapists, educators / porters. Total - 16 workers.

## Addicted to psychoactive substances teen group characteristics

Addictive behavior characteristics	Thoughts and fantasies influencing safeguards	Addictive personality characteristics
<ul style="list-style-type: none"> <li>■ Bravura and ostentation;</li> <li>■ aggressiveness;</li> <li>■ megalomania;</li> <li>■ self-confidence;</li> <li>■ search of adventure;</li> <li>■ commission of offenses (small thefts, fights);</li> <li>■ "Drawing";</li> <li>■ Failure to comply with the rules agreed;</li> <li>■ rudeness, cynicism;</li> <li>■ smoking;</li> <li>■ psychoactive substance use</li> </ul>	<ul style="list-style-type: none"> <li>■ denial;</li> <li>■ rationalization;</li> <li>■ abdication of responsibility (everyone else is to blame);</li> <li>■ sees no their fault ("I ... but, look at the others ...")</li> </ul>	<ul style="list-style-type: none"> <li>■ anxiety;</li> <li>■ stereotyped actions;</li> <li>■ avoidance of responsibility;</li> <li>■ offend others, even knowing that they are not to blame;</li> <li>■ lying (running away from the truth);</li> <li>■ straightening;</li> <li>■ easy irritability;</li> <li>■ self-pity;</li> <li>■ hidden inferiority complex ("Drawing");</li> <li>self-control does not work.</li> </ul>

## Risk factors that contribute to substance use children and teenagers.

### **Risk Factors.**

- Negative psychological and emotional environment in the family;
- Unemployment, a lot of free time, overload;
- Friends of the environment, who use legal or illegal drugs;
- Low self-esteem;
- Bad social conditions, dissatisfaction with life, Parental control excessive or too big worries;
- difficulties in school, poor academic performance, school attendance.

### **Protective factors.**

- Close family ties, family child feel loved and understood;
- There are lots of good options to spend their free time;
- The child's friends successfully into society
- Adequate self-esteem and believe in themselves and their abilities;
- Family has great opportunities to get help in solving social problems;
- Family works out clear rules;
- School atmosphere is conducive, children inclusive and supportive;
- Successful experiences at school, the child will be happy to participate in school activities and meet school requirements.



**Social rehabilitation  
program for  
addicted to  
psychoactive  
substances  
children.**

# Rehabilitation target.

- To make child not using PAV to improve his physical and mental health, to make his return to full life.

# Rehabilitation tasks.

- Build a child's motivation to enter the rehabilitation program and completely abandon the use of PAV.
- Provide rehabilitation environments that promote the child's socially acceptable behavior skills creation.
- Build and develop the child's positive personality.
- Realize complex steps to prevent pathological use of PAV and minimize dependence and risk.
- Restore family relationships and improve relationships with other people.
- Continue the child's general studies provide social and legal support for the child.

# The main components of the rehabilitation program.

- Rehabilitation of environmental organization
- psychological
- teaching
- nurturing
- work



## **Daily routine of school days.**

- 7:00 - Time to wake up;
- 07.15 - morning exercises;
- 7:30 - Time to yourself, home and room cleaning;
- 8:00 - breakfast;
- 08.30 - Morning meeting
- 9:00 to 13:00 School
- 13:00 - Lunch
- 13:30 to 15:50 School;
- 16:00 to 17:30 Individual or group therapy sessions, Recreation / time to yourself
- 17:30 to 18:00 Evening meeting;
- 18:00 - dinner;
- 18:30 to 19:45 time for yourself / individual work conducted by specialists;
- 19:45 - 2 dinners;
- 20:00 - LNT evening news;
- 21:00 - everybody goes to their rooms
- 21:00 to 22:45 write diaries / individual work, TV;
- 23:00 - go to sleep

## Daily regime Saturday.

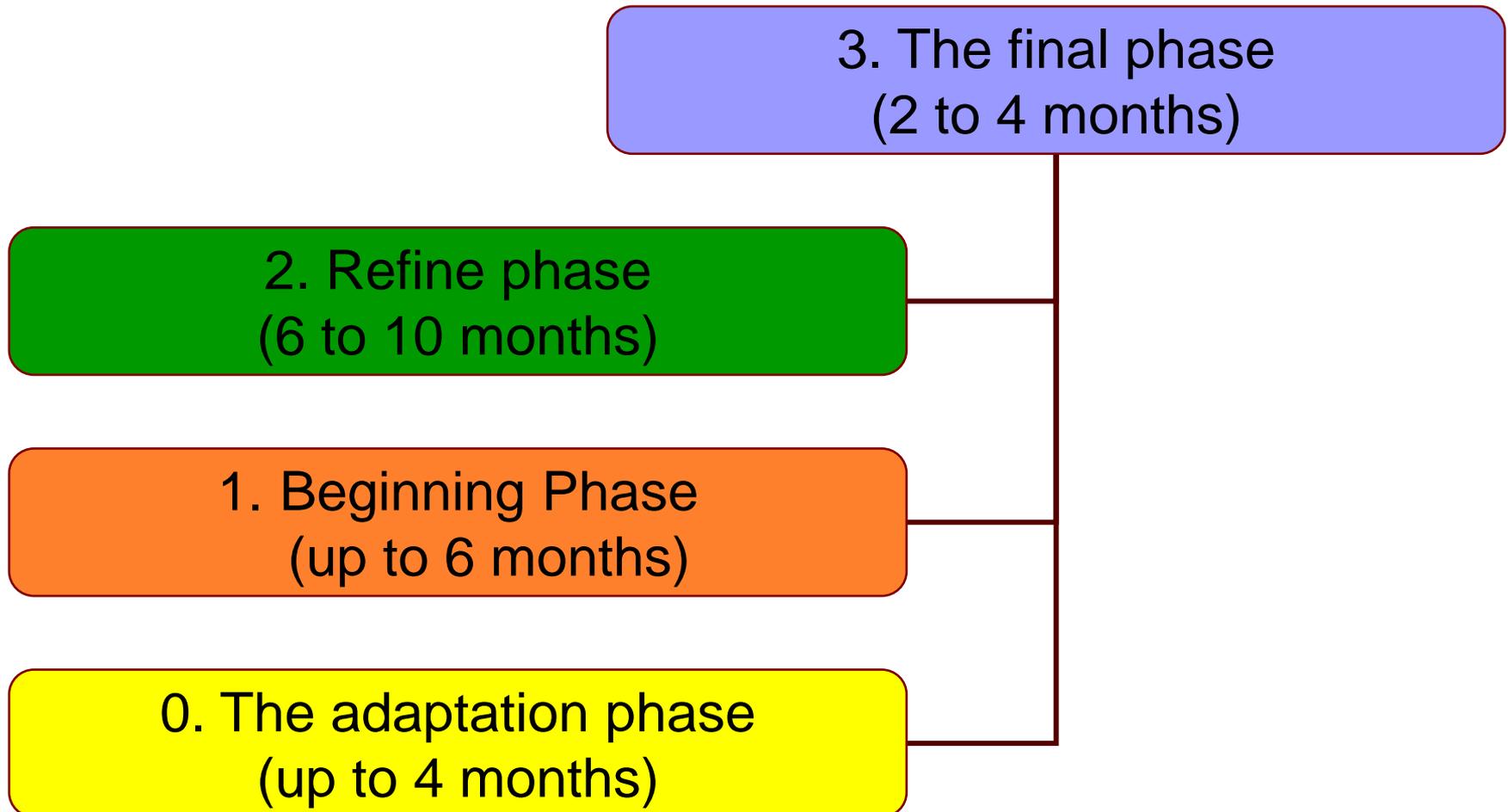
8:00 - Time to wake up (kitchen workers)  
8:30 - Time to wake up everyone else  
8:30 to 9:00 time for yourself  
9:00 - breakfast  
9:30 to 10:00 meeting  
10:00 to 13:00 home-cleaning  
13:00 - Lunch  
13:20 to 14:00 kitchen and a room-cleaning  
16:00 to 18:00 time for yourself  
18:00 - dinner  
18:20 to 19:45 sporting activities  
20:00 - "Evening Train"  
20:30 to 21:00 TV  
21:00 to 21:30 work with therapeutic Diary  
21:30 to 22:45 TV  
23:00 - go to sleep

## Sunday

9:00 wake up time  
9:00 to 10:00 time for yourself / room cleaning  
10:00 - Breakfast  
10.30 - meeting  
10:30 to 13:50 Lessons with psychologists  
14:00 - Lunch  
14:00 to 15:00 self hygiena/ rest  
15:00 to 17:00 sports activities  
17:00 to 18:00 time for yourself / rest  
18:00 to 19:00 individual work / classes  
19:00 - dinner  
19:20 to 21:00 (TV, leisure, preparatory school)  
21:00 - go to their rooms / + diaries  
22:00 - go to sleep



# Phase system.



# Phase evaluation.

- Attitudes towards the use of PAV
- responsibility
- Participation in occupational therapy
- School program of studies
- compliance with the regime
- individual behavior



# Questionnaire

Sex	Age	How long have you been here?	How long have you will live in «Saulrīti»?	Why you are in «Saulrīti»?	What will be your chances to take a part in everyday life when you will go away from here?	Identifying problems encountered by this type of students when they are in commune and when they leave a commune
M	15	90 days	15 months	I am a drug addict and I like to flee away from home	I don't know, but I will work with myself	The biggest problem is that friends are using drugs
F	15	6 months	18 months	I am a drug addict	I will try to get accustomed to new and calm life	Smoking, sitting at the computer
F	17	40 days	11 months	I am dependent on alcohol. I smoke «Spice». Sometimes I use drugs and I have problems with police	I think it will be a little bit strange but easy. Maybe will be difficult to go away from here because I am already accustomed to live here	You need to say «NO» to drugs. You must to think twice before you do something
M	14	7 months	11 months	I am an alcoholic. I want to say «NO» to drugs	I think it will be very difficult because I have been here for 7 month and I am accustomed to regime of «Saulrīti»	To throw territory, the desire to use drugs and meet your old friends. Anger management, the desire to use drugs

M	17	76 days	12 months	I started to use drugs because my friends recommended to do it. I want to change my life and recover of addiction	I think my chances will be very big! I will choose new friends and I will start a new life. I will employ myself with learning and work	Anger management, the desire to use drugs
F	16	4 months	18 months	I want to recover of my addictions. I want to say «No» and start a new life	I think it will be very hard	Smoking, rambling, alcohol, drugs...
M	13	81 days	18 months	I am a drug addict	I am a drug addict	To start a normal life
M	15	90 days	15 months	I want to recover of my addictions	My chances will be very big. I will continue my life. I want to finish school and get a job	Behaviour, drug dependence, inclusion in the commune



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