



About Fracarita Bulgaria

Fracarita Bulgaria is a non-governmental organization in public interest, created under the name ARZ Solidarity in 2006, to take Solidarnost Rehabilitation Program under its hat (www.solidarnost-bg.org). The program was created earlier - in 2003 - by another non-governmental organization.

For more than 16 years, the Program has been one of the main services of Fracarita Bulgaria. Its mission is the rehabilitation and social reintegration of people with substance use disorders or problem/pathological gambling for the purpose of autonomous life, support and consultation of parents and relatives and information-consultative work, promotion of the project and the cause.

To further meet the needs of dependent people, the organization is consistently expanding its services:

- since 2004 the team has been working with parents and relatives of addicted persons;
- The Ambassadors of Hope Information Center was established in 2006;
- The National Drugs, Alcohol and Gambling Helpline started functioning in 2008;
- In 2015, the Posoka House low threshold center was established, which operated until May 2019.

The organization is a member of the European Federation of Therapeutic Communities, the European foundation of Drug Helplines and the National Patient's Organization.

Solidarnost (Solidarity)

Program for Psychosocial Rehabilitation of People Suffering from Addiction

The Solidarnost Program was created following the model of Therapeutic Communities (TC) with the assistance of Trempolin - Belgium TC, and is the only one of its kind in Bulgaria.

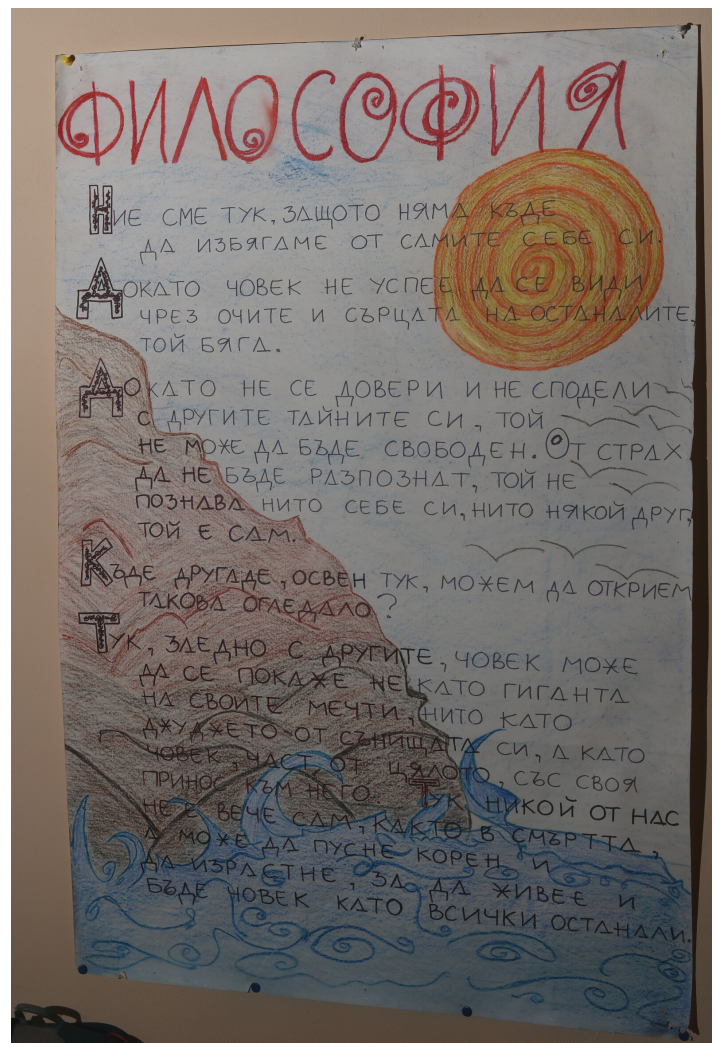
Our program is open (non-resident) - people who come for rehabilitation stay with us between 9am and 5pm every working day. During this time, they participate in various workshops, discussions, trainings and therapeutic groups, sharing the difficulties that their use has led to, seeking healthy alternatives and experimenting with new, autonomous behavior.

The program is free of drugs, alcohol and violence and offers a protected environment in which a small group of people with similar problems learn to help each other, accept themselves as they are, understand and talk about their needs.

The program is voluntary - it is optional and participation can be ended in the same way.

Psychosocial rehabilitation is a long-term process, so the optimal duration of the program is 12 months. Successful completion will be followed by a minimum of 6 months of re-socialization.

The Solidarnost Program is legitimate - it is in line with the standards of the National Drugs Strategy and current global experience. We hold an Agreement for the implementation of a program for psychosocial rehabilitation by the National Center for Addictions, as well as a Certificate of Registration for the provision of social services by the Social Assistance Agency of the Ministry of Labor and Social Policy.



Levels of the program

The work on overcoming addiction is done through participation and training in various gatherings, workshops, groups, seminars. Each newcomer goes through 4 levels that have specific goals and objectives. The optimal stay in each level is two months. The transition to the upper level is done after an evaluation by certain criteria.

The completion of the Program occurs after the development of certain skills for autonomous living and successful presentation of realistic mid-term life planning.

Workshops

Workshops are a form of pedagogical work that is done on a daily basis. They enable participants to engage in diverse relationships and learn new values and skills. Our clients participate daily in the Kitchen and Hygiene workshops, while the Creativity, Sports, Garden and Social Skills workshops are performed according to a pre-planned schedule for the month.

Groups

The purpose of group work is to allow the person to open up to others, to share their path, difficulties and resources. The groups investigate the causes that led to the addiction, the clients are trained in expressing emotions, recognizing the needs, giving feedback and direct communication. In other words the groups perform specific psychological work that has a therapeutic effect. One of the important features of group work is the creation of an atmosphere of trust. Among the most important therapeutic groups are the Relapse Prevention Group and the Encounter Group (Confrontation Group).

The program also includes special training seminars and groups on topics related to addiction, coping with high-risk situations, roles in life, job search and more.



Resocialization

This is the last phase of the program, which aims to support the process of re-socialization after the completion of the four levels of the rehabilitation program. Work in re-socialization takes two forms – individual and group. It helps participants cope with their difficulties finding a job and/or continuing their education, as well as following their life planning.

Clients in the re-socialization phase can participate in the Photo Studio of the program. In it, clients can use photographic art as an opportunity to express themselves, to acquire new skills and to support their own reintegration process in society.



Work with parents and relatives

The family is part of the solution to the problem, which is why we actively work with the parents and loved ones of the program participants. Our desire is to help their loved ones accept a changing personality, which is not always easy, as well as to navigate their own path of change. Therefore, we offer them a space where they can share their difficulties. To that end, after-hours individual meetings are held to provide information, clarification and support provided by our psychologists.

The other form is group work with parents and loved ones. We encourage them to participate regularly in mutual assistance groups, which are held twice a month.

Within the program, family meetings are also held between parents and their dependent children, where with the help of our family counselor, the mechanisms of family dependence that affect recovery are explored.

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