

JOB SHADOWING AT ERLENHOF THERAPY STATION



PRO MENTE OÖ – PRO MENTE PLUS 2ND MARCH 2025 – 15TH MARCH 2025

PRESENTATION PRESENTED BY :

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WHAT IS ERLENHOF THERAPY STATION ?



- ❖ **Erlenhof is a therapy centre for individuals and parents struggling with substance use issues.**
- ❖ **They provide professional support for addiction and underlying mental and interpersonal challenges.**
- ❖ **Their approach is based on attentiveness, appreciation, and partnership, following a bio-psycho-social model.**
- ❖ **Therapy emphasizes personal responsibility, autonomy, and abstinence to foster long-term change.**
- ❖ **Erlenhof offers a stable and supportive environment to help clients regain control, set new goals, and build a healthier life.**

WHO IS THE TEAM AT THIS THERAPY STATION ?



- ❖ Here you will meet experienced psychotherapists, social workers and employees in occupational therapy who will support the clients.
- ❖ In addition, clients will be looked after by a specialist in psychiatry, a clinical psychologist, a nurse, a job coach, several on-call service employees and two secretaries.



WHEN WAS ERLENHOF STARTED

- ❖ **The Erlenhof therapy station, established in 1981 in Upper Austria, focuses on community life, work, leisure, and group therapy for substance abusers.**
- ❖ **Originally near Enns, it housed 12-15 residents and offered farming, carpentry, and handicrafts. In 1998, it relocated to Prambachkirchen, expanding to 22 residents with improved facilities, including agriculture, forestry, and a ceramics workshop.**
- ❖ **The team is multidisciplinary, and therapy is tailored to individual needs.**

WHAT DOES ERLENHOF OFFER?

- ❖ THE THERAPEUTIC COMMUNITY
- ❖ FRAMEWORK CONDITIONS
- ❖ THERAPY IN MODULES
- ❖ OCCUPATIONAL THERAPY
- ❖ SOCIAL WORK
- ❖ PSYCHOTHERAPY
- ❖ MEDICAL TREATMENT
- ❖ ADDITIONAL TREATMENT MEASURES



WHAT DOES THIS PROGRAMME CONSISTS OF?

- ❖ **Start Module:** Helps participants acclimate to the therapeutic community, reflect on their lives, and create an abstinence contract.
- ❖ **Skills Training Module:** Focuses on developing coping strategies for stress, emotions, and interpersonal interactions.
- ❖ **Addiction Module:** Covers 20 topics related to addiction, including risk management, relapse prevention, and controlled consumption.
- ❖ **Biography Module:** Encourages self-reflection on past experiences to understand and change behavioral patterns.
- ❖ **Adaptation Module:** Prepares individuals for independent living and employment, emphasizing social reintegration.
- ❖ **Interval Therapy:** Offers a staged approach, allowing participants to complete modules over 30 months while applying learned skills in real life.

LIFESTYLE OF CLIENTS

- ❖ **Erlenhof emphasizes a holistic lifestyle, promoting a balanced diet, regular nature activities, exercise, rest, and mindful resource use.**
- ❖ **Clients prepare their meals with organic ingredients from their own or other organic farms, offering a predominantly vegetarian diet with meat or fish three times a week.**
- ❖ **Activities like football, volleyball, and table tennis foster community and vitality. A holistic environmental ethic is practiced, recognizing humans as part of nature and advocating for minimal and gentle use of other living beings.**
- ❖ **This approach aims to counteract self-centred behaviours associated with addiction, encouraging responsibility and empathy towards people and nature.**

PARENTS WITH SUBSTANCE MISUSE



- ❖ **SUBSTANCE ABUSERS WITH CHILDREN, CAN BRING THEIR KIDS TO STAY WITH THEM AT THE THERAPY STATION.**
- ❖ **RELATIVES CAN VISIT AFTER ONE MONTH OF THE CLIENTS STAY AND IF CLIENTS BEHAVED WELL.**
- ❖ **EVERY WRONG DOING WILL DECREASE A POINT AND AFTER 4 POINTS THEIR PERMISSIONS COULD BE STOPPED.**

SHARED CLIENT STORIES



A client who is residing to Erlenhof shared with us his background by mentioning childhood trauma, involvement in criminality, and imprisonment. He described how the program helped him to succeed and get through that situation.



SMALL SHOP AT ERLENHOF

- ❖ **THIS IS A SMALL SHOP WHERE CLIENTS SELL POTTERY MADE BY THEM, RICE , SUNFLOWER OIL, & ALSO WALNUTS .**
- ❖ **PASSERS BY TAKE WHAT THEY NEED AND LEAVE THE MONEY IN THE MONEY BOX.**



THESE ARE SOME PICTURES THAT WERE TAKEN AT ERLENHOF

PIGS , COWS, SHEEP, AND CHICKENS, ARE GROWN FOR THE MEAT AND ALSO EGGS, TO BE COOKED FOR THE CLIENTS AT ERLENHOF



CROPS

**GROWING CROPS TO
BE COOKED AT
ERLENHOF AND
WALNUTS TO BE SOLD
TOO**



PET THERAPY

PETS ARE ALSO AN IMPORTANT THERAPY FOR THE CLIENTS

**KÖSZÖNÖM, GRAZZI,
SAS EFCHARISTO
THANK YOU**



YOU HAVE LEFT A LASTING IMPACT,
AND YOU WILL ALL BE MISSED
GREATLY

