

# Tabor Lodge

Tabor Lodge is situated on its own extensive grounds fifteen miles south-west of Cork City. Its woodlands and verdant pastures overlook the sea at Nohoval Cove. The setting makes Tabor Lodge a haven of peace and tranquillity - ideal for the treatment of addiction.

Tabor Lodge was established by the Sisters of Mercy in 1989 and is now a Limited Company with charitable status.

## *Philosophy*

In Tabor Lodge we believe that addiction is a chronic, progressive, primary disease that cannot be cured but those who suffer can be helped by abstinence and lifestyle changes.

We also believe that people who will suffer from addiction are entitled to dignity and respect and that each person has within himself or herself the resources for recovery.

There is a spiritual dimension to our programme and so patients are introduced to various Twelve Step Programmes.

## *Staffing*

The staff of Tabor Lodge consist of professional addiction counsellors, nursing staff, Medical Director, catering, administrative and care staff.

## *The Programme*

Tabor Lodge provides a 28 day residential programme based on the Hazelden Model of treatment. This model responds to the whole person. As a result the daily schedule includes Group Therapy, Individual Counselling, Lectures, Videos, Meditation and nature walks. Attendance of family members at Family Programme is essential.

## *Family Involvement*

As addiction is a disease that involves the whole family, Tabor lodge provides a programme for the family members and concerned persons. This is an integral part of each patient's treatment. An additional 12 week family programme is now available for family members.

## *Aftercare*

Following treatment at Tabor Lodge, an Aftercare Programme is provided for each patient and concerned person for fifty two weeks.

## *Referral Sources*

Clients are referred from a variety of sources: Self referral, Family Members, G.P., Psychiatric Services, Probation and Welfare Services, Counsellors, Social Workers etc. Appointments for assessment can be made directly by telephone.

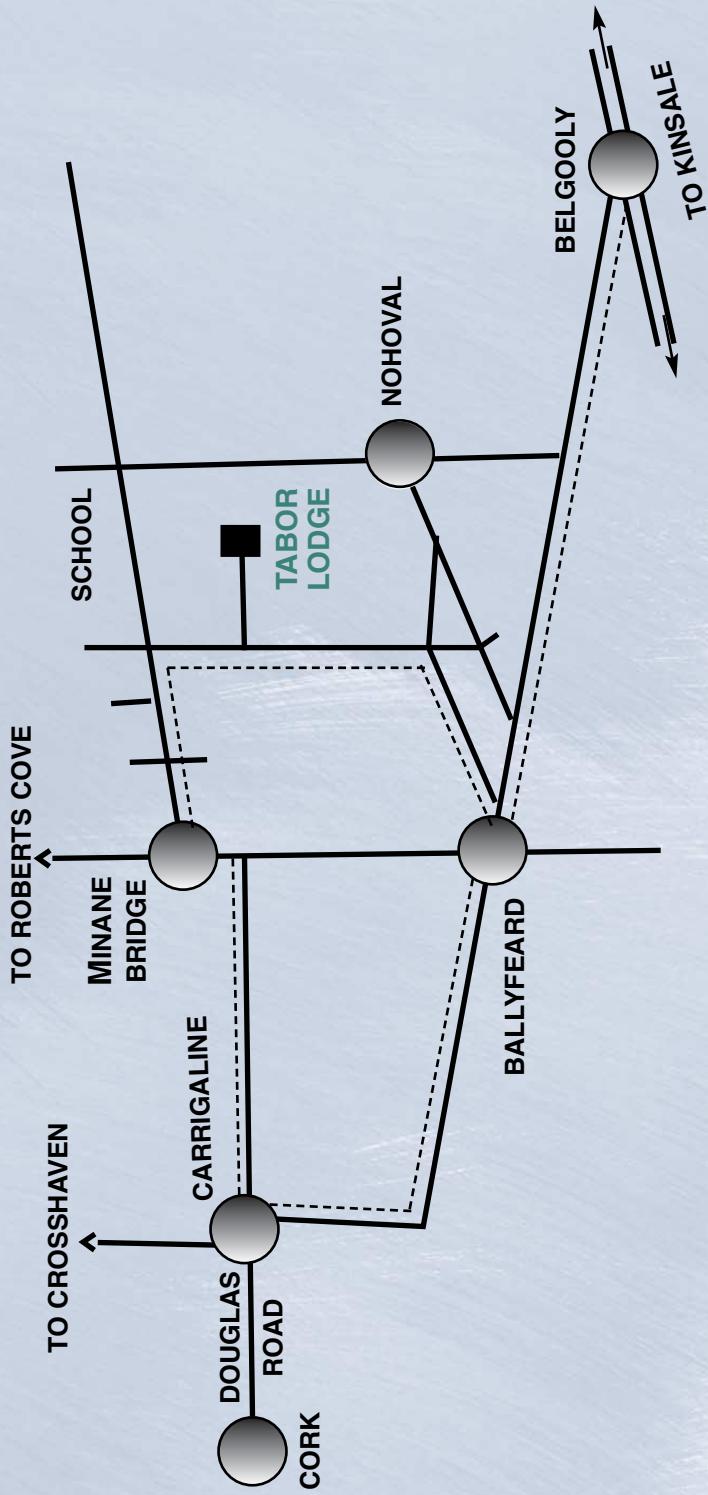
## *Admission*

Admission is dependent on prior assessment and by appointment only.

## *Programme Fee*

Tabor Lodge is a Voluntary Rehabilitation Centre. It depends on patient's contributions and this is arranged prior to admission. It is covered by Health Insurance (VHI / Quinn Healthcare / Vivas Health Approved). There are also grants available from Department of Social Community and Family Affairs/Southern Health Board and Probation and Welfare Services. Easy pay plans are also arranged.

**TABOR LODGE**  
**BELGOOLY, CO. CORK**  
**TEL: (021) 4887110 FAX:(021) 4887377**



Services Offered ...

- Assessment / Problem Diagnosis
- Intervention Support
- Twenty Eight Day Residential Treatment
- Family Programmes  
(Four Week and Twelve Week)
- Monthly Seminar  
'Addiction In The Workplace'
- Education and Training Programmes  
(by request)

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*Caring for People  
with  
Addictions  
And  
Caring for their  
Families*

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