



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)



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



TABOR LODGE, ADDICTION TREATMENT CENTRE
BELGOOLY, CO. CORK TEL: (021) 4887110 FAX: (021) 4887377

Tabor Lodge

Tabor Lodge is situated in its own extensive grounds fifteen miles southwest 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 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.

Addictions we treat are alcohol, drugs prescribed drugs, gambling and food.

Staffing

The staff of Tabor Lodge consists 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 Involvements

As addiction is a disease that involves the whole family, Tabor lodge provides a programme for 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. A second year Aftercare Group is also available.

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 / BUPA 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.

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