

São Paulo City Chemical Dependency Rehab Centre

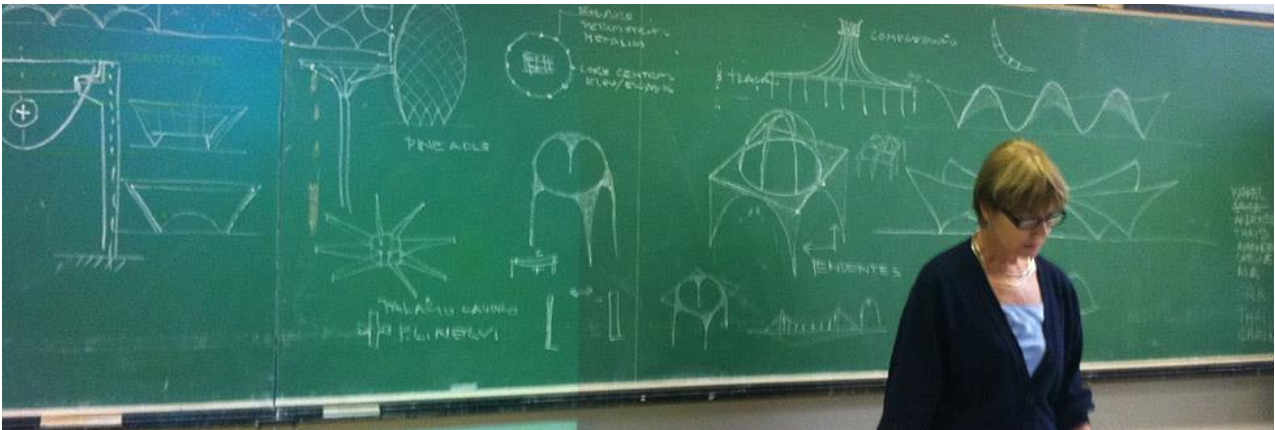
INTRODUCTION

The idea behind this project arose from architect Anne Marie Sumner's* interest in designing an excellence pilot project for addiction treatment (alcohol and drugs) after perceiving a poor setting in current rehab units in the State of São Paulo, Brazil.

The size proposed for the project was dimensioned to serve 40 resident patients and 20 day patients (regardless of sex, according to demand) with all the necessary facilities.

The day treatment program is intended for patients who have already gone through the residential program. In addition to having a lower cost, the flexible arrival and departure times make life easier for family members or those responsible for the day patients.

Being a pilot project, this experimental unit can eventually be replicated in different cities and states, adapting the architecture design to the different geographical features of each site.



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Master's degree from São Paulo University Philosophy, Literature and Human Sciences College - FFLCH/USP (1988);
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From the start, Anne Marie envisaged a project with floor area of around 4.000m² and sufficient grounds (approximately 7.000m²) to include internal and external gardens, closely intertwined with the specific location and land acquired for the project, enhancing its landscape and topography, as well as possible inward and outward views that may be considered in the architecture design.

The image below is an example of such integration considering relaxing respite spaces that help to relieve stress. Natural lighting is a sustainable resource to be used as far as possible.



Designing areas that provide the opportunity to eliminate stress through designated respite choices, allows clients to feel like their day-to-day activities are not something they want to escape from, but rather a healthy part of their daily lives in rehab.

People often think of a quiet place as a meditation room or a yoga room, but when they need a mental break, they don't always want to do those things. That's why designing quiet spaces that offer choices is imperative.

Source: International WELL Building Institute - IWBI™ - July 1, 2019.

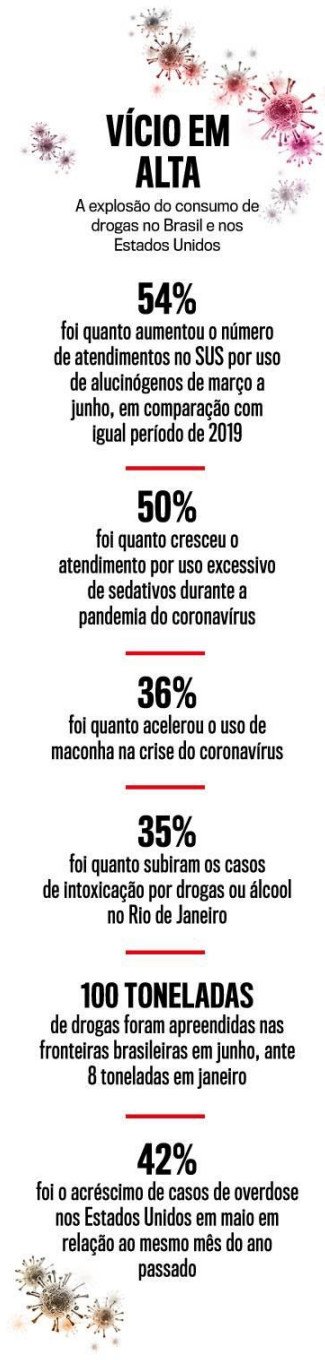
[When atypical becomes the typical, respite spaces provide reprieve \(wellcertified.com\)](https://www.wellcertified.com)

COVID19

Among the consequences associated with the Covid19 pandemic and social distancing, the impact on Mental Health stands out. An explosion in substance abuse has occurred as a result of the quarantine. Many people have relapsed in their recovery from chemical dependency and many others have been taken to substance abuse. It is worth noting that the impact of chemical dependency on society is devastating in terms of mental health, crime and death rates.

Drug use explodes in quarantine due to fear of falling ill, despair due to drop in income and uncertainties about the future.

The new coronavirus pandemic has led to severe consequences in all sectors of society worldwide.



In the months of social distancing and lockdown, hospitals in several regions of Brazil witnessed a sad phenomenon. According to a survey carried out by Veja magazine, a significant increase in substance abuse cases was observed during the quarantine. Data from the Ministry of Health show that Brazil's Unified Health System (Sistema Único de Saúde - SUS) recorded a 54% rise in substance abuse cases from March to June 2020 compared to the same period in 2019.

Cases of excessive use of sedatives increased by 50% in the same period. The trend is global. In the United States, overdose cases rose by 42% in May 2020 compared to the same month in 2019.

Another study carried out in several countries including Brazil shows that marijuana consumption increased 36% in the first half of 2020.

Actual numbers might be worse as drug users may have avoided looking for health services fearing contamination, says Nivio Nascimento, spokesman of the United Nations Office on Drugs and Crimes in Brazil.

Several reasons explain the explosion in drug use during the pandemic. The first reason is obvious: the depression triggered by the most traumatic health crisis humanity has seen in at least a century. The obligation to remain isolated for long periods, the fear of falling ill — and even of dying —, the loss of jobs, drop in income and uncertainty about the future has caused much distress. Turning to substance abuse represents a quick and easy way out. "The sad feelings brought on by isolation can certainly lead to an increase in alcohol and drug abuse," adds psychology Professor Clarissa Corradi-Webster from São Paulo University involved in research on this topic.

History reveals that in times of great distress such a trend is the normal outcome, as observed in the US 2008 crisis when millions of individuals lost their jobs. At the time, authorities noted a strong demand for substances that made people forget the difficulties imposed by the economic crisis. A similar situation also occurred after the September 11, 2001 attacks. According to a report produced by the World Health Organization, the high-stress rates associated with catastrophic events, such as the coronavirus pandemic, invariably induce alcohol and drug abuse and even suicidal behaviour in the most dramatic cases.

Complementarily, although there has been sponsoring, many support groups (such as Alcoholics and Narcotics Anonymous) closed down and people who need help were deprived of their usual meetings and a friendly shoulder or comforting words from their peers. "Therapy sessions were also interrupted, amplifying substance users' feelings of distress," explains psychologist Clarissa Corradi-Webster.

Source: Free translation of the article by Sabrina Brito published in Veja magazine on August 14, 2020.

[O consumo de drogas explode na quarentena | VEJA](#)

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Covid poses 'greatest threat to mental health since second world war'

Dr. Adrian James, the president of the Royal College of Psychiatrists, said a combination of the disease, its social consequences and the economic fallout were having a profound effect on mental health that would continue long after the epidemic is reined in.

As many as 10 million people, including 1.5 million children, are thought to need new or additional mental health support as a direct result of the crisis.

"This is going to have a profound effect on mental health," James said. "It is probably the biggest hit to mental health since the second world war. It doesn't stop when the virus is under control and there are few people in hospital. You've got to fund the long-term consequences."

Source: The Guardian international edition - December 27, 2020

[Covid poses 'greatest threat to mental health since second world war' | Mental health | The Guardian](#)

Reshaping the notion of the materiality of health and ESG investing

Just a few years ago, Environmental, Social and Governance (ESG) investing was on the fringe, considered a less traditional way of directing investment dollars. That's no longer the case".

There is growing evidence that suggests that sustainable ESG factors, when integrated into investment analysis and portfolio construction, may offer investors potential long-term performance advantages.

Because of the COVID-19 pandemic's economic impact, the links between population health and the economy have never been so clear. Once considered the invisible H in environmental, social and governance reporting, health now is the pivotal piece that underpins all ESG concerns, and it will play a key role in how companies and shareholders assess where to invest in the years to come. From where we stand, the future of investing is investing in health.

Source: International WELL Building Institute - IWBI™ Jul 22, 2020.

[Reshaping the notion of the materiality of health and ESG investing](#)

PROJECT PHASES

There are four basic aspects to implement this project:

- Medical understanding
- Legal concerns
- Architecture and engineering
- Business plan

To provide social inclusion, we suggest that the project should be a private/public enterprise for implementation, operation and maintenance purposes, thereby allowing low-income clients to be admitted through SUS insurance, while contemplating different fees according to residents' accommodation in single or double suites.

PRELIMINARY OPERATIONS CONCEPT

Before admission:

Psychiatrist interview with patient, eventually accompanied by a family member, focusing on the patient's specific treatment needs and co-occurring disorders to provide a thorough diagnosis and medical prescriptions as required.

Admission and first days:

Allow patient clients to take it easy over the first few days, as necessary, and talk to everyday staff members (nurses and addiction counsellors) who should always be very kind, sensitive and understanding. The goal here is to allow the patients to settle in and assess their outlook towards their treatment in terms of acceptance, minimizing and denial, as in many cases interns are reluctant.

The objective at this initial stage is to explain to the patients that their acceptance and commitment are fundamental to ensure effective treatment and reduced time in rehab. Staff should refrain from judging patients, offering gentle and encouraging support right from the start.

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TREATMENT PROGRAM

Medically Supervised Detox

Chemical dependency can be identified and successfully treated. Medical detoxification is not a substitute or replacement for treatment; it is just the beginning of the recovery process. This requires a medically supervised detox program with quality care from credentialed professionals. Registered nurses are staffed on all three shifts, and their involvement provides peace of mind for all patients and their families.

Note: Depending on the intensity of the patient's withdrawal symptoms, hospital care will be required.

Individualized Chemical Dependency Rehab Programs

Following detoxification, the proposed treatment program provides the foundation to support long-term recovery. Chemical dependency is a primary problem, not a symptom of another disease and thus primary treatment for addiction is appropriate and important.

Aligned with the principals of 12-Step recovery, Standard CBT and Experiential therapies, the proposed treatment provides individualized care that includes the physical, psychological, social and spiritual aspects of the patient's personal story.

Therapy practices

Cognitive Behavioural Therapy (CBT)¹, Holistic², Experiential³, Occupational (Labour therapy) and Alternative Therapies (Arts & Crafts, Music therapy, Cooking and Woodwork).

Nutrition

All meals are submitted to periodic nutritional assessments.

Treatment staff

- 1 General Practitioner
- 1 Psychiatrist
- 3 Psychologists⁴
- 2 Registered Nurses - 1 woman and 1 man per shift (24x7 work schedule)⁵
- 2 Certified Counsellors - 1 woman and 1 man
- 2 Therapists for Fitness Exercises, Yoga & Meditation
- 3 Therapists for Arts & Crafts, Music and Woodwork

Residential and Day Treatment

- Individual Therapy
- Group and 12-step therapy
- Educational lectures and presentations
- Customized tasks
- WiFi Internet access available to everyone as a complement to the Rehab activities
- Exercise, sports, fitness and outdoor excursions
- Alternative therapies such as Arts & Crafts; Music; Meditation & Yoga; Woodwork & Cooking⁶
- Relapse Prevention Plan: prepared together with each client before discharge

¹CBT is a form of psychological treatment that has been shown to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders and mental illness.

²Treatment for the body, mind, spirit and emotions, holistic therapy simply refers to treating the whole person rather than individual symptoms. Holistic practices assist in regaining the physical and energy balances of the body.

³Experiential Therapy helps clients to "re-experience" past occasions, in order to process their emotions and thoughts in a healthier way.

⁴Team of 3 psychologists working 6h/day at most.

⁵Requires Brazilian legislation research on the matter.

⁶Woodwork and Cooking activities require special care and supervision to avoid accidents and misplacement of tool.

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WEEKLY SCHEDULE

Wake up

Coffee and fruit juice, followed by quiet music and motivational therapy early in the morning. Residents should already have their beds and closets organized and made their personal hygiene by this time.

Breakfast

Important for patients to create a healthy habit with a good balanced meal to start the day.

Lectures & Presentations

Coordinated by a member of the professional staff (psychologist, counsellor or therapist) covering their specific areas.

Arts & Crafts, Music therapy, Cooking and Woodwork

Patients may choose to practice one or more of these therapies of great value for recovery. As an example, role-playing, painting, drawing, music and cooking help patients to express hidden emotions and improve their communication skills.

Customized tasks

According to individual preferences and needs, such as personal studies related to their work, technology, arts & crafts and cooking, among other, as free Internet access is available.

Teamwork

Patients are split-up into groups to work on the Rehab's overall cleaning and organization.

Lunch

Main meal of the day with a balanced diet, including salads, desserts and fruit.

Cafeteria

The cafeteria offers coffee, tea, snacks, chocolates, sweets and soft drinks for all patients and visitors.

Afternoon coffee break

A moment to relax before carrying on with the afternoon activities.

Leisure and sports options

These activities are an important part of the recovery process as patients rediscover a liking for sports and pleasure without having to use any substances. During free time, patients can enjoy the outdoor areas that include a multi-sports court, swimming pool with a deck for sunbathing and gardens to go for a walk. Other leisure options include a games room (chess, domino, cards and pool table), lounge with fireplace, auditorium with TV room and big screen for movies and the library.

Personal hygiene*

Patients are encouraged to value their personal hygiene, cleanliness and overall appearance, contributing to their self-esteem. Note: Flexible hours in the morning or evening.

Dinner

To close the day, dinnertime meals are lighter, but very healthy.

Personal reflection*

Patients have a moment to reflect about their day, identifying positive aspects and difficulties to evolve in their treatment.

Lights Out

Residents withdraw to their rooms.

* Personal hygiene and reflection flexible hours in the morning or evening.

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HS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Wake up	Wake up	Wake up	Wake up	Wake up	FREE	FREE
07:30	Fitness Exercises	Yoga & Meditation	Fitness Exercises	Yoga & Meditation	Fitness Exercises		
08:15	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Lecture - 9am Individual Therapy ⁷ Teamwork from 11 to 12am	12-Step groups - 9am Individual Therapy Teamwork from 11 to 12am	Lecture - 9am Individual Therapy Teamwork from 11 to 12am	12-Step groups - 9am Individual Therapy Teamwork from 11 to 12am	Lecture - 9am Individual Therapy Teamwork from 11 to 12am	FREE and VISITS ⁸ Outdoor Activities or Excursions	FREE and VISITS Outdoor Activities or Excursions
12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Alternative Therapies ⁹ Individual Therapy Team Presentation - 3:30pm	Individual Tasks Individual Therapy Team Presentation - 3:30pm	Alternative Therapies Individual Therapy Team Presentation - 3:30pm	Individual Tasks Individual Therapy Team Presentation - 3:30pm	Alternative Therapies Individual Therapy Team Presentation - 3:30pm	FREE and VISITS Outdoor Activities or Excursions	FREE and VISITS Outdoor Activities or Excursions
16:30	AFTERNOON COFFEE BREAK	AFTERNOON COFFEE BREAK	AFTERNOON COFFEE BREAK	AFTERNOON COFFEE BREAK	AFTERNOON COFFEE BREAK	AFTERNOON COFFEE BREAK	AFTERNOON COFFEE BREAK
17:00	FREE - Patients are encouraged to use their free time for leisure, sports and study activities.					FREE	FREE
18:00	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene
19:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
20:00	Motivational Movie	FREE	Motivational Movie	FREE	Resident Presentation	Movie chosen by patients	FREE
21:00	Personal Reflection	Personal Reflection	Personal Reflection	Personal Reflection	Group feedback		
22:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

⁷ Individual therapy from 9 to 12am and 13:30 to 16:30pm, with 50-minute sessions during which the patient is dismissed from the other activities.

⁸ Visits are welcome throughout the week.

⁹ Alternative therapies from 1:30 to 3:20pm: Arts & Crafts, Music therapy, Cooking and Woodwork.