

Comprehensive Alcoholism Prog.

By MARC OLSON

Individual treatment planning is the cornerstone of the Fairbanks Native Association's Comprehensive Alcoholism Program (CAP).

Rather than make participants fill a predetermined mold, the program's philosophy emphasizes individual needs as guidelines for each person's treatment program. The programs rely heavily on the two most effective forms of alcoholism treatment — Alcoholics Anonymous and psychotherapy.

Entrants to the program must be sober for at least 24 hours before they arrive. "This is not a sleep off center," states Karen Coady, treatment coordinator.

Most who come are referred by a variety of agencies, including the courts, Division of Corrections, Police, BIA, hospitals and clinics. They are interviewed to determine their suitability for the programs.

According to Coady, the participants must want to be helped to be in CAP. As she put it, "they choose to be here — they're not in jail." After an initial orientation period, the participant decides whether to remain in for treatment, or to drop out of the program.

If the decision is made to continue, an individual program is outlined, and a contract is drawn up between the individual, his counsellor, and the treatment coordinator. This is an agreement between CAP and the participant which covers conduct, repayment, participation, and personal objectives.

The six week "core" program is

the next step. This program consists of classes, films, discussion groups, group and individual counselling, therapy, and other activities, mostly related to aspects of alcoholism and its treatment. Participants are not allowed to have outside jobs during the core period.

After the core period, participants who choose to may continue living at the CAP facility for a period of time referred to as "transitional living." This is arranged for those who are employed, in training, or in an educational program.

An important part of CAP is "Cost recovery." This is the manner in which participants repay the program for services provided — either by working at the CAP facility or for the city

doing various jobs according to his ability, or if he has a job, by giving a part of his paycheck to the program.

Coady emphasizes the fact that this is "mutual help" beneficial to participants as well as the



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program.

The Comprehensive Alcoholism Program is about one year old. It serves Fairbanks and the Northern Region and is open to men and women. It was contracted by the city to FNA, which operates the facility at 1318 Kalakaket, near the intersection of Airport Road and University Avenue in Fairbanks.

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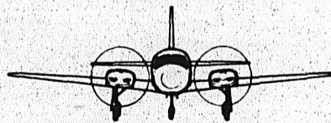
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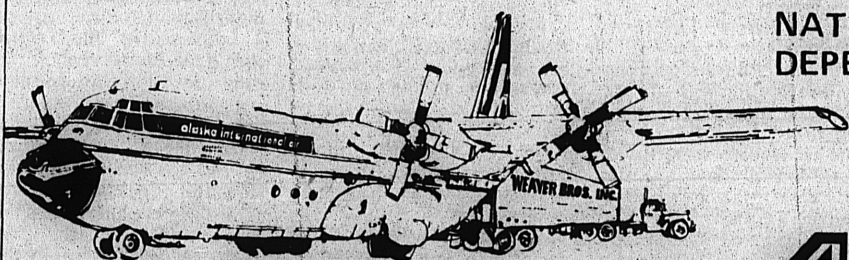
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