



KE  EA

THE THERAPY CENTER  
FOR DEPENDENT INDIVIDUALS

An overview of KETHEA

*Treatment works!*

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***“KETHEA is one of the leading European organisations in substance abuse prevention, treatment, and research. In the last several years I had a great pleasure of assisting KETHEA in strengthening their training and education programmes, and I have always been impressed by the extent and quality of care provided by this organisation.”***

*Igor Koutsenok, Professor of Psychiatry, University of California San Diego, former Chief of Prevention and Treatment Branch, United Nations Office of Drugs and Crime*



# Who we are

KETHEA, NGO in special consultative status with the United Nations Economic and Social Council (ECOSOC) and one of the principal implementation bodies of the Greek national strategy on drugs, is the largest Greek network of addiction treatment, rehabilitation and social reintegration services. It has been supporting people with drug use disorders and their families since the foundation of the first Greek Therapeutic Community, in 1983.

KETHEA offers its services within community, prison and residential settings, and has the capacity to respond to clients with diverse needs, including adults, adolescents, parents, immigrants, refugees, prison inmates, released prisoners, people with alcohol use and gambling disorder and pathological internet users, at every stage of their recovery.

KETHEA programmes are drug-free and offer a comprehensive continuum of services, focusing on the recovery and the development of a new way of living, where the individual is a productive and equal member of the society. All services are provided free of charge.

KETHEA also runs school and community based prevention and early intervention programmes and is a key research and professional training organisation in the field of addiction in Greece.

## KETHEA'S INTERNATIONAL AFFILIATIONS

KETHEA is in special consultative status with the United Nations Economic and Social Council (ECOSOC) and is associated with the UN Department of Public Information (DPI). An executive of KETHEA chairs the Board of the European Federation of Therapeutic Communities (EFTC) and is vice president of the World Federation of Therapeutic Communities (WFTC).

KETHEA is also a member of:

- the Forum of family Therapy Training Institutes of the European Family Therapy Federation (EFTA)
- the Vienna NGO Committee on Drugs (VNGOC)
- the Networking European Festivals For Mental Life Enhancement (NEFELE)

# Our nation-wide network of services



- 2 Low Threshold Units
- 1 Street-Work Programme
- 25 Drug Counselling Centres
- 5 Residential Drug Treatment Units
- 17 Outpatient Drug Treatment Units
- 11 Re-Entry Centres
- 5 Family Support Centres
- 21 Drug Counselling Programmes and 4 Therapeutic Communities within prison
- 2 Reception & Re-entry Centres for Released Prisoners
- A Counselling Centre at the Juvenile Court of Athens
- A Specialised Unit for parents with drug use disorders
- An Intercultural Treatment Programme for migrants and refugees
- Alcohol and Gambling Recovery Programmes
- 4 Transitional Schools for members of treatment programmes
- 2 Certified Centers for Lifelong Learning
- 2 Legal Support Services
- A Health Care Unit
- A Drug Addiction Help-line
- A Gambling Help-line
- A Prevention and Early Intervention Network
- A Research & Education Institute
- A Printing Unit, a Ceramics Workshop, a Carpentry Shop and a Farm
- 35 units for various forms of addiction throughout Greece, co-funded under the National Strategic Reference Framework (NSRF) 2014-2020





# What we do

The KETHEA drug treatment programme is based on the psychosocial model of Therapeutic Communities, one of the most effective approaches to tackling addiction. KETHEA has adapted this model to the needs of the full range of people with drug use disorders in Greece.

KETHEA believes that effective treatment needs to go beyond drug abuse and offer an overall therapeutic process that addresses every aspect of an individual's life, i.e. their emotional, mental and physical health, family and social relations, history of offences, education, employment, housing etc.

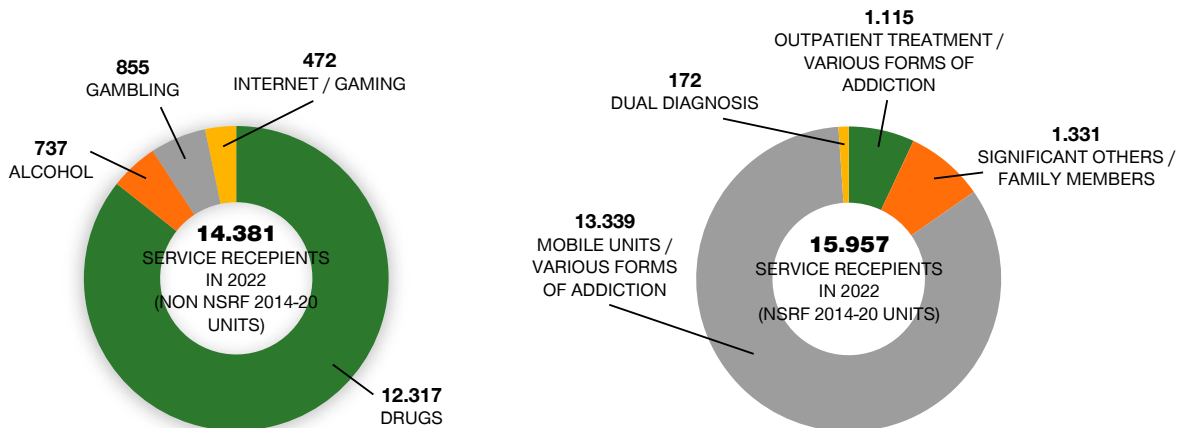
Members of KETHEA drug treatment programmes have to participate actively and commit to change. They need to gain an insight into and understanding of why they use drugs, take responsibility for their situation, and gain control over their lives.


With more than 100 units across Greece, KETHEA can provide drug treatment of varying intensity and duration on a residential, outpatient or day-care basis.

KETHEA's outpatient programmes for other forms of addiction, such as gambling, alcohol and Internet/gaming, also adopt a psychosocial approach, utilising self-help and other therapeutic tools.

In recent years, the service network of KETHEA has been expanded with new units under the National Strategic Reference Framework (NSRF) 2014-2020.

All services are provided free of charge.





***KETHEA showed me the way to achieve abstinence and full recovery from addiction. I have gained back my dignity and self-respect, I have created meaningful relationships and found real enjoyment in life. I am also proud, because while a member of the treatment programme, I was given the opportunity to take part in many events and activities aimed at raising awareness and combating stigma.***

*George A., KETHEA alumnus*

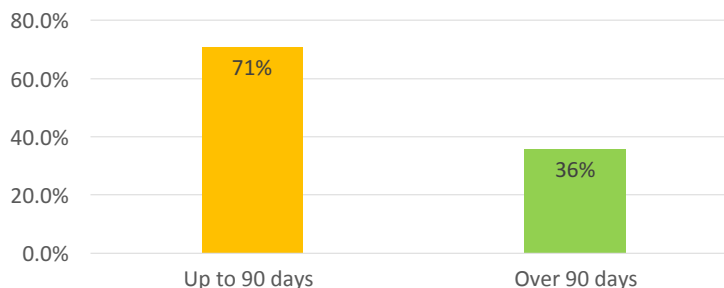
# How effective we are

The latest KETHEA outcome effectiveness study, conducted in collaboration with the Texas Christian University in 2021, showed that 55.3% of people who participated in a KETHEA Therapeutic Community, 3 to 5 years after their intake, were still not using any kind of illegal drugs, regardless of the time they spent in treatment. This percentage amounted to 77% for those who had completed the recommended treatment duration of at least nine months. The percentage of individuals with pending criminal cases before treatment was 77.4% and decreased to 7.2% after treatment. In addition, the full employment rate increased by 72.4%. A general improvement was also observed in the indicators of physical and mental health, social and family functioning. These data verify the findings of earlier KETHEA outcome effectiveness studies and confirm that drug addiction treatment is an irreplaceable mechanism for integration into society.

It isn't only the drug users and their families that benefit from treatment; society as a whole does, too, since participation in a KETHEA programme costs less than incarceration or non treatment. According to research, every one (1) euro spent on a KETHEA rehabilitation programme leads to a saving of between 4.6 and 6.5 euros, depending on the type of programme (residential or outpatient). This saving is a result of reductions in the costs associated with lost productivity, health care, hospitalisation, crime, and incarceration.

KETHEA is constantly improving its programmes through internal and external evaluation processes. Our services have been evaluated by the Departments of Law at Athens and Thessaloniki Universities, the Athens and Ioannina Medical Schools, Panteion University, the Greek National School of Public Health and other institutions.

Use of any drug in relation to the length of treatment: The 90 days milestone  
(N=347,  $\alpha=99\%$ )

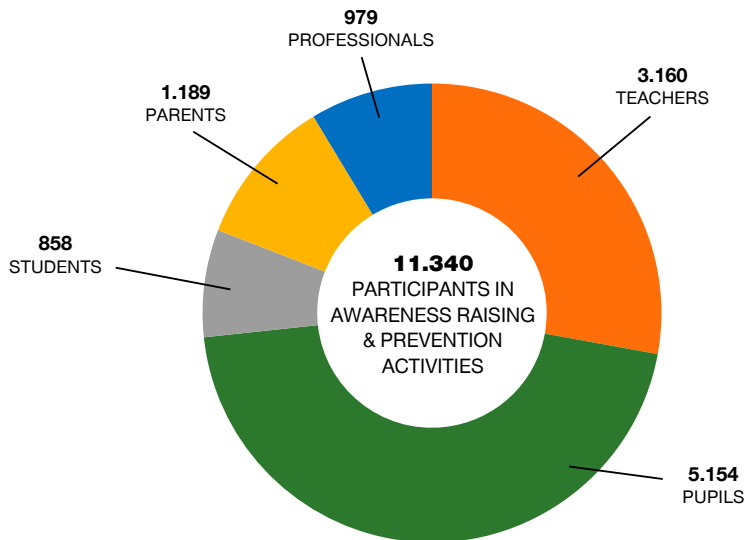


# Prevention and community development

KETHEA runs prevention programmes and activities for the general population and for high-risk groups in varying locations and settings, with an emphasis on community and school-based responses. These programmes combine different scientific approaches and aim to enhance protective factors while reversing or reducing factors which increase the risk of drug use. They are tailored to meet the needs and profile of the groups they address, and are subject to evaluation to ensure continuing improvement. KETHEA also focuses on developing innovative programmes based on a comprehensive approach that includes family, community, school and media interventions.

KETHEA trains mental health professionals and teachers in planning, implementing and evaluating prevention programmes. It also produces prevention material which is used in Greek primary and secondary education.

In addition, KETHEA has set up a Community Intervention Centre in the heart of Athens, located close to the city's traditional drug-sale zones. The Centre aims to meet the needs of teenagers and young adults facing personal, interpersonal and social difficulties. The Center mobilises community volunteers, fostering participation at the community level in partnership with schools, service providers and a range of professionals in the community.





# Promoting lifelong training of professionals and scientific knowledge


The promotion of scientific knowledge and professional development in the field of addiction are key KETHEA objectives.

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To achieve these goals, KETHEA:

- Collaborates with national and international partners to provide training programmes to professionals working in the field of drug addiction, and to students in the spheres of mental health, social care, teaching, sociology, psychiatry, justice, etc. Major partners in KETHEA training programmes are the Aristotle University of Thessaloniki, University of California, San Diego - Department of Psychiatry, Tavistock Institute of Human Relations and University of Nicosia - Department of Law.
- Systematically collects, analyses and processes data on the socio-demographic characteristics and patterns of drug use (based on data from the members of its programmes), evaluates its services and takes part in special addiction research programmes in cooperation with Greek and foreign entities.
- Coordinates and participates in European programmes which seek to educate professionals, stimulate research and the exchange of know-how, and develop innovative rehabilitation services.
- Offers international professional certification in the treatment of addictions in collaboration with the International Certification & Reciprocity Consortium (IC&RC).
- Organises workshops, seminars, European and International conferences.
- Maintains a scientific library based in Athens and publishes the journal "Exartiseis" ('Addictions').
- Offers internships to professionals and students, as well as research programmes for post-graduate or PhD students of Greek and foreign universities.

A group of people are shown in a close embrace, their faces partially obscured by shadows and soft, warm lighting. The scene conveys a sense of support and care. The background is dark, making the subjects stand out.

***“I worked with many organisations in my career, and KETHEA was one of the most admirable I came across. The staff were accomplished and professional, careful and creative with their budget, to ensure the best use was made of limited resources. What they achieved with their clients was inspiring, and their programmes should be a template for drug addiction services throughout the world.”***

*Deirdre Moylan, Former Clinical Director, Adolescent Department, Tavistock Clinic, Former Co-Director, Tavistock Consultation Service, Tavistock Clinic, Former Director, MA and Doctorate programmes, 'Consultation and the Organisation' Tavistock Clinic and University of East London*

# Our resources

KETHEA is funded by the Hellenic Ministry of Health, by production units, and by private donations and EU programmes.

KETHEA's treatment costs are significantly reduced thanks to the work undertaken by volunteers, especially the voluntary Family Associations supporting its treatment programmes, and by the fact that it does not employ auxiliary staff or security personnel. The tasks associated with the daily running of the therapeutic programmes (such as cleaning, preparing meals, making repairs, shopping etc.) are performed by the members themselves, and comprise an integral part of the therapy.

KETHEA has created a system of internal auditing and employs chartered accountants to carry out annual audits of its financial statements. Its annual report is presented in a press conference and forwarded to the Hellenic Ministry of Health, and to the State General Accounting Office.

KETHEA's dynamism stems from its staff, most of whom are engaged in the front line providing services to drug users and their families. Currently (December 2022), KETHEA employs 441 permanent staff members, 15% of whom are treatment programme graduates. KETHEA provides continuous staff training and supervision, promotion of professional ethics and standards, and involvement of the staff in decision-making. In addition, more than 100 volunteers support KETHEA annually, helping with frontline services, education, research and administration.

The 14 Family and Friends' Associations of KETHEA are non-profit associations. Financially and operationally autonomous, they are mainly staffed by people whose close friends and family members have faced addiction-related problems. With hundreds of members in various cities around Greece and cooperating closely with KETHEA's treatment programmes, the associations do voluntary work, promote KETHEA, support efforts to find resources, raise awareness, inform and mobilise parents and public opinion.







# Our creative relationship with society

KETHEA maintains an open and creative relationship with the Greek society, firmly believing that addiction recovery can only be achieved within society and with its support. KETHEA's treatment programmes seek to actively participate in social development, functioning as a transitional stage to a drug-free and productive life.

Throughout the year, KETHEA organises social volunteering, cultural, environmental and sporting events, in which the members of its treatment programmes play a leading role. These events and activities aim at:

- Raising awareness and promoting prevention messages as well as a healthy life style
- Combating stigma associated with drug use and addiction
- Advocating the right of people with drug use disorders to quality recovery-oriented treatment
- Winning the support of society in the fight against drugs and creating synergies for social rehabilitation.

KETHEA also runs an annual campaign to mark World Drug Day (June 26th). The campaign is funded by donations from stakeholders, the Media, professionals, companies, institutions and individuals.

## contact us

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