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a modern approach to recovery

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Season 05. Episode 02

## Podcast Title: Rehab Clinic Thailand

Hi this this is Bruno J, and welcome to Episode 2 of season 5 of Busting Addiction and its Myths.

Today I want to discuss what you should look for when you're considering a rehab clinic in Thailand.

Before you think this is purely a pitch for SafeHouse Rehab Thailand, the sponsor of this podcast, allow me first to share with you why Thailand is an ideal place to come for recovery, but also a great place to own and operate a rehab clinic.

First, consider that Thailand is the #1 destination in the world for medical tourism. Medical tourism is the term we use to describe the practice of coming to a foreign country for medical treatment that is the equal of, or in some cases, superior to the level of medical treatment one could receive in one's home country.

So, having a rehab clinic in Thailand fits right in with the worldwide trend for people seeking treatment outside one's home country. In other words, it is not a strange or unusual thing; novel to some people, but not after they do some research and realise that coming to a rehab clinic in Thailand might be a great option.

The second thing is that Thailand is one of the most magical places on earth: it isn't exactly a Third world country, with an educated population, incredible scenery, a warm climate year round, a Buddhist culture and people whose smiles will light you up. No wonder it is called Amazing Thailand. So, if your loved one needs a safe and welcoming sanctuary in which to recover, Thailand rises to the top of the list.

So, let's not kid ourselves and face the fact that the economics have to work for both the provider, the rehab clinic in Thailand, and for the clients who come here for treatment.

Fact is that the American dollar is still mighty powerful, so we get the benefit of comparatively less expensive real estate, local labour, food and other necessities. We can even offer our professional staff a great value where they get to live in a great climate, spend a whole lot less and still maintain a comfortable lifestyle. Our English - speaking staff are trained in the UK at first-rate institutions and are fully licensed to apply their skills here in Thailand.

The benefits to the client for coming to our rehab clinic here in Thailand become clear when one considers that we offer 4-star amenities and world-class treatment for less than \$10,000 a month. Compare that to the rate, as an example, of the big-name rehab in Minneapolis which comes in at a minimum of \$36,000 a month, just for the basics. Some charge upwards of \$50,000 for a month's stay.

So, with a dozen or so rehab clinics in Thailand, why would you choose SafeHouse Rehab?

Let's start with what we are all after: to give suffering alcoholics and addicts the best possible chance of achieving and maintaining a happy, productive, sober life, freed of the compulsive need to drink or abuse drugs.

All rehabs embed best practices, such as cognitive behavioural therapy, mindfulness, healthy meals and fitness into their programs, but they will deliver them in different ways, all valid.

All traditional ways to solve the problem.

So, we asked ourselves: what would it take to push the envelope and offer a more modern approach to recovery given how complex addiction has become? What could we offer that has as its goal the ability to absolutely outperform traditional rehab clinics in Thailand?

We chose to focus our efforts in three areas:

1. We've established the most sophisticated intake process that takes into account the diagnostic and detox needs of the new generation of drugs and drug addicts who are now commonly addicted to multiple substances.
2. New techniques are constantly being developed that have applications in treatment, whether it's helping to change body chemistry, enable better sleep, improve mindfulness or accelerate recovery in ways as yet undiscovered. We are committed to being the first to integrate proven, advanced tools designed to enhance the progress of our clients toward their goals.
3. Of all the components of treatment, the most-often overlooked is the after-care program. It is the pillar that must be adopted and embedded into treatment, for without the client picking up the responsibility for recovery after he or she

leaves, the odds of a successful, sober life drop like a stone in the river. And all that money and effort are for nothing. And the heartbreak starts over, even more painful this time.

That's why we work extra hard to ensure that every one of our clients demonstrate a commitment to their own sobriety program, one day at a time, ideally (in our opinion) putting a 12-step program such as AA at the centre.

We are the only rehab clinic in Thailand that offers the likes of our We Care program: it contains a full arsenal of recovery tools, connection to 12-step groups in their home towns, and follow up video consultations via Zoom, Skype, What's App, whatever works best to connect on a scheduled basis or as-needed 24/7.

What have we learned today about SafeHouse Rehab as one of the premiere rehab clinics in Thailand?

1. Thailand leads the world when it comes to medical tourism, therefore having a drug and alcohol rehab clinic here is right in line with why people come here: first-rate medical treatment in a caring and safe culture, a warm climate and in a country who has valued foreign visitors for generations.
2. At SafeHouse Rehab Thailand, we are able to take full advantage of the opportunities afforded us given the strength of the US dollar to operate our rehab clinic and deliver professional services at a cost the fraction of what one would pay in the US.
3. Although we as a rehab community in Thailand all want the same thing for clients, i.e., a lifetime of clean and sober living,

we are committed to transcending the traditional ways of getting there.

4. To that end, we offer a truly modern approach to recovery. Our goal is to absolutely outperform traditional rehabs when it comes to the intake/detox processes, the adoption of new techniques that enhance recovery, and a robust after-care program which we call 'We Care' that's designed to help our clients own their recovery over a lifetime.