

OUR OUTCOMES



Of the clients who entered our program in the last 12 months

74.5%

are currently in recovery and engaged with our program.

65.3% are currently fully abstinent

9.2% are currently experiencing a lapse but are engaged in our program and working towards abstinence

15% of clients who entered in this period are currently in relapse

Our clients are male and female aged 18 years and upwards.

"Coming in with no expectations, in addiction, the programme has changed my life. Shown me a way to recovery, given me a glimpse of a far better future. The challenges, self-learning, searching my past has changed, challenged, a lifetime of self-criticism and poor self-esteem"

"I am forever grateful for what the Rutland Centre has done for me. I was completely broken walking in the doors and never envisaged getting my life back on track. It was a pivotal part of building a foundation to a new way of life"

Upon Completion of the 5 week program in the same period we saw significant increases in:

- **Mood**
- **Self-esteem**
- **Well-being**

Upon completion of the 5 week program in the same period we saw significant decreases in levels of

- **Depression**
- **Anxiety**
- **Hopelessness**
- **Suicidality**

"It was intense, tough, which was exactly what is required"

"Made me feel human again, I met some good people"