



RiMa Serene Medical Centre Ltd
Rehabilitation and Recovery - With you every step of the way

RiMa Serene Aftercare

At RiMa Serene our inpatient programme is just the beginning of making the necessary changes required to live a happy, sober life. The initial period following intensive treatment is the most crucial point in our client's recovery and offers the greatest potential for relapse. Therefore, at RiMa Serene we remain committed to helping our clients beyond this challenging period for up to three months following discharge.

Saturday Mornings Aftercare

All clients who successfully complete one of our Treatment Programmes will be invited to participate in Saturday Morning Aftercare Group at the rehab. This is a complimentary service that they may attend for three months free of charge after discharge and is in addition to any other Aftercare Programme that has been agreed with the named counsellor.

Each aftercare program is tailored to our client's individual needs to greatly reduce the potential for relapse when they return home. We find clients are more likely to be successful in maintaining abstinence if they are involved in recovery activities on a long-term basis. Without support, accountability, or a reminder to stay focused, it's all too easy to slip back into old behaviours.

Aftercare Bridges the Gap

Our clients with the help of their named counsellor, select a program that adapts to their ever-changing requirements. This could include regular day or evening group meetings, individual counselling sessions, or both.

Our aftercare programs are aimed at providing our clients with the skills and confidence they need to bridge the gap between rehab and society.

Having regular contact with counselling services and support encourages the client to stay clean and honest.

Because the initial period after rehab presents the highest chances for relapse, a monitored half-way Aftercare program yields the most successful and permanent recoveries.