

RULES OF NOKTA

Rules

All residents of Nokta are committed to active participation. This also includes ensuring that everyone complies with the rules.

Violence

Use of violence leads to termination of therapy.

Threats of violence, aggressive behavior or criminal acts - even outside the home - can also lead to exclusion from therapy.

Relapse

A relapse represents a crisis in treatment and may lead to its cessation depending on the circumstances of the relapse (covert or overt, single or repeated, indoors or outdoors, alone or collectively, the group and home situation, etc.).

Medication is only taken in consultation with a member of staff.

Contact rules

During the first four weeks, contact with people outside the therapy facility is only possible by letter.

Telephone contacts are then possible after arrangement in the group discussion. All contact persons are included in a list kept by the person responsible for the group.

The use of a mobile phone is possible with restrictions after the contact ban.

All visitors with whom you want to meet more often outside the house must make an initial contact in the house.

All contact persons must be drug and alcohol free. You are not allowed to talk to them about the other residents of the facility. There is a ban on contact with those who drop out of therapy. Contact with intoxicated persons is blocked for the entire duration of the therapy.

Exit regulations

For all exits, the destination of the exit and the time of return must be noted in the exit log. The exits are always to be agreed with the responsible therapeutic staff. Initially, going out alone is not allowed. Only older clients can be accompanied by prior arrangement.

After 5 months, the application can be made in the group, you can go out alone during the day until 5 p.m. After a further 4 weeks of this regulation, evening outings can also be requested in the group.

Downgrades are common in crises in the course of treatment, especially relapses, capping relapses and lack of discipline, and it will be told by the staff.

No exit may last longer than 12 hours. Within 24 hours you have to stay at least 12 hours in the house or take part in appropriate offers (occupational therapy, internships, group activities, etc.).

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Overnight stays away from the facility/ family visits

Overnight stays outside the facility are possible from the sixth month at the earliest. In preparation for this, your family/partner should have visited you at NOKTA four times. After the first visit, four accompanied trips to the family/partner are said to have taken place. (Every 14 days, alternating with your return visit). You can then visit your family alone over four weekends. After that, the group can apply for overnight accommodation (8 p.m. to 10 p.m.). Once a week you are allowed to go out to your family (children) accompanied (6 p.m. to 10 p.m.)

Crises, emergencies, special events

the night service must always be called in, which has domiciliary rights in the absence of the therapeutic staff. This then informs the on-call service if necessary.

House work and garden, volunteering and illness

Participation in house and garden activities is part of the program and is mandatory. After the Housework phase, attending a internship is mandatory

In the case of illness that prevents you from attending occupational therapy or the internship, it is usually not possible to go out. Sick treatment and doctor visits outside the facility always take place after consultation with the responsible employee of the facility.

Smoking ban

At NOKTA, smoking is only allowed outside and only during breaks. Smoking in the rooms leads to exit restrictions.

Cleanliness

Every client is obliged to take care of cleanliness in the entire house and especially in his room. The rooms are cleaned together every day from 8:30 a.m. to 12:00 p.m. and from 2:00 p.m. to 4:00 p.m. During this time, no exit is possible until acceptance by an employee.

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Dominique Prcic
head of the facility

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