EME Clinic

Project to create a detoxification and addiction-treatment clinic

SAN JOSÉ, COSTA RICA · PROJECT DOCUMENT

1. Introduction

This project aims to create a clinic specializing in the detoxification and comprehensive treatment of people with addiction to psychoactive substances. The clinic will provide medical, psychological and social care with a holistic approach that makes recovery and social reintegration possible.

2. Rationale

The use of addictive substances has grown in Costa Rica and has become a public-health and social problem. The lack of specialized centers limits the chances of effective treatment. This project seeks to fill that gap with an accessible, high-quality service for the population of San José and its surroundings.

3. Objectives

General objective: to establish a detoxification and rehabilitation clinic for the comprehensive treatment of 100 patients with addiction problems.

- Provide specialized medical and psychological care.
- Run detoxification programs supervised by professionals.
- Develop individual and group therapies.
- Offer social reintegration and follow-up programs.

4. Scope

The clinic will treat 100 patients dependent on legal and illegal drugs, including alcohol, stimulants and opioids. It will work with an interdisciplinary team of health professionals, occupational therapists and social workers.

5. Method

Treatment follows five phases.

- Initial assessment: clinical history and background; psychological and psychiatric evaluation; comprehensive diagnosis and a personalised treatment plan.
- Detoxification: continuous medical supervision to minimize withdrawal symptoms; medication when necessary; emotional support to manage anxiety and stress.
- Psychological therapy and rehabilitation: individual therapy with cognitive-behavioral approaches; group therapy to share experiences and strengthen recovery; family therapy to involve loved ones.

- Social reintegration: job training and skills development; partnerships with companies and bodies for employment opportunities; post-treatment follow-up to prevent relapse.
- Follow-up and relapse prevention: periodic consultations to assess progress; coping and stress-management strategies; support groups and community networks.

6. Infrastructure and resources

- 50 double rooms for the 100 in-patients.
- 5 medical offices and 10 psychology offices.
- 3 group-therapy rooms and a multipurpose hall for recreational and rehabilitation activities.
- A dining room for 100 people, an industrial kitchen and a food store.
- A gym and physical-activity area; a library and study room.
- Specialised staff: 10 specialist physicians, 15 psychologists, 10 nurses, 10 occupational therapists, 5 social workers and 10 administrative assistants.

7. Estimated budget

- Infrastructure: US$2,500,000.
- Medical equipment: US$750,000.
- Staff and annual operation: US$1,500,000.
- Estimated total: US$4,750,000.

8. Sources of funding

- Private investment.
- Government grants.
- Donations and sponsorships.
- Agreements with insurers and health bodies.

9. Expected impact

- Less substance use in San José and its surroundings.
- Better quality of life for patients and their families.
- Less strain on Costa Rica's health and justice systems.
- More access to work and social reintegration programs for patients in recovery.

10. Conclusion

Creating this clinic is a concrete answer to the problem of addiction, with comprehensive and effective care for 100 patients, and a contribution to the social and health improvement of the community.

> *A recreation of the original document in Eccekenoo's format. The figures are project estimates, not approved costs.*