Hope ‘charitable trust’ Foundation

Introduction: This document is a draft proposal for a charitable foundation focused on assisting people who have Drug Addiction and Alcoholism issues with rehabilitation in Thailand.

Background: The Hope foundation is a vehicle for Hope Rehab Center to give freely to Thailand and the local community in Chonburi.

The launching of Hope Foundation - The project is designed and funded by Simon Mott and sub-lieutenant Alon Kumsawad, the owners and founders of Hope rehab Center Thailand located in Chonburi. (see-about Hope Rehab)

Purpose of Hope foundation Our overall goal is to help improve addiction treatment in Thailand for public benefit. Our intention is to share our western drug and alcohol addiction treatment programs. This will be achieved by providing free training to Thai healthcare, rehab staff and the public.

Hope foundation structure and constitution: (See-constitution and members)

Hope’s foundation mission statement: to increase public understanding of alcoholism and addiction, to improve treatment and pro-active prevention.

Our charter - The vision is to share our specialist knowledge and expertise with the local community (Chonburi) and greater society of Thailand.

Practical application

Overall objectives of Hope foundation: Five major areas of interest based in improving treatment and Reducing drug/alcohol related harm in Thailand.

1. Rehabilitation and treatment
2. Public education
3. Training Rehab staff
4. Prevention of addiction
5. Harm reduction

Community grants and funding: The Foundation will award grants to projects and individuals in Thailand who are involved promotional activities to prevent drug and alcohol abuse.

a) Funding individuals who to access re-education
b) To provide subsidized treatment places at Hope Rehab for Thai people

To provide basic training: understanding of Alcoholism and Addiction to professionals working in the rehabilitation treatment sector
Training individuals, teachers, religious in prevention and support methods in the community

   a) Sponsoring people in need of recovery support
   b) Providing training opportunities to recovering addicts

**To build bridges** and form partnerships between western Rehab services and Thai Rehabilitation centres

   a) To influence the Public health departments in Thailand
   b) To promote treatment by way of a holistic approach
   c) To incorporate spirituality and mindfulness in to treatment
   d) To support compulsory drug treatment policy in Thailand
   e) Introduce globally accepted approach to addiction treatment

**Raise awareness** about social issues relating to addiction and alcoholism

**Working together:** Promoting participation of Medical, Religious people, Employers and community leaders in Rehabilitation of Alcoholics and Addicts.

**Public perception:** To change the perceptions of the Thai people in relation to drug addiction and alcoholism treatment

**Existing rehabs:** To influence drug treatment programs and policy in The Thai Rehabs, Detox’s and hospitals.

**Educating** by using public information methods

To educate the family and community in the correct ways to support Addicts/alcoholics family members

**Family involvement:** Good practices in treatment today is social inclusion of families especially those with children.

   a) To provide support, training, advocacy to families and communities.
   b) To provide a place where parents can bring their addicted family member to meet others with similar problems and share experiences.
   c) Prevention for children, adolescents and adults in high risk populations.

**Western practice:** Incorporating and sharing successful concepts and practices from USA and UK treatment services into Thailand’s treatment services. Thailand is a multicultural Society today so can include many useful approaches such as Alcoholics Anonymous AA and Narcotics Anonymous NA.

   a) To set up Peer support groups in Thailand
   b) To set up NA and AA Thai speaking meetings
   c) Outreach work to engage PDU in the locality
   d) Target population Alcoholics and Drug addicts
e) Hope rehab establishment and outreach satellite locations throughout the eastern seaboard area

Needs assessment: Alcoholism and addiction is a global problem and is a drain on government healthcare resources – Addiction causes a lot of pain and death for the people affected. Thailand is no exception. Our goal is to help the people and communities affected by alcoholism and addiction.

Hope Rehab has been approached to share our western treatment techniques and training by ministry of health officials. An example is the Training Hope Rehab’s team took part in Pattani has been very helpful. Hope has been approached recently to provide training to the Apakorn hospital Rehab (Navy hospital) in Sattahip, Chonburi.

The justice ministry has called for help (Bangkok post article 2015)
The current primuminster has ordered more be done about drug addiction (Bangkok post 2015)

Political Environment supporting Hope Foundation – Currently the Thai Ministry of Health approves and promotes the type of addiction treatment Hope Foundation provides, and welcomes our influence on the general treatment system.

Hope Foundations Constitution

Beneficiaries' involvement in the planning and implementation of the project

Note: This is a private Foundation (a non-profit organization) Furthermore, no trustee, director or any member may directly benefit from the foundation financially.

Registration of Hope Foundation - The foundation will be duly registered under the regulations of Thai law at Thai Ministry of Interior for public benefit. The place for the registration is at the foundation location's District Office, with Thailand’s Ministry of Culture.

Location of Foundation: 45/16 Moo 9 Bang Phra Sri racha, Eastern seaboard, Chonburi, 20110 Thailand.

Executive Summary – The background and mandate of the project is summarized as follows. The Foundation will engage in activities relating to the treatment of alcoholism and drug addiction. The founders and directors are all experienced or connected in this sector. The proposed methodology that will be used for doing the work is outline below.

Funding and budget - Hope Foundation is a Non-profit organization NPO - Funded by a major grant from Hope Rehab trust-fund and overseen by the trustees.
**financial mandates; funding cycles and terms. One off grants Capital structure donation from Hope Rehab**

**Operating the project:** Simon Mott will be the program implementer The foundation will be overseen by Simon Mott Stages involved in the Project

Where hope Foundation will help - Our goal is to support local Thai communities in Eastern Seaboard and other provinces who may need and benefit from this sort of attention.

When Hope foundation will help - Alcoholics, the families, people in crisis, local community, providing educational, medical, charitable or other services

Contact families through health centers and doctors
Recruit and train the staff involved to run the project
Implementation Schedule

Research on the treatment of alcoholism/addiction in Thailand
Target population Alcoholics and Drug addicts

Who we help: The target group and population such as families with low literacy Underprivileged, the poor, the uneducated. Existing alcoholics and addicts. Children and teens before they become addicts.

We believe that families are negatively affected by alcoholism and addiction so it is especially important to focus on supporting them.

Better life for the individuals
Better life for the Families
Better life for the community
Healthier society for all
How Hope Foundation will help

Volunteer and sponsorship scheme
Volunteer work at Hope Foundation enables the correct people to accept volunteer opportunities in Thailand. There is a wide variety of community service positions including work with patients, teaching English to Thais who are looking for Jobs, and volunteering as helpers, fitness coaches, rehabilitation assistants according to their preferences.

**Eligibility criteria for volunteers:** Potential applicants can be a team or a network of members from various backgrounds, with a proven record of delivering results in treatment area.

Our goal is to send volunteers Thailand for a minimum of 2 weeks each – 3 months. Volunteers pay their own way but will have access to any discounts we
have available as members of a not-for-profit organization. We invite people of various experience to join this effort and believe we can all play a part. We need people who care. It’s really that simple. People who know about recovery and who want to make a difference.

Applicants must be;
Financially independent
Must have experience in this sector
Must have transferable skills
Must have strong communication skills

Education programs works with local schools, with the intent of changing the attitude of the next generation in regards to responsible prevention methods and explaining how to recognize the effects, signs and symptoms of drug or alcohol addiction.

Alcoholism, Substance misuse and addiction prevention and treatment

Hope Foundation International voluntary program will invite professionals from across the world to help the Alcoholism and Addiction sector in Thailand

**Fund distribution:** The Hope Foundation is inviting proposals from interested parties who need funding to help people, families and communities affected by Alcoholism and addiction.

Hope Rehab clients who wish to donate will also fund the foundation

**Who:** Eligibility criteria for clients and participants

**Explain how the program** will continue once the funding ends. Describe any plans to obtain other sources of funding.

**Monitoring, reporting and Evaluation by the committee**

**Acknowledgements**

**About Simon Mott and Alon Kumsawad**

*Current programs, activities and accomplishments involving Simon Mott and Alon Kumsawad*

Simon Mott is a world renowned Rehab owner in Thailand and international specialist in substance misuse (Addiction and alcoholism) treatment.

Simon and Alon are Co-founders of Hope Rehab Center established in 2013 are Simon Mott (UK) and Alon Kumsawad (Thai) who are partners.

Simon Mott has a 20 year history in substance misuse and addiction treatment management. He is an AQA certified Integrated Humanistic Counsellor in the UK, he also has UK DANOS specialist substance misuse training from Hertfordshire
University in UK. He is trained by The Royal College of General Practitioners to administer treatment in UK. His experience includes working for the criminal justice sector UK and also for the local government in London managing public services.

Alon Kumsawad was the Meditation teacher, also Yoga and Fitness trainer at the Cabin Chiang Mai. Alon is a graduate of the Chiang Mai Rajamangala University in Liberal Arts and Administration and is a qualified fitness instructor; she also has qualifications in Yoga and Pilates. In addition Alon served five years in the territorial Royal Thai Army holding the rank of Sub-Lieutenant.

During his time working in London Simon was a member of the ‘All Party Meeting of the Parliamentary Drug Misuse Group’. He attended debates and session in parliament house and gave presentations to the PM and Lords.

Simon’s work in harm-reduction research trials that have been recognised by the Home Office and contributed to proposed—misuse of drugs act—changes. He has also been active as a service-user champion, helping to establish and run mutual aid recovery groups throughout London and Thailand.

During his many years working as addiction counsellor and manager in the UK and Thailand he has been involved in Charitable foundations, “being of service” to the community is part of Simon’s personal recovery.

Simon is often called upon by various media sources world-wide to share his experience and expertise on addiction.

**Hope Rehab Center Thailand**

Hope Rehab Treats Substance Addiction, including Alcoholism and all drugs of abuse. The 16 bed facility is in Bang Phra, Sriracha, Chonburi.

The Property belongs to Dr Sribhumi Sukhanetr who served Thailand for 25 years as Director general - permanent secretary to state for the ministry of transport and telecommunication, since then he is appointed Consul General to Monaco. Dr Sribhumi Sukhanetr was awarded the French Legion of Honor for all his important work over the years.

**Our method:** is best described as Holistic, it combines the following core components;

1. Medical detox support
2. Cognitive Behavioral Therapy (CBT)
3. Individual counseling
4. Group therapy program
5. Psycho-education of addiction
6. Minnesota method (AA) 12 step program
7. Mindfulness and meditation
8. Physical fitness
9. Traditional Thai massage treatments
10. Relapse prevention

Our Approach at Hope Rehab: is based on addiction science and the American Society of Addiction Medicine (ASAM) Brain disease model. We see Addiction as a complex illness characterized by craving, beginning with the voluntary act of taking drugs or drink, then later becoming compulsive. This behavior results largely from the effects of prolonged exposure of the substances on brain functioning. Addiction is a chronic brain disease that affects multiple brain circuits, including those involved in reward, emotions, motivation, thought, learning, memory, and inhibitory control over behavior.

We also use the National Institute on Drug Abuse (USA), Treatment guidelines and UK training Standards (DANOS). UK Confidentiality and duty of care standards, also health and safety conditions.

Hope's Philosophy: Medical-assisted detoxification is the first stage of addiction treatment and by itself does little to change long-term drug abuse.

Groups are widely acknowledged to be of unparalleled value for their common goals, the support and learning experienced. We believe an addict or alcoholic cannot beat their addiction alone. We teach and encourage the use of Self-help groups like AA/NA.

Hope Rehab residential model: We are a therapeutic community (TC) that incorporates the Minnesota Model based on the twelve-step program and philosophy of Alcoholics Anonymous (AA).

Psycho-Therapy: Individual counseling includes, treatment planning, CBT – Cognitive Behavioral Therapy to modify client attitudes and behaviors related to drug or alcohol abuse, and increase healthy life skills.

Physical therapy: is just as important as emotional therapy so Fitness is a core element of our treatment. Daily exercise improves self-esteem and installs the structure and discipline needed for ongoing recovery. Physical activity releases positive brain chemistry and is recognized to help with motivation and depression. Included in the program are the following classes

Mindfulness and meditation: is also an essential tool in treatment and has many benefits from applying a brief daily practice in the morning and/or evening. Mindfulness is a state of mind that a client learns to create by using techniques to self-regulate their thoughts and feelings through observation.

All types Spirituality are encouraged (prayer and meditation) and especially Buddhism is taught, and practiced throughout a client's time in our program.

Structuring the foundation (giving programs, funding, leadership, role of Hope, etc.).
Dr Sribphumi – Patron and Siraveth Sukhanet

1. Sub Lieutenant Alon Kumsawad
2. Simon Mott ESQ
3. Sir Robert Harboard Hammond
4. Dr Wutichoke Pitaksakorn

3 people who work actively

1. Sir Robert Harboard Hammond
2. Simon Mott – Addiction expert Hope Rehab
3. Henk Nargel – Addiction counselor Hope Rehab
4. Paul Gariggan – Psychiatric nurse Hope Rehab

Committee of 5 people as follows

1. President
2. Vice president
3. Secretary
4. Registrar
5. Treasurer

Dr. Sribhumi Sukhanetr
Consulate General of Monaco, 245/9 Soi 31, Sukhumvit Road Bangkok 10110, Thailand

Siraveth Sukhanetr Tarn, Address of Lessor: 65 Sukumvit Soi 61, Bangkok 10110

Captain Roger Robertshaw's Senior Flight Captain Cathe Pacific HK
Captain Roger (RAF) is the most senior pilot at Cathe Pacific airlines now and has a special interest in helping Pilots who have alcohol issues.

Mr Tobias Eaton is a Lawyer – a barrister at Law in London with a special interest in helping addicts

Paul Gariggan is a Psychiatric Nurse and Author of Dead drunk - Paul lives and works in Rayong Thailand – he has a world famous mindfulness addiction blog online and provides mindfulness training at Hope Rehab.