

TWELVE WEEKS · TWO TRACKS

Outpatient.

Twelve weeks. Nine to twelve programmed hours per week. The same BARE curriculum at the same clinical depth, structured for adults who can integrate sustained engagement into daily life without leaving home, work, or family.

ALLOCATION IS CLINICAL, NOT COMMERCIAL

Two tracks, *one* calendar.

Track A — Standalone outpatient.

For adults with mild to moderate dependence and broadly intact daily functioning. No requirement for medically supervised withdrawal. Sufficient psychosocial stability — fixed address, an identified family or social contact, employment or comparable daytime structure.

Track B — Step-down from residential.

For patients completing the ninety-day residential admission with a clean discharge file. The clinical workup is not repeated; the residential file carries forward. The patient enters Track B without administrative interruption.

Allocation is a clinical decision made at intake. It is not a marketing distinction. Both tracks complete the same twelve weeks and share the same group calendar.

THE WEEK

The weekly footprint.

- **Two evening group sessions.** Monday and Wednesday, 18:00 to 20:30.
- **One Saturday workshop.** 09:00 to 12:30.
- **Weekly individual counselling.** 60 minutes, scheduled.
- **Weekly mentor check-in.** 30 to 45 minutes, scheduled.
- **Fortnightly family session.** 60 minutes, from week three.

Total programmed engagement: nine and a half to eleven hours per week, depending on whether the week carries a family session.

ADDRESS

119, KARIMKUTTICAL, 6A CROSS, BENSATHYA ENCLAVE
NEAR HENNUR BANDE, KALYAN NAGAR
BENGALURU – 560043

CONTACT

+91 98440 14881 | +91 98805 11880
www.higherpowerfoundation.in | info@higherpowerfoundation.org

THE SESSION**Five blocks. *Same shape*, every time.**

BLOCK	DURATION	CONTENT
<i>Open</i>	10 minutes	Check-in round. Each patient names one thing from the week.
<i>Frame</i>	15 minutes	Facilitator introduces the session's pillar content.
<i>Work</i>	60 minutes	Tool application with peer feedback.
<i>Process</i>	30 minutes	Process group on what arose during the work block.
<i>Close</i>	5 minutes	Commitments named for the next forty-eight hours.

Saturday workshops expand the Work segment to one hundred and twenty minutes and add a thirty-minute applied practice block before the close. The Saturday workshop is the only session at which a patient may invite the nominated family contact to observe — in the final pillar, by clinical arrangement.

INTAKE**How *outpatient* admission works.*****Track A.***

Two scheduled sessions across five to seven days. Session one produces the Intake Assessment Report — substance use history, co-occurring screening, risk profile, social and family system. Session two walks through programme structure, abstinence requirements, family involvement, and the documentation set. Consent is taken in writing.

Track B.

One scheduled session in the final week of the residential admission. Consent is re-taken for outpatient terms, which differ from residential consent in scope, sanctions, and family involvement.

Probation.

A seven-day probationary period applies, from the first group session. Within probation, either party may exit without breach implications. After day seven, the standard discharge protocol applies.

ADDRESS

119, KARIMKUTTICAL, 6A CROSS, BENSATHYA ENCLAVE
NEAR HENNUR BANDE, KALYAN NAGAR
BENGALURU – 560043

CONTACT

+91 98440 14881 | +91 98805 11880
www.higherpowerfoundation.in | info@higherpowerfoundation.org

OUT OF SCOPE**What outpatient is *not*.**

- It is not detoxification.
- It is not residential care.
- It is not indefinite.
- It is not a substitute for medical intervention where indicated.

A patient requiring inpatient withdrawal management, twenty-four-hour supervision, or acute psychiatric stabilisation is not appropriate for outpatient admission. We refer upward to the residential programme or to an external medical provider.

ADDRESS

119, KARIMKUTTICAL, 6A CROSS, BENSATHYA ENCLAVE
NEAR HENNUR BANDE, KALYAN NAGAR
BENGALURU – 560043

CONTACT

+91 98440 14881 | +91 98805 11880
www.higherpowerfoundation.in | info@higherpowerfoundation.org