

FEBRACT

FEDERAÇÃO BRASILEIRA DE
COMUNIDADES TERAPÊUTICAS

Code of Ethics

8th Edition



Acesse as versões em
português e espanhol.

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Special edition in reference to
the 29th World Conference of Therapeutic Communities.



CODE OF ETHICS AND CONDUCT

**8th Edition
2024**

The ethical principles contained in this Code, as well as the technical advances achieved by FEBRACT, express our gratitude to the visionary founder, Father Haroldo Joseph Rahm, the co-founder, Dr. Rozinez Lourenço, and the significant contributions of Professor Saulo Monte Serrat in the development and consolidation of this Code of Ethics.

Since its foundation on October 16, 1990, FEBRACT has maintained the following Institutional Objectives:

- Bring together Therapeutic Communities in Brazil.
- Train professionals working in Therapeutic Communities.
- Promote meetings, conferences, and scientific events.
- Participate in the development of Public Policies.
- Conduct research.
- Represent Therapeutic Communities at national and international levels.

By adhering to principles supported by science, FEBRACT has fostered immeasurable progress in the quality of services provided to individuals with substance use disorders in Brazil. The appreciation of science, grounded in human dignity, is inevitably aligned with ethics.

WORDS FROM THE PRESIDENT

It is with great satisfaction and the positive sentiment that FEBRACT has been fulfilling its mission in a productive and fruitful manner that I express my deep appreciation for the 8th edition of the Code of Ethics and Conduct of FEBRACT - the Brazilian Federation of Therapeutic Communities, as well as congratulate all those who contributed to this work, especially our professionals and volunteers.

I would also like to extend a special mention to Executive Director Lucas Roncati, who masterfully led this project, and to our Vice Presidents, Roseli Nabosny and Edna Thomé, as well as all the esteemed Board Members, whose direct or indirect contributions were invaluable.

I recognize that FEBRACT's greatest strengths lie in all those who are part of this mission: Directors, Board Members, Professionals, Affiliated Organizations, Professors, and all those who walk with us with respect, interest, and appreciation for our Federation.

I also extend my gratitude to the WFTC – World Federation of Therapeutic Communities, represented by its President, Sushman Taylor; to FLACT – the Latin American Federation of Therapeutic Communities, represented by its President, Jorge Olivares; and to all national and international organizations, through those who acknowledge the fruitful work FEBRACT performs in favor of life in sobriety.

From my perspective, as far as I can see, ethics is first and foremost based on the recognition and respect for Human Dignity, a fundamental principle expressed in Chapter 1 of the Universal Declaration of Human Rights, which asserts that Dignity is inherent to all human beings, regardless of their life circumstances.

Our Code of Ethics and Conduct, therefore, begins in Chapter 1, Item 1, by stating that “all activities carried out in Therapeutic Communities must be based on respect for the dignity of the human person.”

Building upon this principle, the Code of Ethics and Conduct lays out the foundation of nine other principles that define FEBRACT’s philosophy. These include the comprehensive care of individuals in treatment, the presence of a skilled professional and technical team, the recognition of spirituality as a transcendent force that is present and revealed through love, and the promotion of personal development, awareness, and reintegration into the workforce. Additionally, they encompass skill development, the structuring of a therapeutic project based on scientific evidence, which requires creating indicators to guide continuous improvement. This set of principles ultimately seeks to uphold the dignity of all those under our care.

Starting in Chapter 2, the Code of Ethics and Conduct outlines a series of assumptions and guidelines aimed at promoting well-being, safety, a healthy environment, an individualized care plan, and the inclusion of families, among other aspects. It also addresses the rights of individuals in care, provides guidance on working with families, and establishes rules on professional confidentiality, discussing potential sanctions in Chapters 5 and 6.

Our Code of Ethics and Conduct also considers the rights of individuals in care, as well as guidelines, rules, and directives for engaging with their families. Chapters 5 and 6 focus on professional confidentiality and possible sanctions.

I conclude with a thought I formulated from an ethical perspective,

rooted in respect for Human Dignity, to ensure that all our projects and purposes are ethically structured and that our actions are grounded in this principle.

“Keep your face always toward the sunshine, and shadows will fall behind you.”

(Walt Whitman)

Luis Roberto Sdoia

President

INITIAL WORDS

Message from the Head of the Demand Reduction Unit of CICAD-OAS on the ethical and technical values present in this document.

“A Code of Ethics is a valuable tool that provides guidance on both values and technical aspects of working with individuals and families affected by drug dependence. In a context of human suffering, this guidance becomes even more significant. We must demonstrate respect for those who entrust us with part of their story and place their hopes in their recovery.

I invite everyone to read this text carefully and, more importantly, to apply it in their practices. I congratulate FEBRACT for consolidating in this document the core values of Therapeutic Communities, aligned with international standards that promote ethics and the delivery of evidence-based services.”

Jimena Kalawski

Head of the Demand Reduction Unit of the Inter-American Drug Abuse Control Commission (CICAD) - Organization of American States (OAS).

CODE OF ETHICS AND CONDUCT OF THE BRAZILIAN FEDERATION OF THERAPEUTIC COMMUNITIES – FEBRACT

INTRODUCTION

The Code of Ethics is subordinated to the country's current laws, as applicable, to the Code of Ethics of the World Federation of Therapeutic Communities, and to the Bylaws of the Brazilian Federation of Therapeutic Communities.

1. FUNDAMENTAL PRINCIPLES

- 1.1 All activities carried out in Therapeutic Communities must be based on respect for the dignity of the human person.
- 1.2 Residence in the Therapeutic Community must be voluntary and formalized in writing after the person in care has been informed about the organization's objectives and administrative, technical, and support activities.
- 1.3 Therapeutic Communities must ensure a drug-free and violence-free environment for all participants.
- 1.4 Activities must be guided by a Technical Team, duly qualified and appropriate for the number and specific needs of the individuals in care.
- 1.5 Recognition of spirituality as a potential factor in health promotion, with educational value and a means of personal development, while ensuring the inviolability of the right to freedom of conscience and belief and preventing the imposition of religious beliefs and practices.

- 1.6 Promotion of personal development, based on overcoming risky behavioral patterns, building a new lifestyle, and expanding the repertoire of social skills.
- 1.7 Raising awareness of Substance Use Disorder among individuals in care through informative, educational, and therapeutic activities.
- 1.8 Promotion of productive inclusion for individuals in care, as needed.
- 1.9 Therapeutic Project based on scientific evidence.
- 1.10 Participation of family members or reference persons of the individual in care.

2. ABOUT THE THERAPEUTIC COMMUNITY

- 2.1 The Therapeutic Community must present a coherent Therapeutic Project that includes:
 - 2.1.1 Admission, readmission, and residency criteria.
 - 2.1.2 Criteria that define social reintegration as the primary goal.
 - 2.1.3 Specific criteria for the conclusion of the care process.
- 2.2 Present a permanent training program for professionals in courses recognized by duly authorized institutions.
- 2.3 Maintain relationships among affiliated Therapeutic Communities based on collaboration and respect.
- 2.4 Provide individuals in care with a healthy environment and dignified, respectful relationships, regardless of race, religious or political creed, nationality, sexual orientation, gender, criminal background, or financial situation.
- 2.5 Ensure the physical, psychological, and spiritual well-being of

individuals in care by providing nutritious food, adequate housing, effective treatment, and spiritual support that does not conflict with their beliefs.

- 2.6 Provide individuals in care with access to resources available in the Support Network, such as public services, recreational activities, self-help groups, and family connections, among others.
- 2.7 Facilitate all possible means for individuals in care to access resources in the Social Network (available territorial equipment), such as public services, recreational activities, self-help groups, and family connections.
- 2.8 Develop the Singular Care Plan (PAS) according to the specific needs of individuals in care.
- 2.9 Implement specific actions with family members and/or reference persons to include them in the therapeutic process and contribute to improving the quality of life for the entire family group.
- 2.10 Provide technical guidance and develop strategies with individuals in care aimed at recovering values, promoting healthy habits, and improving quality of life.
- 2.11 Conduct activities that promote autonomy, organizational skills, and responsibility among individuals in care.
- 2.12 Perform periodic evaluations of the Technical Team, infrastructure, and administration of the Therapeutic Community to ensure professional training, physical space adequacy and accessibility, and efficiency and transparency in management.
- 2.13 The Therapeutic Community must not implement sanctions that include physical punishment, moral humiliation, food restrictions, or deprivation of sleep or personal hygiene.
- 2.14 The Therapeutic Community's operations must be based on peer coexistence in a residential, transitional, and communal environment, with voluntary adherence and residency, along with permanent

respect for Human Rights.

- 2.15 In case of a serious violation or recurrence regarding the determinations of this Code of Ethics, the governing bodies of the Affiliated Social Organization will be notified for appropriate measures.

3. ABOUT THE PERSON IN CARE

The person in care at the Therapeutic Community has the right to:

- 3.1 Receive, in writing, the guidance and objectives of the Therapeutic Project and the rules of the Therapeutic Community, explicitly declaring their agreement and voluntary adherence. Any modifications to these determinations must be communicated in advance.
- 3.2 Be in an environment free from physical punishment and psychological or moral violence.
- 3.3 Have access to external resources in case of illness or other needs to which they are entitled, when the Therapeutic Community lacks the means to provide assistance.
- 3.4 Be informed in advance of the financial requirements for care and related procedures, when applicable.
- 3.5 Have the opportunity to submit complaints and suggestions related to life in the Therapeutic Community to the responsible person or appropriate location.
- 3.6 Have the freedom to leave the Therapeutic Community at any time without facing any coercion from the Technical Team or other persons in care.
- 3.7 Have access, whenever needed, to the guidelines established in the Housing Norms, freely accepted at the time of admission.

- 3.8 Actively participate in the daily decision-making processes of the Therapeutic Community, as well as in the formulation and reformulation of Housing Norms, ensuring that the group serves as the self-regulating unit of the Therapeutic Community's life.
- 3.9 Actively participate in the construction of their Individual Care Plan, ensuring their role as an agent in their own recovery process.
- 3.10 Be guided to take on relevant roles in the daily life and organization of the Therapeutic Community, in line with the phases proposed in the Therapeutic Project and according to the progress of their Individual Care Plan.
- 3.11 Have access to care based on scientific evidence, allowing for a psychosocial and person-centred approach.

4. ABOUT THE TECHNICAL TEAM

The Technical Team of the Therapeutic Community must:

- 4.1. Maintain a professional relationship with the person in care, respecting their dignity and uniqueness under all circumstances.
- 4.2. Avoid any romantic and/or sexual involvement with the person in care.
- 4.3 Avoid receiving gifts or similar items from the person in care or their family members to prevent distortions in the professional relationship.
- 4.4 Prevent the use of the person in care's labour for the team's benefit, even if compensated.
- 4.5 Act only within the limits of their expertise, striving to expand those limits through training and educational courses.
- 4.6 Work with the family of the person in care to encourage their active

participation in the PAS – Singular Care Plan.

5. ABOUT PROFESSIONAL CONFIDENTIALITY

- 5.1 Information about the person in care, obtained by the Technical Team through their professional activities, must be kept confidential, including medical records and all forms of documentation.
- 5.2 In the event of referral/transfer to another Social Organization and/or care by another professional, both bound by their respective Codes of Ethics to uphold confidentiality, information about the person in care can only be shared with their prior written consent.
- 5.3 Personal information of individuals in care cannot be disclosed to third parties except in compliance with a judicial order. Confidential information can only be shared with other professionals upon the express request of the individual. Breaches of confidentiality will be discussed and decided collectively by the Technical Team of the Therapeutic Community.

6. ABOUT SANCTIONS

- 6.1 In case of non-compliance with the provisions of this Code of Ethics, the affiliated Therapeutic Community will be subject to:
 - a) Individual warning.
 - b) Warning in the FEBRACT bulletin, through FEBRACT's communication channels, whether printed or electronic.
 - c) Temporary suspension of affiliation.
 - d) Permanent disaffiliation.
- 6.2 A member of the Therapeutic Community affiliated with FEBRACT's Governing Bodies, who violates ethical principles, may:
 - a) Receive an individual warning.
 - b) Be removed from their position or role.

- 6.3 A member of the Technical Team who commits a serious violation of the ethical principles in this Code, in addition to sanctions imposed by the Therapeutic Community where they serve, may have their Coordinator Certificate issued by FEBRACT cancelled through email notification and a record on FEBRACT's website.
- 6.4 The penalties of disaffiliation and removal from position or role will be applied in accordance with FEBRACT's statutory rules.

The FEBRACT Code of Ethics will serve as the guideline for the actions of CSOs – Civil Society Organizations and/or entities of another nature, provided they are non-profit and operate under the Therapeutic Community model.

Base text approved by the World Federation of Therapeutic Communities on April 24, 1995. Text of the 8th Edition, in reference to the 29th World Conference of Therapeutic Communities held in Brazil in 2024.

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