

CIBA

Centre for Intensive Guidance
of Asylum Seekers



**Info leaflet
for residents**



**Belgian
Red Cross
Flanders**

**helps
people help**

Welcome

This leaflet explains what CIBA has to offer. It is a practical guide if you consider a stay at CIBA. Read this information carefully. If after reading the leaflet you still have questions, please don't hesitate to ask an assistant in your reception facility. They will be happy to help you.

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CIBA

How can we help you?

Do you feel a need for more intensive support? For example, because you are finding it very difficult to cope with psychological problems you experience. During your stay at CIBA, we will invest in finding out how we can help you. Your stay at CIBA is voluntary. You can decide to return to your reception facility at any given moment.

The CIBA team

The team consists of:

- 1 coordinator;
- 3 psychologists;
- 8 individual assistants;
- 2 psychiatric nurses;
- 2 night assistants.

All team members are bound by professional secrecy. Confidential information is only shared within the team. If we want to share information with your reception facility, we will first discuss this with you. We never give information to third parties without your consent.

How to apply for a stay at CIBA?

Make an explicit request for help to an assistant in your reception facility. An explicit request for help means that you specify what problems you are experiencing and why you need extra guidance. If your reception structure can't help you with this request and if they acknowledge your need for more intensive guidance, you can request for a stay at CIBA. You will need to complete a form together with your assistant and will be invited to CIBA for one or two intake meetings. Together with you we figure out how we can help you. After these meetings, the CIBA team will decide whether a stay at CIBA is recommended.



Your stay

Getting to know you

An assistant will welcome you and will give you a tour to get acquainted with the centre. You will receive practical information about how CIBA works and we will take time to get to know you.

Individual sessions

During your stay you will be assigned an individual assistant and a psychologist, with whom you will have weekly sessions. They will assist and support you during your stay. In the first two weeks of your stay, you and your assistant will define some objectives. These objectives reflect how you want to address your psychological or other problems. Possible objectives can be: working on being more resilient, structuring your day, learning to understand your psychological problems, evaluating your coping strategies to deal with stress, improving your day-night rhythm, looking for meaningful daytime activities, etc.

Group sessions

We also work on your personal objectives by means of group sessions. Together with your assistant you choose group sessions to achieve your objectives. A fixed daily timetable will support you in doing so (getting up on time, daily hygiene, eating, etc.).

The timetable looks like this.

Morning

- 07:30 get up
- 08:00 breakfast
- 10:15 group session
- 11:15 break
- 11:30 group session
- 12:15 break

Afternoon

- 12:45 lunch
- 14:30 group session
- 15:45 break
- 16:00 group session
- 17:00 end of group sessions

Evening

- 18:00 supper
- 20:00 optional group activity
- 22:15 evening snack
- 23:00 end of the day

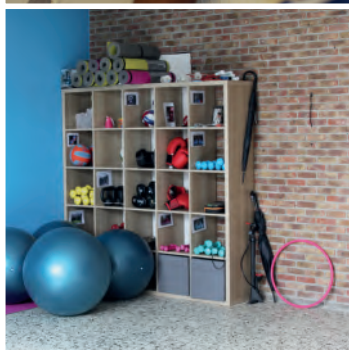


You can choose from the following group sessions:

- information sessions
- relaxation
- creative sessions
- group discussions
- cooking
- theatre
- dance
- physiotherapy
- sport
- activities outside the centre



Through team deliberation we try to optimize your follow-up. Together, we examine which individual and group sessions can help you achieve your guidance goals.



After CIBA?

You can stay for a maximum of 12 weeks at CIBA.

The duration of your stay will be discussed with you, the CIBA team, and the team of your reception facility. During the last two weeks of your stay, you and the CIBA team will prepare your return to your facility. We will support you to make sure this transition goes as smoothly as possible.

After your stay at CIBA you can return for two more individual sessions.

Leaving CIBA during your stay

CIBA is closed every other weekend. You will then return to your reception facility or go on permission. This is always managed by your facility. During this free weekend you leave CIBA on Friday morning (after breakfast) and you are expected back on Sunday afternoon (after lunch). Tickets for public transport are provided by CIBA on Friday and by your reception structure on Sunday.

For the first two weeks you don't leave CIBA because it is important to rest and have time to get acquainted with CIBA and the team. There is a possibility to receive visitors. After those two initial weeks, you are allowed to go on permission. It is important that your permissions don't interfere with your personal program.

Practical information

Things to bring

You should bring the following items for your stay at CIBA:

- annex attesting the request for international protection (e.g. Annex 26)
- Attestation of Immatriculation (orange card)
- toiletries (see sanitary package)
- pyjamas
- clothes and shoes
- clothes and shoes to play sports
- medication for at least two weeks (if necessary)

Please do not bring any valuables. CIBA cannot be held responsible in the event of theft or loss.



The centre

CIBA is located on the third floor of the centre in Sint-Niklaas. The centre has various activity rooms and a large recreation room, which you can use in your free time. There is a large courtyard on the ground floor for communal use.

Visiting hours

Visitors are welcome on Tuesdays and over the weekend, in the afternoon only. Visitors only have access to the communal areas.

Your room

The centre has single and double rooms. During your guided tour a room will be allocated. You are not allowed to choose your own room. When you arrive, you will receive bed linen, a plate, cutlery and a cup.

You are responsible for keeping your room clean.



Recreation area

The recreation room is open until 11 pm. There will be an assistant here at various times of the day. You can go to this person if you want a chat, a cup of tea or coffee, to play a game, borrow equipment and use the computer.

Washing machines

During the breaks, you can use the washing machines.

Meals

Meals are provided three times a day. We always eat together in the restaurant.

Pocket money

During your stay in CIBA your reception facility remains responsible for the administrative monitoring of your file and providing you with pocket money.

Privacy and trust

In CIBA we live in a group and we find safety and trust very important values. We respect each other's privacy and value a good mutual understanding.

Alcohol and drugs

The use of alcohol, sedatives and drugs is prohibited.

Smoking

Smoking is only allowed in the smokers' area.

Accessibility

Address

Kasteelstraat 8
9100 Sint-Niklaas

Contact details

You can reach us by phone on
03 778 88 29 or by mail at ciba@rodekruis.be.

The centre is a 10-minute walk from the station in Sint-Niklaas.

