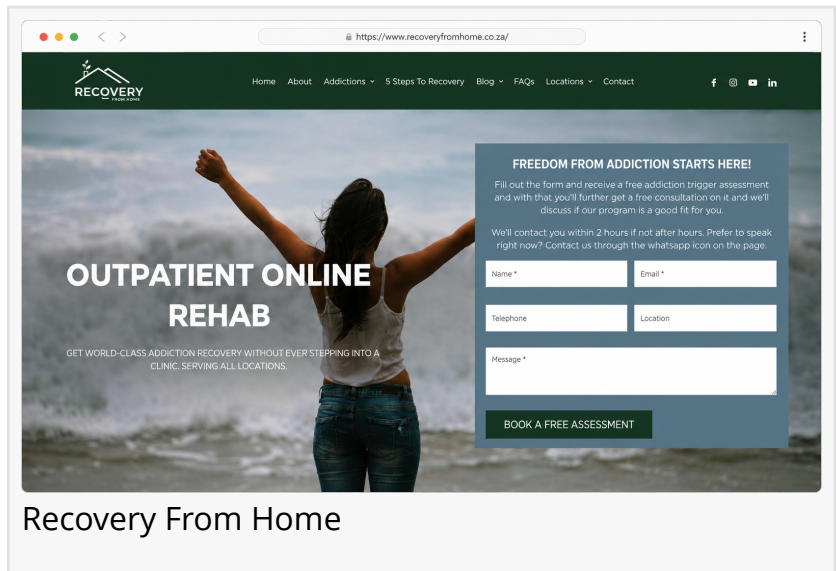


Recovery From Home Expands Doctor-Supervised Online Addiction Treatment Across South Africa

Private 23-day rehabilitation includes medical screening, prescribed detox medication, therapy, confidential sick leave documentation and accountability support

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/EINPresswire.com/ -- Private 23-day rehabilitation programme includes medical screening, prescribed detox medication, therapy, confidential sick leave documentation and accountability support



Recovery From Home is helping eligible adults across South Africa access private, [structured addiction treatment](#) without entering a residential rehabilitation facility.

The 23-day online outpatient programme is designed for people who need professional support but may be unable to leave their employment, family or home responsibilities for several weeks. Treatment combines medical oversight, personalised therapy, recovery education and practical accountability measures.

“

This program is specifically designed to empower each client to take control of their life and confidently create the future they desire.”

Dr Gideon De Wit

Every participant admitted to the programme receives a thorough medical screening by a doctor. The assessment evaluates the person’s physical health, substance use,

current medication, mental well-being and potential detoxification risks.

Where clinically appropriate, the doctor provides a prescription for detoxification medication and treatment for related needs such as anxiety, depression or sleep difficulties. Medication prescribed and supplied as part of the approved treatment plan is included in the rehabilitation cost, reducing the risk of unexpected expenses during treatment.

“Many people delay asking for help because they fear losing their job, damaging their reputation or having to leave their family,” said Gideon De Wit of Recovery From Home. “We provide a confidential, [medically informed programme](#) that allows suitable participants to begin recovery within their everyday environment.”

Privacy Protection for Working Professionals

Participants who require time away from work may receive a medical sick leave certificate that states only “medical reasons.” It does not identify addiction treatment or disclose the participant’s private medical information.

This added privacy protection makes the programme particularly relevant for professionals, business owners, parents, caregivers and anyone concerned about stigma or reputational harm.

Because most treatment is delivered online, participants can access support from home while remaining connected to their normal responsibilities. This also makes the programme available to people outside major cities or far from residential treatment centres.

What the Programme Includes

Each participant receives a personalised treatment plan that may include:

- Medical screening by a doctor
- A medically informed detoxification plan
- Prescribed medication where clinically appropriate
- Support for anxiety, depression, sleep difficulties and related needs
- Individual online therapy sessions
- Daily recovery exercises and educational material
- Trigger identification and relapse-prevention strategies
- Regular monitoring and accountability
- Random drug testing where appropriate
- Family involvement when beneficial and consented to
- Aftercare and continued-recovery planning
- Confidential sick leave documentation when required

Random drug testing may be conducted as an accountability and treatment-support measure. Testing can help monitor progress, identify setbacks early and guide decisions about whether additional support or a higher level of care is needed.

Treatment Within the Real World

A key feature of the programme is that participants learn recovery skills in the same environment where everyday pressures and triggers occur. Instead of returning from residential treatment and only then confronting work stress,

relationship difficulties and familiar routines, suitable participants can address these challenges during treatment with professional guidance.

Recovery From Home assists people experiencing problems involving alcohol, cocaine, heroin and other opioids, methamphetamine, prescription medication, cannabis, gambling and other substance-related or behavioural addictions.

Online outpatient rehabilitation is not suitable for everyone. Individuals at risk of severe withdrawal, medical complications, self-harm or other emergencies may require hospital-based detoxification, continuous supervision or residential treatment. The initial assessment helps determine the safest and most appropriate level of care.

Start With a Confidential Conversation

People concerned about their own substance use or the behaviour of a family member can [contact Recovery From Home for a private initial discussion](#). The team can explain the medical assessment, programme cost, included medication, sick leave process and whether home-based treatment may be appropriate.

Dr Gideon De Wit

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