

## **FREEDOM RECOVERY** Comprehensive, Responsive and Effective

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## **INTRODUCTION**

### **OUR JOURNEY TO DATE**

When we first opened our doors in 2004 Freedom Recovery was a relative newcomer in a well-established and increasingly competitive market, consequently we have had to work that little bit harder to establish a presence and develop a relationship with commissioners and care managers.

This we have done with considerable success providing support to more than 150 people in the past three years, many of whom we remain in contact with.

In establishing Freedom Recovery, our intention was to develop a service that had the capacity to change and evolve in response to both service user need and the fluctuating financial climate in which those who fund our services operate.

It is this approach, which has led to the development of services such as our step down programme and aftercare support services, which are proving highly successful in improving service user treatment outcomes. We are committed to providing a positive learning environment for all service users, staff and students.

### **OUR MISSION**

The aim of Freedom Recovery Centre is to support people in achieving abstinence, sustained recovery and a move towards more positive lifestyles.

### **EFFECTIVENESS**

Freedom Recovery works hard to ensure that those using our services are given every opportunity to achieve a sustained recovery from drug or alcohol misuse. We continue to create an environment where service users feel safe and can measure their progress throughout their stay. This helps to promote service user retention and ultimately completion of their treatment journey.

## **OUR APPROACH**

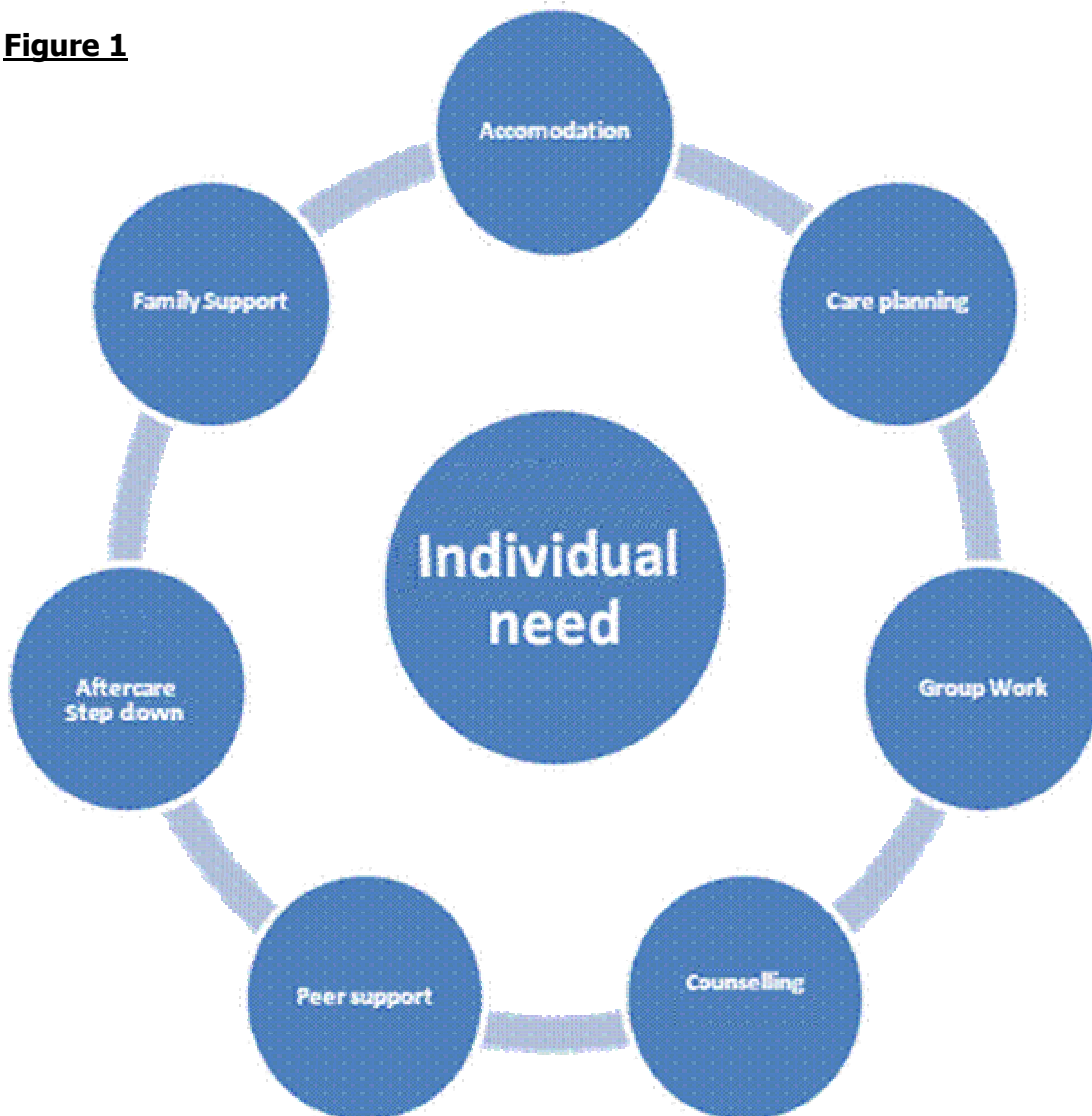
As a provider we understand that we must demonstrate our ability to respond to 'needs' on different levels. From a service user perspective, we have to offer a service, which reflects and responds to their full range of needs. This can be as basic as the need for accommodation, in order to benefit from more therapeutic interventions, or support through counselling to explore personal issues or rebuild family relationships. **(See diagram Fig 1)**

From a commissioner perspective we recognise that limitations on funding require a response that is flexible in terms of length of stay, but also one that is designed to be effective in building a foundation for sustained recovery.

To ensure that we can meet the needs of both service user and commissioners we offer a response that is designed to be flexible, responsive and effective.

Care managers and service users can build a care plan utilising some or all of the components that make up our service (fig 1).

**Figure 1**



## **WHO THE SERVICE IS FOR**

Men and women 18+ who want to maintain abstinence from alcohol and drug dependency. Service users will be encouraged to look at the history of their addictions and gain greater understanding of behavioural patterns associated with dependency and life style.

## **ELIGIBILITY / REFERRALS**

Men and women over eighteen years of age who are in need of therapeutic and psychosocial interventions primarily from alcohol and drug dependence, although we do consider clients with food disorders, this is assessed by individual needs and level of treatment/interventions needed, we particularly focus on core issues such as co-dependency, abuse, and childhood trauma and help individuals work towards 'understanding' and building a healthy and fulfilling future chemically free.

### **ELIGIBILITY FOR OUR SERVICES DEPENDS ON SEVERAL FACTORS:**

1. Attend formal assessment
2. That service users are substance and alcohol free at admission
3. A willingness and commitment to engage with the service
4. Compliant with all terms, conditions and boundaries of the project.

**We will not accept clients with un-addressed recent history of violence, arson, or sexual offences.**

## **ASSESSMENT**

Service users are invited for an assessment and this involves visiting the project spending time with peers and a formal meeting with a member of staff. Depending on the individual's assessment and review of their past history and previous treatment, they will have the opportunity to discuss and choose the best option of treatment available, all aspects of treatment will be part of the care plan and in conjunction with the care coordinator.

All our services are underpinned by the 'twelve steps' and a holistic approach to recovery with therapeutic and practical support, which is delivered through a structured care planned approach.

## **GENERAL OUTLINE OF FREEDOM SERVICES**

The 'programmes' run for an initial 6-24 weeks for each service user depending on which programme option is deemed suitable.

The groups are a continuous rolling programme. Service users may start their first week by joining the existing group, it is compulsory to attend all aspects of the weekly/daily timetable.

The project runs a flexible structured day programme that consists of a variety of therapeutic and psychosocial related groups designed to support inform and stimulate. People develop drug and alcohol problems for a number of reasons and FRC aims to provide a wide range of services through its variety of provisions.

The Centre offers a range of specialist counselling services such as family and relationship therapy, couple counselling, relationship and co-dependency issues.

We also encourage and support the 12 step philosophy within our integrative and psychodynamic approach to addiction in counselling sessions.

**Due to offering accommodation as part of the package spaces are limited in groups.**

**• GENERAL SUPPORT**

Staff will work with service users offering practical help on housing issues, claiming the right benefits, voluntary work, financial planning, further education and resettlement and assist with literacy and numeracy difficulties when working with assignments or filling forms. This support is ongoing through the treatment process.

**• GROUP THERAPY**

Group therapy helps the service user to share and explore experiences with others who have similar issues thereby helping to identify destructive patterns of behaviour, through facilitation with experienced staff and peer participation; service users are able to gain a level of awareness and insight empowering them to make positive changes for the future. Each group member is invited to participate and various methods are used to encourage sharing, i.e. (guided imagery and visualization, themed topics, collages) to enable the process of trusting the group.

**• LIFE SKILLS / EDUCATIONAL GROUPS**

- Anger management
- Relapse prevention
- Recovery maintenance
- Co-dependency and its understanding
- Harm Minimisation
- Child care contact and support
- Social integration
- Communication and Self development
- Family relationships/repair

Harm minimisation the 'what if's' relapse is a reality of addiction and information and preparation is a vital tool in relapse prevention, and in the event of relapse occurring life saving education on overdose, harm minimisation, and blood borne viruses is essential.

**• INDIVIDUAL COUNSELLING/KEYWORKING (weekly)**

Individual counselling is in addition to group work and provides a safe space for solution focused, interventions that allow the service user to explore and gain insight into areas that may not feel appropriate for group. Our experienced counsellors /key workers are allocated according to need and gender due to the nature of sensitive and difficult emotional feelings that may surface.

- **GENDER GROUP**

Men and woman only groups have proved to be necessary and successful; this space offers safety and confidentiality for sensitive issues that service users may experience difficulty sharing in a mixed group.

- **RELAXATION / HEALTH**

This aspect of the programme focuses on the health well being and 'wholeness' of the individual including sleep patterns and the importance of relaxation, dietary exploration, personal hygiene 'what is healthy eating', stress management, anxiety management, improvements and strategies for the future maintenance of mind and body. All of the above are essential components of treatment and considered as treating the 'Whole person'.

- **ACHIEVABLE GOAL SETTING**

These are defined goals agreed by the service user as part of a lifestyle change and an attempt to focus on one's self and relationships with others and improvements or plans for the future. These may include working towards further education, increased contact with family members and children, debt management, resettlement, training and increased independence.

- **FAMILY DAY (quarterly)**

This element of the programme is to involve and support family integration enabling family members to participate in group discussions, share experiences and work towards possible change for the future. The groups are confidential and structured and have continued to be of valuable support to family members and their significant other.

- **STEP DOWN PROGRAMME (move on, resettlement & community integration)**

This stage of the program seeks to provide ongoing coordinated care to support service users who have completed a 1<sup>st</sup> Stage treatment and provide access to social support thereby enhancing the positive steps they have made in treatment and how to maintain positive change in the community, step down is known for its decreased attendance over 12 weeks and works towards promoting further education, voluntary work or back to work schemes, as the programme structure decreases we support independent structured planning in the community.

- **VOLUNTARY AFTERCARE PROGRAMME (optional)**

This area of our service focuses on the individual who needs additional support but has completed all aspects of funded treatment, this group enables service users to share experiences of living in the community and gain support from their peers and work towards maintaining an action plan of recovery, and living life on life's terms. This group also supports service users to examine relapse symptoms or explore recent relapse and explore areas of change and crisis interventions.

- **FREEDOM 24 HOUR SUPPORT**

Freedom Recovery does offer a twenty-four hour 'offsite' staff **support to all its service users**. 7 days a week, 52 weeks of the year and provide weekend spot checks and crisis call outs.

## **FREEDOM RECOVERY SUPPORTED ACCOMODATION**

Service users attend Freedom Recovery Centre on a day basis with a large percentage accessing our supported accommodation.

Our services are based in a single storey Victorian building in a residential area and we now have weekly access to a hall nearby where we hold aftercare and additional groups. There is no wheel chair access in the main house. All units of shared accommodation are compliant with the Environmental Health Department standards. The service is close to local amenities like transport, shops, schools etc .We promote the use of our other house (Norwood) as part of move on and individuals care plan for more independent living, when a therapeutic intervention dictates this need.

**NOTE:** Freedom Recovery Centre will accept referrals for Housing Benefit as payment for accommodation if eligible and providing all documentation is in place prior to admission. Any benefits delayed due to lack of information or ID will result in the costs being met by the referring body.

## **FREEDOM CORE TEAM**

We operate with a highly committed and dedicated staff team of experienced counsellors and drugs workers. We are proud of the fact that the majority of our staff has been with us since we first opened our doors in 2004.

We continually support student placements for those completing their training as counsellors and those who are training as substance misuse workers as well as offering training and vocational certificates in NVQ's in health and social care (Danos compliant).

Our commitment and objective as a team is to expand on our range of skills and personal development with regular training, to keep updated of the changing service users needs, including legislation and the requirement of local services. We regularly review and audit our services to maintain quality of service, continue to meet NTA standards and remain in regular contact with commissioners or purchasers, always openly inviting feedback and improvements for the future.



# Freedom Recovery Centre

## Day Programme and Aftercare for Addiction

### **TIMETABLE**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>9.30 – 10.00</b>	Arrive-Refreshments	Arrive-Refreshments	Drop-In (10.00-16.00)  <b>Access by arrangement:</b>  Family Day (Quarterly)  Family Mediation  Care Reviews  Counselling  Education  Fun days  IT access  Social Integration  Close	Arrive-Refreshments	Arrive-Refreshments	
<b>10.00-10.15</b>	Daily Reflection	Daily Reflection		Daily Reflection	Daily Reflection	
<b>10.30-11.00</b>	Life Story / Assignments	Topic / Step work / Life Skills Group		Therapeutic Themes	Gender Groups	
<b>11.00-11.30</b>						
<b>11.30-12.00</b>	<b>CULINARY SKILLS AND SHARED LUNCH</b>			Family Day (Quarterly)	<b>CULINARY SKILLS AND SHARED LUNCH</b>	<b>CULINARY SKILLS AND SHARED LUNCH</b>
<b>12.00-12.30</b>						
<b>12.30-13.00</b>	Therapy Group	<b>CULINARY SKILLS AND SHARED LUNCH</b>		Family Mediation	<b>CULINARY SKILLS AND SHARED LUNCH</b>	<b>CULINARY SKILLS AND SHARED LUNCH</b>
<b>13.00-13.30</b>	<b>BREAK</b>			Care Reviews		
<b>13.30-14.00</b>				Counselling		
<b>14.00-15.00</b>	Relaxation	Community/Goals Group (ALT)		Education	AA /NA /CA fellowship meeting	Weekend Focus / Aftercare Group
<b>15.00-15.30</b>	Therapeutic Duties	Therapeutic Duties	Fun days	Therapeutic Duties	Therapeutic Duties	
<b>15.45-16.00</b>			Wind Down and Meditation			Wind Down and Meditation
<b>16.00-16.50</b>	Keyworking / Counselling	Keyworking / Counselling	Social Integration	Nutritional Menu Planning and Budgeting	Weekly House Shopping	
<b>17.00</b>	Close	Close	Close	Wind Down and Meditation	Wind Down and Meditation	
				Keyworking / Counselling	Keyworking / Counselling	
				Close	Close	

**Saturday and Sundays are structured according to weekend planners staff check in 3-5pm Saturday and Sundays.**