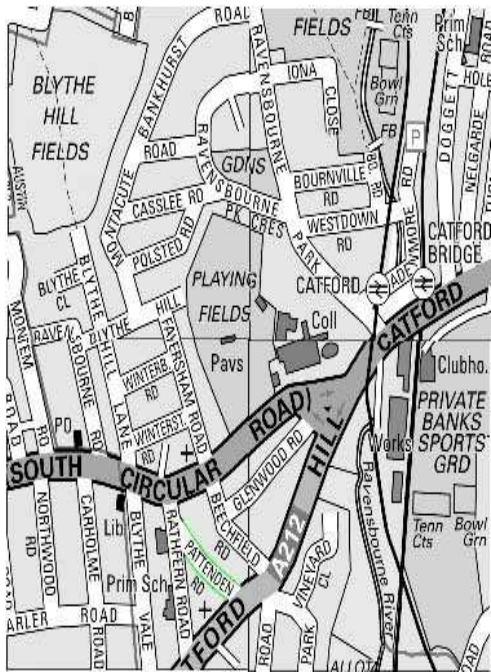


Location

By Car: There are No parking restrictions in Pattenden Road

By Bus: Stanstead Road (Feversham Road Stop) buses 185 and 171, Catford Hill (Beechfield Road Stop) buses 75, 202 and 181.

By Rail: Catford and Catford Bridge.



Freedom Step Down Aftercare

Head Office:

14 Pattenden Road
Catford, London
SE6 4NQ

Phone: 02083140333 / 02086909811

Fax: 02083140333

E-mail:

enquiries@freedomrecoverycentre.co.uk

Freedom Step Down / Aftercare

Residential & Non Residential Day Services
For Addiction



Step Down / Aftercare

Is a 12 week service offered to clients who have completed a Primary or 1st Stage treatment.

Step Down / Aftercare offers clients support through gradual reintegration back into their living environment over a 12 week period i.e.:

4 weeks @ 3 days

4 weeks @ 2 days

4 weeks @ 1 day

This service has proved invaluable as a form of secondary care .

Each STEP of the way the service user is supported with their care plan and structuring of their days ahead.

As part of the package each client is seen by a keyworker and any issues regarding resettlement, budgeting voluntary work, education are discussed and planned together.

The programme consists of:

- individual counselling,
- therapeutic groups,
- Step work—"assignments"
- topic-workshops
- alternative therapy
- gender group
- fellowship group
- on call emergency service

Leaving treatment can be a difficult time and a high risk, which increases the chance of relapse.

Step Down offers the opportunity for men and women aged 18+ to explore and work through difficult emotions that arise through this transitional stage.

We work towards gradual re-integration into the community, family life, independent living and in some cases back to work.

The Step Down Programme has been designed and offered on a reduced price for service users who have completed Freedom Recovery Centre Full (Day or Residential) Programme, to help them cope with the day to day life out of treatment.

The Step Down programme consists of three months of which the first month the service users attend three days a week; second month, two days a week and the last month the service users attend, one day a week.

Due to the increasing interest and great success Freedom Recovery Centre is offering an **Aftercare Programme** for clients who have completed first stage treatment elsewhere and are looking for ongoing support. Depending on the needs of the service user we have:

- **12 weeks Aftercare in block of 3 days per week**
- **12 weeks Aftercare in block of 2 days per week**
- **12 weeks Aftercare in block of 1 day a week**

Each client joining our Step Down / Aftercare Programmes is assessed and a care plan is devised according to each individuals needs.

Referrals accepted from:

- Alcohol and Substance Misuse Teams
- Probation
- Self referral
- Drug Advisory Services
- Criminal Justice Team

*** For full information and price list please contact the office.**

**** Confirmation of funding must be agreed and sent in advance. Service users need to be referred and assessed for suitability. Counselling and travel expenses must be agreed in addition to the aftercare package. Our counselling remains @ £35.00PS**