

KENWARD TRUST



Chrysalis

Structured Day Recovery Programmes

in Maidstone & Tonbridge

For people experiencing
problems with alcohol or drugs



New Life from Addiction

Chrysalis

The Structured Day Recovery Programme

Who is it for? The programme has been designed with the following people in mind:

- Men and Women with a supportive home environment
- People within travelling distance of the project
- Probation clients
- People who have been sent by the Court
- Those who need a viable alternative to residential rehabilitation
- Those returning to the district who have already undergone residential rehabilitation and need to continue their recovery
- Men and Women with jobs, who need to learn about their drinking/drug use, in order to be able to return to work
- People receiving treatment in the form of substitute prescribing, who wish to make positive beneficial changes in their lives

Programme of Recovery The programme is arranged in three groups appropriate to a variety of needs and goals

- The programme will divide the time between 'therapy' directly related to drug/alcohol issues and 'living skills'

Objectives

- To assist each person to an understanding of the processes that have brought them to this point in their lives and to explore possibilities for change and recovery.
- To assist people to reflect upon their current situation and the quality of their life. To identify and understand the consequences, the costs involved and to experience the feelings surrounding their present position, in a 'safe' environment.

The Groups

Group 1 This group is for people who do not yet feel ready to make a commitment towards abstinence

The group will include:

- People on substitute prescribing
- People who are free from illicit drugs
- People who have found the requirements of other groups too demanding
- People who need a period of stabilisation before moving into Group 2
- Successful completion of Court Orders

Group 2 This group is for people who are ready and willing to make a commitment to an abstinent life-style.

They may include:

- People in the final stages of withdrawal from substitute prescribing
- People who have successfully completed a programme of detoxification
- People who are already abstinent and intend to remain so
- People who are taking Lofexidine, Acamprosate or Antabuse
- Successful completion of Court Orders

Lapse - Whilst abstinence is the firm intention of this group we regard lapse as a therapeutic opportunity and work with that situation wherever possible.

Group 3 This group is for people who have achieved sufficient stability/recovery in groups 1 & 2 to benefit from a range of in-house and community opportunities.

Group 3 members will, where appropriate, be supported in:

- Basic adult education and/or further education courses
- Computer training
- Work training and experience
- Peer groups
- Referral to a variety of agencies offering beneficial activities
- Job seeking skills (CV writing, application forms, interview preparation, etc.)
- Successful completion of Court Orders

AA / NA - Members of all groups will be encouraged to attend

The Programme will provide:

- Attention to personal and medical care.
- Keywork support, with emphasis on increasing the ability to cope with legal issues, court cases and outcome, including liaising with probation, social work and legal representatives. Referrals may be made to other services where identified.
- Education in H.I.V., Hep C and A.I.D.S., safe practices and general harm minimisation.
- Daily 'Caring for Yourself' and relapse prevention groups. Peer groups. Advice and support regarding family and housing matters
- Introduction to the '12-step' approach and the work of AA/NA
- Life skills programme for addressing such issues as: Problem Solving, Planning and Organisation, Managing Stress, Anger Management, Thinking Rationally, Assertiveness and Caring for Yourself
- Groups for Bereavement and Loss, Guilt, Women's Issues and Art Therapy
- Drug/alcohol related educational talks and videos
- An examination of leisure and recreational opportunities

The Programme will seek to facilitate:

- An in-depth understanding of the consequences, costs and likely outcome of repeating previous behaviour patterns related to alcohol and drugs.
- Openness and honesty with self and others.
- Maintenance of a standard of behaviour acceptable to self and others.
- Stress and anger management.
- A Living Skills programme to emphasise the importance of self management, budgeting, spiritual awareness, nutrition, etc. Exploration of social skills with potential for changes in behaviour.
- Development of the ability to identify personal decision making and feeling processes and to exert control over them.

“When I have summoned the courage to explore my mistakes, I have grown.”

Anon

- Relapse prevention education, individually and in groups.
- Exploration of reasons for changing drinking/using behaviour and reinforcement of them.
- Consideration of the benefits of abstinence.
- Development of alternative activities to replace harmful alcohol/drug use.
- An understanding of aspects of physical and mental health related to alcohol and drug use.
- Positive contact with families and significant others, where requested to do so by the individual.
- An understanding of the purpose of counselling, groups and the recovery process.

“I sincerely believe, whichever route you choose, it is possible for anyone to recover from substance misuse and to enjoy a full and contented life.”

Godfrey
Director Kenward Trust

Conditions of Attendance Attendance must be consistent and in accordance with the programme, as agreed with each individual.

It is expected that individuals will apply themselves willingly to each stage of their own recovery and be supportive of others on the programme.

Rules of acceptable behaviour in groups will be explained in detail at interview.

Detoxification Generally, where applicants require in-patient detoxification, this should be arranged prior to interview for admission. The initial attendance may include a period of ‘home’ detoxification from drugs, other than alcohol and may include those on a reducing methadone regime.

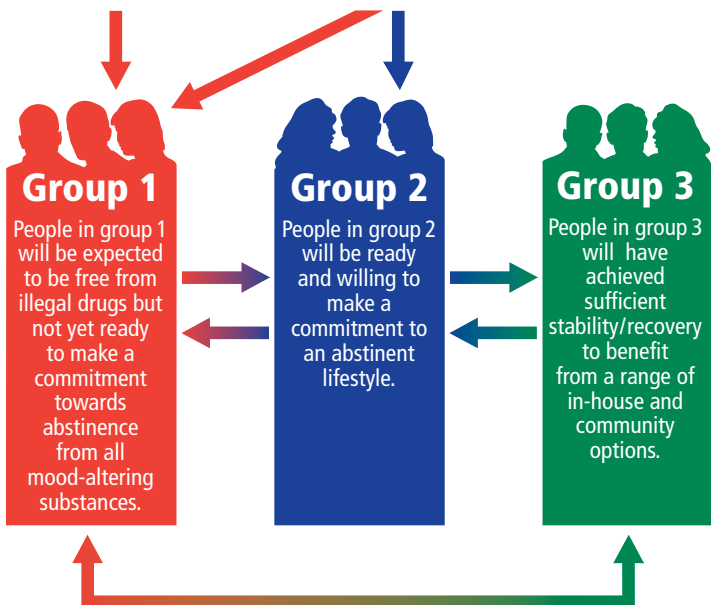
Staffing The project will be facilitated by trained therapists, an outreach worker and administrative support. Workshops and Clinics may include sessional workers and professionals from other disciplines.

Court Orders Elements of the programme are specifically designed to address the requirements of a range of Court Orders, where applicable.

The Structured Day Recovery Programme

Non-Abstinent Clients

Clients aiming for Abstinence



Chrysalis projects are located at :

Chrysalis Maidstone

126A Week Street, Maidstone, Kent, ME14 1RH
Tel: 01622 674712 or 01622 683125 Fax: 01622 756685
Email: chrysalis1.maidstone@kenwardtrust.org.uk

Chrysalis Tonbridge - Wealden Centre

7 Bank Street, Tonbridge, Kent TN9 1BH
Tel: 01732 370413 • Fax: 01732 360005
Email: chrysalis2.tonbridge@kenwardtrust.org.uk

5 Castle Street, Tonbridge, Kent TN9 1BH
Tel: 01732 359998 • Fax: 01732 368563
Email: chrysalis2.tonbridge@kenwardtrust.org.uk

For any other details please contact:

Kenward Trust, Kenward House, Yalding, Kent. ME18 6AH
Tel: 01622 814187 Fax: 01622 815805
e-mail: enquiry@kenwardtrust.org.uk

Kenward Trust (Registered Charity No. 265394)

Name

Age

Date of birth

Present Address

.....

.....

.....

Contact Tel. No.

Nationality

Religion

Sex

Marital Status:

Married

Single

Separated

Widowed

Divorced

Living with a partner

How many children do you have?

What are their ages?

Name and Address of Next of Kin

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Relationship to you

Any legal actions outstanding

.....

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Details of last conviction/sentence

.....

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Application Form

Chrysalis Structured Day Programme For Drugs & Alcohol Clients

Chrysalis Maidstone

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Chrysalis Tonbridge - Wealden Centre

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Email: chrysalis2.tonbridge@kenwardtrust.org.uk

Has there been any evidence of problems arising from:

- Ⓐ Drugs or Alcohol Yes No
- Ⓑ Violent behaviour Yes No
- Ⓒ Excessive gambling Yes No
- Ⓓ Eating disorders Yes No

If your problem is alcohol, would you describe yourself as:

- An alcoholic A heavy drinker A hard drinker
- A problem drinker

If your problem is drugs, (or drugs and alcohol) are you:

- An addict A casual user

What are your drugs of choice?

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Have you ever suffered from:

- Epilepsy Yes No
- Schizophrenia Yes No
- Loss of memory Yes No
- Depression Yes No

Are you presently taking medication Yes No

If 'Yes' what do you take?

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩

Have you had or are you having any psychiatric treatment? Yes No

If 'Yes' Where
.....
When
What for
.....
.....

Name and Address of your doctor
.....
.....
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May we approach him/her for further details Yes No

Education
.....
.....
.....

What work do you prefer
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.....

Name and Address of referral agency
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.....
.....

Telephone
.....

Date when you hope to start
.....

Are you applying for:

Chrysalis Maidstone

Chrysalis Tonbridge

Either

Do you have a Social Services Care Manager? Yes No

Who are they?

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Other Comments

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In signing this application, you are also giving permission for us to approach funding authorities, your medical practitioner and probation officer, on your behalf, if necessary.

Date
.....

Signature
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