



Structured Day Programme

**A Bristol based Day Care Programme for
people who want to become and remain
abstinent from drugs and alcohol**

The Structured Day Programme is comprised of 2 elements:

1. Preparation Stage

This is a unique opportunity for men and women to access support in a safe space whilst they are preparing to become abstinent.

It is for individuals....

... Who are receiving community detox

... Who want to enter the structured day care programme

... Who are committed and motivated to abstinence



Preparation Stage

A plan will be made with each client to determine how long they will need to attend phase 1 before becoming abstinent.

They will be asked to become actively involved in setting goals for themselves

.... and encouraged to share this with the group.

Promoting both challenge and affirmation from their peers



Preparation Stage



Groups run 2 afternoons per week for up to 12 weeks



Each group is structured as a workshop tailored to meet the needs of those preparing to stop using drugs and alcohol



Participants will address the main issues they face at this stage in the change process



Individuals will receive 1:1 support from a counsellor for the duration of the preparation stage



This is an opportunity for participants to take the first step on their journey of recovery



The Phase 1 Programme includes:

**Drug/ alcohol
awareness**

Cycle of change

Hopes & Fears

What is treatment

Decision making

**Introduction to
12 steps**

**Overdose,
tolerance
& detox**

Plan to change

**Links between
dependence &
offending**

The Structured Day Programme is comprised of 2 elements:

2. Structured Day Care

Using an integrative approach, this programme aims to provide a safe space where participants can explore the issues that have contributed to their drug/ alcohol use.

It is for individuals....

... Who are drug & alcohol free on admission

... Who have become abstinent whilst attending the prep groups

... Who want to maintain abstinence while they remain living in the community



Structured Day Care

The programme runs 5 days per week for 12 weeks and includes:



Group Therapy



1:1 counselling sessions



Assignments



24 hour telephone support service 7 days a week



Lunch is provided, and regular tea/coffee breaks between sessions



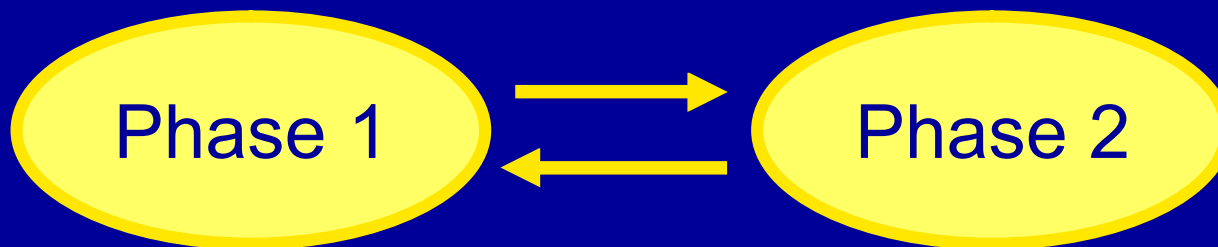
Participants are expected to continue their work on recovery and gain further support outside the programme by attending AA/NA



Structured Day Care

An inevitable part of day treatment is dealing with relapse. A phase 2 client would historically have had to leave treatment after relapse.

We can now offer an alternative to discharge using this unique two stage approach.....



Following relapse, where appropriate, a client may move from Phase 2 to Phase 1 for a number of weeks. Here they can be assessed for readiness, commitment and motivation to re-enter back to Phase 2.

They will be asked to focus on their relapse triggers, and look at what changes they need to make before moving back into phase 2.....

...where they will pick up where they left off in their 12 week abstinence programme



Admission Criteria



Each individual is assessed for their suitability for either service



Open to men and women who are over 18



Live within travelling distance of ARA's Bristol city centre location



Live in stable accommodation



Who can refer?



A member of the Criminal Justice Intervention Team



A social worker from Bristol or South Gloucestershire Social Services



A probation officer with Avon & Somerset probation services



ARA will arrange Case Managers for those who self refer



A Case Manager can help provide support with:



Space has been timetabled in for appointments etc. on Wednesday afternoons.
We will remain flexible to clients attendance who have particular commitments relating to any of the above.



Our aim



.... is to offer flexibility without losing sight of the end goal of abstinence



.... is to offer a service that can be individually tailored to meet the clients' needs



.... is to ensure that our boundaries remain flexible whilst still managing to contain and hold within them the complexities and challenges that accompany our work



Structured Day Programme

The programmes will be enjoyable as well as challenging, enabling participants to lead fulfilling lives without the use of drugs and alcohol