

What are we?

ARA is a provider of Community Recovery Services for people who want to become abstinent from problematic drug and alcohol use.

These services are composed of Structured Treatment and Supported Housing in various combinations and are designed to provide you with the support you need on your Recovery Journey. You will need to be on the Bristol Housing Support Register to access ARA's Housing projects.

ARA can also provide you with support with Education, Training and Employment opportunities.

Admission criteria:

- **Every applicant is assessed for their suitability for each service**
- **Open to all men and women over 18 years of age**
- **Living in Bristol**

Please attend our Information Group for further details about ARA's Treatment and Housing options – this takes place every Friday at 10.00am.



design: www.mammatcreate.co.uk illustration: www.oivindholland.co.uk

ARA registered charity number 1002224

For further information contact:

Addiction Recovery Agency

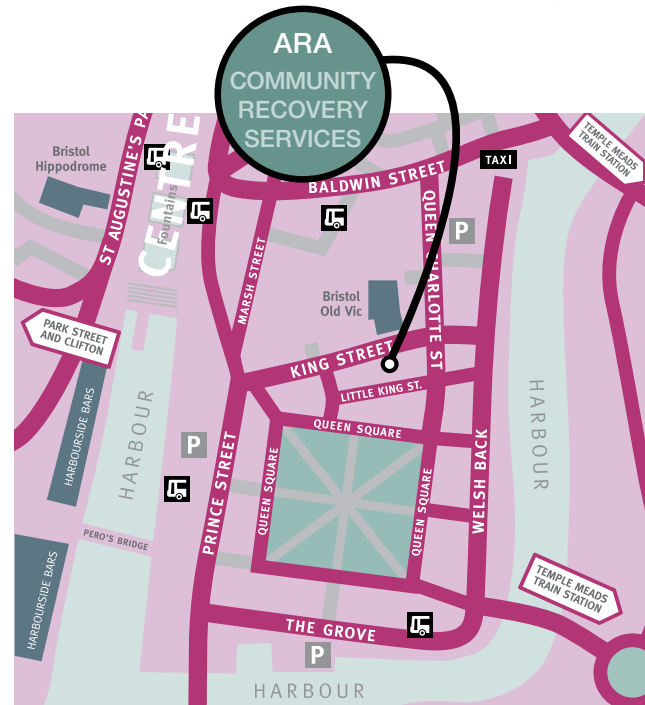
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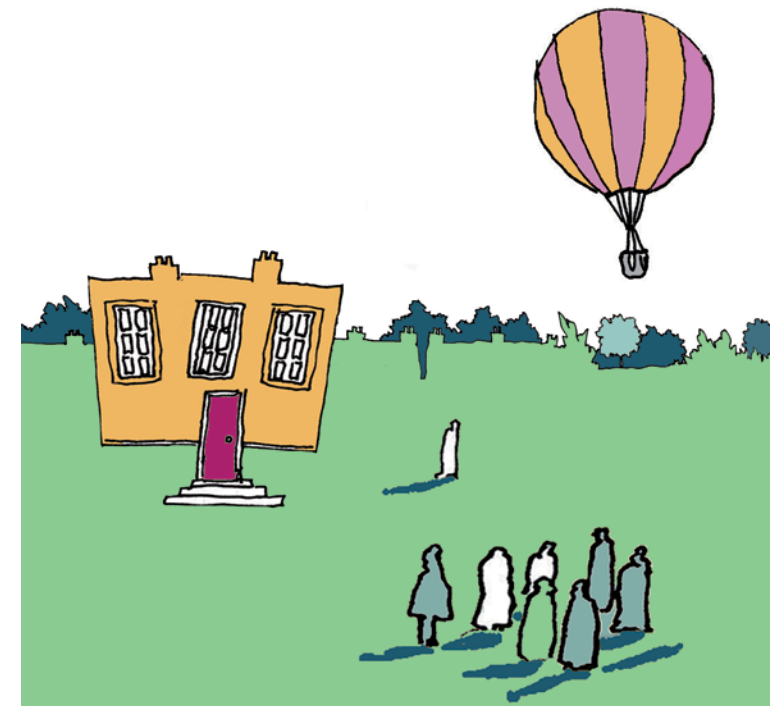
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Ara

addiction recovery agency
treatment, support, recovery



ADDICTION RECOVERY AGENCY

COMMUNITY RECOVERY SERVICES

TREATMENT, SUPPORT AND RECOVERY

Preparation

The Preparation service is an opportunity for men and women to access support in a safe space, whilst preparing to become abstinent. This stage can last up to 12 weeks.

Groups, designed to meet the needs of those preparing to stop using drugs and alcohol, run on Tuesday and Thursday mornings, or afternoons. Individuals can also expect the following:

- **1:1 keyworking sessions**
- **An individual Recovery Support plan**
- **A range of different Therapeutic workshops**
- **Education, Training and Employment (ETE) focused workshops and activities**

This is an opportunity for participants to take their first step on their journey of Recovery.

Who is it for?

Individuals:

- **who are receiving prescriptions and/or community Detox**
- **who are motivated to consider total abstinence**



Structured Treatment

This programme uses a fully structured Recovery-orientated Treatment model, including a broad range of therapeutic approaches and Education Training and Employment (ETE) input. Participants can explore the issues that have contributed to their drug/alcohol dependence. The programme runs 5 days a week for up to 12 weeks and includes:

- **Group therapy**
- **1:1 counselling sessions**
- **Workshops**
- **Assignments and ITEP Mapping**
- **ETE focused workshops and activities**
- **Alternative therapies**
- **Lunch is provided, with regular tea/coffee breaks between sessions**
- **Attending mutual aid meetings**

Who is it for?

Individuals:

- **who are drug and alcohol free on admission**
- **who have become abstinent whilst attending the Preparation Group**
- **who want to maintain abstinence while they remain living in the community**

Housing

ARA can provide accommodation for Preparation (16 bed spaces) and Structured Treatment clients (14 bed spaces).

Preparation accommodation is for people who are wishing to address their drug and alcohol use and are not using class A drugs.

Structured Treatment accommodation is for people who are abstinent and currently engaging or willing to engage with ARA's Structured Treatment programme.

All ARA properties are maintained to a high standard and are equipped with modern facilities. ARA Structured Treatment and related accommodation are registered with the Care Quality Commission.

Relapse Prevention

ARA's Relapse Prevention service provides ongoing support to clients who need a little extra help to remain abstinent.

Clients will be supported with individual counselling, Relapse Prevention groups, and be able to access SMART Recovery groups, in addition to or instead of, 12 Step Fellowships.