

ADS

Addiction Dependency Solutions

ADS Leeds

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Leeds

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ADS Leeds

- Community Alcohol Service
- Brief Interventions - alcohol
- Alcohol Community Rehab
- ATR – Alcohol Treatment Requirement
- Drugs Aftercare
- ASRO/ SBD Programmes
- Fixed Penalty Notices

ADS Community Alcohol Services

Addiction Dependency Solutions

- Open access to anyone over 18 from the Leeds area
- Referral by phone or written.
- All clients invited to attend an Information Session
- Opportunity to be assessed on the day.

- 1-1 work
- Structured Group work – Quitting and Coping, Understanding myself, prep for detox/rehab
- unstructured groups and social activities
- Complimentary therapies – auricular acupuncture
- Referral to detox and rehab
- Aftercare
- Concerned Others

Onward Referrals

- Community Detox - LAU
- Residential Detox – St Anne's
- Residential Rehab - St Anne's or outside of Leeds
- Complex Needs, eg complex mental health – LAU

Brief Interventions

- Based in Doctor's surgeries around Leeds
- Focus on pre-dependent drinkers
- Up to 4 half hour sessions of brief advice and information
- Onward referral for Dependent drinkers
- Work with concerned others also

ATR – Alcohol Treatment Requirement

- Similar to DRR's except for people with Alcohol issues
- Voluntary agreement to access treatment but attendance mandatory
- Court order run in conjunction with probation
- Treatment as in other aspects of community alcohol service

ASRO – SBD

- ASRO – Addressing Substance Related Offending
- 20 session programme 2-3 times a week.
- Stop Binge Drinking
- 10 sessions 2 x's a week
- CBT Based – aimed at reducing drug/ alcohol consumption and offending

ADS Fixed Penalty Notices

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- FPN's for people arrested for 'minor' drink related crimes
- Two sessions of alcohol awareness work run back to back
- Other option £80 fine?

Aftercare Programme

- For clients coming to the end of their treatment journey
- Delivered at 4 sites across Leeds; BARCA, Deacon House, St Anne's, ADS

Aims

- To sustain treatment gains
- To develop community reintegration
- To increase employability
- To develop personal skills

Aftercare Timetable

- One to one key-working
- Relapse prevention group
- Confidence building workshop
- Social activities
- Art Group
- IT, Employment and CV drop-in
- Women's group

Referral Criteria

- Stable service user coming to the end of their treatment journey
- Leeds resident over the age of 18
- No lapse in previous four weeks
- No drug use on top of a script
- Not alcohol dependent

Alcohol Related Problems Costs Britain 20bn a year

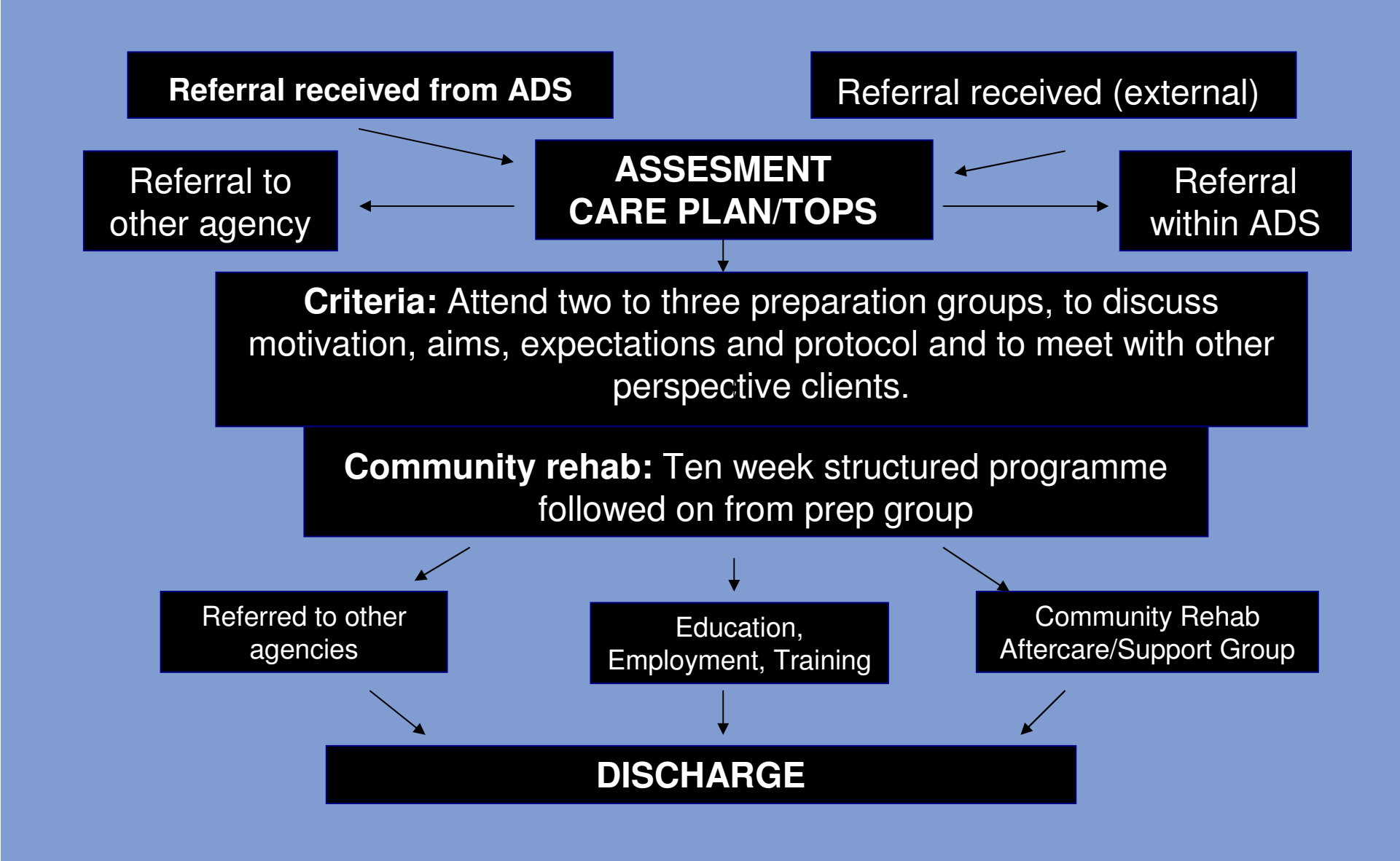
Annual Cost for Leeds in 2001

- | | |
|-------------------------------|-------------|
| ▪ Healthcare | 23 million |
| ▪ Drink Driving | 2 million |
| ▪ Human and Emotional Costs | 5 million |
| ▪ Workplace and wider economy | 88 million |
| ▪ Criminal Justice | 156 million |

TOTAL COST 275 MILLION

(Source: Strategy Unit Interim Analysis, 2003)

ADS Leads Community Rehab Pathway



Criteria

Who is it for?

Anyone who wishes to maintain ongoing abstinence from alcohol.
Perhaps has just completed a home or residential detoxification.
May be abstinent or has periods of abstinence and working towards ongoing abstinence.

Aim: To assess motivation of prospective clients to the community rehab

Structured Interventions

- Weekly one to one session with the community rehab co-ordinator
- Attend at least 2 prep groups and show commitment to ongoing abstinence
- Criteria must be met before being offered a place on the community rehab.

(Staff reserve the right to make exceptions to this rule)

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Community Rehab

Who is it for?

Abstinent Clients who have completed the criteria.

Prospective clients must be over 18 and live in Leeds.

Aim: To assist the client in maintaining ongoing abstinence and increase motivation

Structured Interventions

- Attends 2 core groups each week
- Weekly key working session.
- One therapeutic session either sport or social (client may attend both)
- Comprehensive care plan
- Access to further education and or employment advice

Core Group

What is it?

A manual guided psychosocial and related life skills strategy

Utilises cognitive based graphic tools (known as mapping)

The core group is a twice weekly 2 hour group which all rehab clients are required to attend.

Aim: To achieve ongoing abstinence from alcohol.

Examples of Group content

- Ideas for better communication
- Building social networks
- Unlock your thinking, avoiding mind traps
- Understanding and reducing angry feelings
- Relapse prevention

Therapeutic Group

What is it?

A weekly social activity with peers in the community rehab

Each client must attend the therapeutic social group and the sports/activity group is optional to fulfil rehab criteria.

Aim: To develop and gain confidence within a social setting.

To explore affordable non alcohol related activities within Leeds

Group content

- Museum visits
- Alcoholics Anonymous meetings
- Film and Media events
- Coffee shop visits
- Local college courses
- Team building games
- Fitness, sports, walking activities

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STRENGTHS

Physical, health and appearance

Social relationships

Learning, problem solving and decision making

What are your strengths?

Motivation and Emotions

Ethics, morals, beliefs

Job and career

How can you use your strengths to improve your life?

How useful was this map and discussion?
Not useful 1-2-3-4-5-6-7-8-9-10 Very useful
Comments:

Perhaps go to map 2
(Problems)

Clocking on and Off

What is it?

An opportunity for clients to bring closure at the end of each week.

To think on and put together a plan for the weekend and encourage honest accountability.

Aim: To promote the discipline within clients to plan

Structured Interventions

- Twice weekly meeting on Mondays and Fridays
- Friday group to encourage clients to have a plan for the weekend and to explore possibilities
- To assess whether clients have a support network in place
- Monday group to feedback how things went and if clients stuck to their plans

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CLOCKING OFF SHEET

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Date ___/___/___

What are my plans for the weekend?

What would be a trigger that could cause me to have a drink this weekend?

What things or activities am I putting in place to keep safe this weekend?

Do I have phone numbers or people I can call if I need to talk to someone?

Do I feel able to call if I need to ?

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	Morning	Afternoon
Monday	10.30 – 11.00 Clocking On 11.00 – 11.55 Session 1	12.00 – 12.45 Lunch 12.45 – 14.30 Session 1 part II
Tuesday	1-2-1's Admin	1-2-1's Admin
Wednesday	Session Prep 1-2-1's	13.00 – 14.00 Session 2 (part 1) 14.00 – 14.15 Break 14.15 – 15.00 Session 2 (part 2) 15.00 - 17.00 Social
Thursday	1-2-1's Admin	12.00 – 14.00 Optional Sports/Exercise/Activities Group
Friday	10.30 – 11.45 Clocking Off	3:30 – 4:30 Rehab Prep group

Alcohol misuse may not only harm the drinker

Harm from other people's drinking is common and wide ranging. It ranges from the less severe, such as being kept awake at night by rowdy behaviour or covering for a colleague who fails to turn up for work, through to much more severe consequences, such as domestic violence, assault or neglect of children.

There needs to be a similar recognition that excessive drinking also has impacts beyond the drinkers themselves. Family, friends and work colleagues of excessive drinkers can also suffer very seriously from the effects of another's drinking.

This will often be long before the health effects of harmful drinking have become apparent to the drinker.

Safe. Sensible. Social.

The next steps in the National Alcohol Strategy, HM Government 2007