

Community / Church Based Models of Recovery

OUTREACH

Outreach is a broad term and, in the context of addiction, may include going out onto the streets with food and clothing and medical teams, or alternatively, those suffering from addictions may visit a centre or café to access provision to meet their needs for the day (food, warmth, shelter, medical services, guidance etc.), while also meeting dedicated teams who show them love and affection. Unlike Structured Day Recovery Programmes, people who outreach teams may meet on the streets (or who access outreach centres) may still be using their drug of choice and have no intention of change.

Outreach provides a great opportunity, not only to provide for that day's needs, but to start to sow the seeds of recovery. One of the fundamental aims of all outreach must be to introduce people to the concept of recovery; that recovery has been achieved by many others from the same locality and that it can be achieved by them.

As well as providing food or clothes, the outreach strategy should incorporate people who are years into their recovery journey - people who can come alongside others, give testimony, and bring hope. It is essential to provide a hope-filled environment, and to tell stories of recovery. The next step - for this form of outreach to be 'successful', (beyond keeping the person alive and fed), must be a route into an effective recovery programme to help the person when they reach that point of wanting to change. If there is no route available, the person will once again enter back into the cycle of addiction with no change and even less hope. They may never come out of that cycle again.

PRE-RECOVERY GROUPS

Pre-recovery groups prepare individuals to embrace a recovery programme. These groups are designed to give the addict a taste of what a recovery programme will entail and to support them as they consider change. It is essential that these groups are filled with hope, with plenty of testimonies from those who are already some way along the recovery journey.

For example, the group's meeting can be interspersed with snippets of the recovery programme that you hope they will embrace. This will give them a taste of the journey ahead and gives the individual a chance to work through the change-process that they will enter if they embark on a path of recovery. The group should be a place where an individual's motivation to change grows and where a person is supported through the detoxification process from their substance of choice. At this stage, the people accessing the group are still 'using', so expectations should reflect this: the meetings should be short enough to be attractive to this client group and once or twice a week is sufficient.

A STRUCTURED DAY RECOVERY PROGRAMME

A Structured Day Recovery Programme / Centre can have many alternative names such as: Structured Day Treatment / Care Programme; Recovery Training Centre; or Outpatient Rehabilitation Centre. For the purpose of this information sheet the name 'Structured Day Recovery Programme (SDRP)' and 'Structured Day Recovery Centre' will be used.

SDRPs differ from recovery cafes or outreach cafes, in that they are designed to reach only those who are motivated to change and are either abstinence-based or working towards abstinence in a 'controlled' way with outside professional help and guidance. One of the keys to running a successful programme is to ensure that only those who want recovery access the

programme. It is tempting to take others onto the programme, that do not have the will to change, but in reality these individuals will cause havoc to those who want to make progress. A good question to answer is how can a person's motivation to change be 'checked' before starting on the programme? There needs to be a consistent way of screening potential 'clients' besides the interview process. One way could be ask potential clients to attend 4 or 6 preparatory sessions or 12-step meetings over a 2 week period prior to enrolling. If they do not attend they do not start.

Key features of a SDRP:

An SDRP is a programme that the 'client' accesses from home or from supported accommodation, five or more days a week. The programme is 'holistic' in nature, with the aim of making a disciple of the recovering addict in life issues and enabling those in recovery to develop the skills to help themselves live a life free from all life-controlling substances and behaviours.

A good SDRP offers a daily structure covering physical, spiritual and emotional development. The programme cannot just be 'dipped into', but has to be accessed in its entirety. Ideally, each week should include nutritious food and a daily meal, one-to-one key working, group work, basic education lessons (including numeracy and literacy), sessions on issues to do with relapse prevention, the teaching of life skills, art and sport that can be used therapeutically and also sessions relating to the 12 steps or some other therapeutic framework. The centre may also have a 'social enterprise' element, which is a way that skills relating to the workplace can be built into people's recovery and income brought into the project.

As the programme progresses, those in recovery will be encouraged, where appropriate, to enrol on Further Education Courses and to enlist on voluntary placements. The speed with which this progression happens will vary between individuals, but the result will be preparation of the individual to enter fully back into society, with the danger of possible dependency on the programme itself lessening.

As the programme is accessed each day from 'home', or from supported accommodation, those in recovery will be faced with the everyday issues of life, for example bumping into friends that are still using and walking through areas where drugs and drink are readily available. Within the context of the programme these issues can be tackled honestly on a daily basis, thus strengthening and equipping the individual to continue to live a life free from all addictions when they leave the programme. There is more potential for relapse than in a residential rehabilitation setting, but to those who are committed to the journey of recovery, relapse must be seen as a potential growth point and not as something that will cut short their journey.

The benefits of setting up an SDRP are:

- The Church in each locality has a chance to respond to the problem of addiction, to meet the needs of the recovering addict and offer quality and effective rehabilitation as an expression of local church.
- Recovery is realistic, because issues faced by individuals are tackled whilst in recovery and worked through daily in a place of 'safety'.
- Those in recovery often come from chaotic backgrounds and are not used to structure and sticking to a programme. A programme that can be developed using some of the elements mentioned above, around 3 hours a day, 5 days a week, is a testing commitment for those on the programme.
- It is more cost effective than sending someone away on a residential programme, as staff only need to be employed for the hours of the programme.
- There could be an opportunity to work with the family of the service user, encouraging local networks of mentoring and support.
- Those attending have the possibility of being integrated into a local church, rather than finding a home and belonging somewhere far away. This will be an enormous blessing to the local church, and will ultimately aid in the development of a local community of

recovering addicts. As the community grows and gets a reputation for recovery, so it will attract those who are desperate to see a change in their own lives.

A sample Structured Day Recovery Centre timetable is below. This is not meant to be a fixed programme that has to be stuck to rigidly, but gives guidance that can be developed to suit each Church or community.

Sample daily timetable for a Structured Day Recovery Centre

MON	PRAYER	STAFF MEETING	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	READING	LUNCH (INCLUDING CLEARING AWAY)	CHECKING IN SESSION	COFFEE / TEA	FACILITATION GROUP
TUES	PRAYER	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	READING	LUNCH (INCLUDING CLEARING AWAY)	RELAPSE PREVENTION SESSION	COFFEE / TEA	ART / SPORT THAT CAN BE USED THERAPEUTICALLY
WEDS	PRAYER	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	READING	LUNCH (INCLUDING CLEARING AWAY)	12 STEP MEETING OR ALTERNATIVE	COFFEE / TEA	EDUCATION (MATHS, ENGLISH)
THURS	PRAYER	STAFF TRAINING	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	READING	LUNCH (INCLUDING CLEARING AWAY)	LIFE SKILLS SESSION	COFFEE / TEA	12 STEP MEETING OR ALTERNATIVE
FRI	PRAYER	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	INDIVIDUAL APPOINTMENTS AND STAFF PREPARATION	READING	LUNCH (INCLUDING CLEARING AWAY)	FACILITATION GROUP	COFFEE / TEA	CHECKING OUT SESSION

BLACK - All service users, BLUE - Service users by appointment, RED – Staff

This information sheet was written by John Lowton. For more information on setting-up a Structured Day Recovery Programme in your church or local community, please contact us on info@isaac-international.org