

Residential Rehab

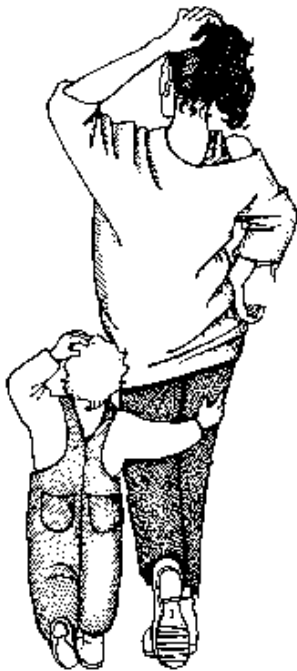
This section explains Residential Rehabilitation and the procedure for entering treatment. In addition, below there is comprehensive information provided about: What to expect before, during and after Rehabilitation. This service is also available within the Private sector.

Remember:

- **The National Treatment Agency – NTA believes clients have a central role and should be involved in all aspects of decision making in relation to their treatment plan. NHS & NTA service providers are advised to actively involve clients in planning, delivering and evaluating service provision.** *NTA Guidance for local partnership on user and care involvement. September 2006*

Ask your Key worker what types of treatment and support services they offer. You will be offered a range of care and support throughout your treatment journey to achieve your treatment goals.

➤ What is residential Rehab?



- Residential Rehab is for clients who want to participate in a planned treatment programme in a residential setting with a view to start and maintain abstinence from all drugs and alcohol.
 - You usually start a Residential Rehab program after completing an inpatient **Detox**.
 - Sometimes Residential Rehabs provide inpatient detoxification at their premises to enhance the continuity of your care.
 - Residential Rehab programmes consist of a range of treatment interventions, which normally combine a mixture of group work, psychosocial interventions, and practical and vocational activities.
 - Residential Rehabs are usually in purpose built or refurbished units. They vary in size and clients come from a wide (often National) area.
 - The Residential Rehab you may be funded to attend may not be in your borough or could even be based outside London.
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- Residential treatment is generally designed for individuals who fail to achieve and maintain abstinence in a community setting.

➤ Who pays for your Rehab?

- Charities or the Social Service department of the government usually funds rehabilitation services.
- Access to residential rehabilitation follows a funding procedure, which is set out by the Social Services. This is a different funding procedure to other treatment interventions, which are usually funded by the NHS- Department of Health.
- Charities or Social Service department have to apply to the 'Community Care budget' to find out whether you can get funding for residential rehab.
- Money from the Community Care Budget can only be allocated to pay for residential rehab after a Community Care Assessor who has been approved by your local authority has carried out a full assessment of your needs. This may not be your actual drug service provider.
- The cost for Rehab services per person is usually in excess of £300 per week.



➤ Procedure to enter a residential Rehab

Entering into a residential Rehab service usually involves the following steps:



- 1- You need to have a Community care assessment for drug and alcohol rehabilitation, which is usually done by a social worker (or another approved member of staff) from a specialist drug or alcohol agency.
- 2- Or you can refer yourself to a Rehabilitation services by asking your local specialist drug/alcohol agency to provide you with a contact details of your local community care team.
- 3- Once referred either by yourself or your drug service provider, you should receive a letter within a week or so with an appointment to see a community care assessor.
- 4- At that appointment the community care assessor will want to find out about you, your history, your drug/alcohol use and what help you need.
- 5- They will discuss the options that may be open to you, and will agree a 'care plan' with you. The care plan will describe your needs and how different services can work together to facilitate your needs.
- 6- You will be given a copy of the assessment and care plan for your information.

- 7- The Community Care team will then decide whether they can provide funding for your rehab once they have answered the following questions:
 - ✓ Is rehab suitable?
 - ✓ Is rehab really needed?
 - ✓ What other options are available?
 - ✓ If other treatment has been unsuitable or unsuccessful, how do we move forward?
- 8- Once your assessment is completed and you meet the admission criteria, the assessor requests for a community care funding to finance your treatment.
- 9- The Community care manager's role will also involve co-ordinating your Care plan.
- 10- The process from referral to admission often takes weeks while you wait for appointments, assessments and funding.
- 11- Entering into Rehabilitation can be a major life-changing experience, which will involve patience but will be worth the wait.
- 12- If you change your mind while waiting for your application to be processed, it may be useful to discuss your reasons with your drug/alcohol worker or community care manager before you make any decisions.

Complaints

- The admission criteria for rehabilitation may mean not everyone who requests funding for treatment will be accepted. If you are unhappy with the decision made by your community care assessor then you can appeal to the director of the social services department.

Equal opportunities

- Services are offered to everyone on the basis of need. No one will be discriminated against when requesting treatment.
- Everyone is entitled to be treated equally and fairly regardless of race, gender, or cultural backgrounds.
- All services should have staff that are well trained and can adapt their service provisions to meet a variety of needs or ethnic backgrounds, physical disability, dietary needs, religion or sexuality.
- If you face discrimination talk to your community care manager: part of their job is to ensure that you are treated equally and, if necessary, to help you get things changed.

➤ Community Rehab

Not all Rehabs are residential. You can also benefit from **Community Rehab**.

Community rehabs provides similar treatment interventions as residential rehab but their services are offered for outpatients with the community.

Community Rehabs are usually funded by the NHS- Department of Health and not the Social Services.

What is available varies from place to place but Community Rehab may include one or more of the following:

- ❖ Structured day programmes
- ❖ Therapeutic groups
- ❖ Support groups
- ❖ Education groups
- ❖ 'Life skills' courses
- ❖ One-to-one counselling
- ❖ Day centres and drop-in services
- ❖ Employment training
- ❖ Leisure activities.



Note: If you need help with things like transport to and from groups or child-care costs, your care plan may include funding for these from the community care budget.

➤ Pros and cons of Community Rehab

The advantages of Community Rehab are:

- ❖ Many more people can be treated for the same money
- ❖ Specialist drug services can exert more pressure to shape the services that people in their area need
- ❖ Services can be more flexible
- ❖ Care managers can pick and choose the most appropriate services for each person.

Community rehab may not work for everyone.

The possible drawbacks are that:

- ❖ You are still around people who are using drugs or alcohol.
- ❖ There is often no support for you at night or weekends.
- ❖ It can be hard to 'turn over a new leaf' when many other things in life haven't changed.

On the other hand Community rehab may mean that you can:

- ❖ Stay at or near home during the rehab process.
- ❖ Deal with the problems and reasons you used in the first place.
- ❖ Learn new ways of dealing with different situations with the help of professional and supportive people
- ❖ Pick the parts of the programme that will be most useful to you.



Weigh these up in your own mind and talk with your community care assessor to sort out the best type of rehab for you.

➤ **Types of residential Rehabs**

The ways residential rehabs may vary are:

- ❖ Programmes run for different lengths of time
- ❖ Varying levels of support and counselling
- ❖ Different theories and psychological approaches
- ❖ Different beliefs as to why people use drugs and or alcohol.

Residential rehabs are divided into four groups according to:

- 1- Their philosophy
- 2- Understanding why people take drugs
- 3- Types of treatments needed to help people towards abstinence

The main thing that will make a difference to your treatment success will not be the rehab you've attended, but more dependants on completing the programme at that particular Rehab.



Different Types of Rehabs:

1- 12 step programmes

- The first Stage of the programme is usually 6-8 weeks, which generally integrates detox and therapeutic activities.
- 2nd Stage rehab follows and can be anything from 3 – 12 months. During this stage you usually have a range of treatment models such as counselling and group work.
- 3rd Stage is usually a dry/clean houses with some additional support to help you back into the community drug and alcohol free. 'Third stage' rehabs are sometimes funded through housing benefit.
- Maintenance of abstinence from all drugs and alcohol is the goal of 12 step Rehabs.
- You are also encouraged to attend Narcotics or Alcoholics Anonymous meetings regularly for free 'support, encouragement and hope' after discharge.

2- General houses

- General houses provide support and promote change through individual sessions, group work and/or house meetings.
- You will usually have a key worker/counsellor who you regularly meet to plan your care.
- General houses generally follow the Cognitive Behavioural approach for treatment of addiction.

3- Concept houses

- Concept houses tend to have highly structured and intense programmes.

- They promote 'getting in touch with your feelings' and achieving personal growth through group work.
- The staffs at Concept houses usually have been through the programme themselves.

4- Christian houses

- They all have Christian staff but vary in the amount of emphasis they put on residents accepting Christianity.

Christian rehabs tend to use one-to-one counselling and house meetings rather than confrontational groups to help people change.

➤ Before entering residential Rehab

If your funding is approved to enter into residential Rehab, you may have some questions before you make your final decision.

Below is a list of questions you may want to ask your Community Care manager or Rehab:

About the rehab:

- ✓ What sort of rehab is it?
- ✓ Is detox part of the programme?
- ✓ Do I have to be drug/alcohol-free on admission?
- ✓ How long is the programme?
- ✓ Are they used to dealing with people my age?
- ✓ Are they accredited, or working towards, any quality standards?
- ✓ Can I go for an interview or is the Rehabs assessment done over the phone?
- ✓ Is there a waiting list? If so, how long?
- ✓ What are the house rules?
- ✓ Is there a follow-up/Aftercare programme?



The programme:

- ✓ How much contact will I be allowed with people outside?
- ✓ Will I have any choice about my counsellor?
- ✓ How often will my Community Care manager see and/or contact me during treatment?
- ✓ Are residents/visitors searched?
- ✓ Can I go home at all during the programme?

Practical:

- ✓ Can you cater for my special dietary needs?
- ✓ Can you cater for my physical disability?
- ✓ Will I have to share a bedroom?
- ✓ What about my other prescribed medication?
- ✓ What can't I bring in with me?
- ✓ How do I get there?



Most - but not all - residential services are 'abstinence based,' that is, they aim to help people get off all drugs (including cannabis) and alcohol and to stay off.

➤ How to make Rehab work for you

- It is best to go in to rehab with a commitment to making big changes in your life.
- The success of your decision to be drug and alcohol free often depends on your determination to achieve your goals and being prepared for the challenging times.
 - Choosing a rehab that suits you and being clear about how the programme works will help you to succeed.
 - The first few days in a rehab programme are often the hardest. A lot of the people who leave in the first week usually relapse.
- **The sort of things that unsettle people are:**
 - ❖ Talking in a group
 - ❖ Withdrawal symptoms and cravings
 - ❖ Getting used to a new routine
 - ❖ Talking to strangers
 - ❖ Not knowing anyone
 - ❖ Sorting out what is expected
 - ❖ Having to accept the authority of staff and more 'senior' members of the programme
 - ❖ Homesickness
- But talking about your feelings to the staff or other people when you are feeling confused, anxious, angry or lonely can help you overcome them.
- Going into Rehab can be a daunting prospect and you will probably feel anxious and frightened about what will happen to you. Talking it over with your community care manager may help you cope.
- A part of going into a rehab programme is accepting that 'your' way did not work and that now you have to allow others to help you. No one likes to admit they don't know best. This often leads to clients leaving treatment early.



If you don't like the sound of this, talk the issue through with your community care manager, as unless you can accept it to some degree, rehab is unlikely to work for.

➤ What to do if you lapse?

- Rehabs generally discharge anyone who drinks, uses drugs or leaves without permission during the programme. Because abstinence from all drugs and alcohol is the aim of most Rehabs, people who relapse are generally asked to leave.
- If you are asked to leave you are likely to lose your funding. In many areas that could mean that you won't get another chance to go to rehab for at least 6 months, possibly a year or more.
- If you discharge yourself, or are discharged, from a rehab and then realise that you want to go back, you must contact both your community care manager and the rehab straight away - usually within 48 hours - to talk to them about readmission.



- Things don't have to get out of control following a lapse. Try to learn from the experience and prevent it from turning into a relapse.
- Stay in contact with the drug services or go to a Narcotics Anonymous meeting to get support.
- If you do lapse - especially if you inject drugs - **beware of overdose**. A dose that at one time would have had little effect could now kill you!

➤ **What to do after rehab?**

- Coming out of rehab drug and alcohol free can be one of the best feelings there is.
- Think and plan early on about what you will do after rehab in terms of accommodation, support or other problems to reduce stress and relapse.
- Your community care manager or drug or alcohol agency should be able to help you with accommodation and Aftercare services on your return.
- Many rehabs offer help for people leaving the programme such as regular reunions. Find out how you can join these.
- Some residential services have their own links with: 'halfway houses', 'secondary care' units or 12 steps programme meetings.
- To stay drug/alcohol-free it is best to avoid situations that may lead you to lapse. Don't be tempted to 'treat' yourself to that one drug or drink. 'One' is usually not enough!

Rehab is about getting drug- and alcohol-free, learning new ways of coping and taking back control over your life. Life after rehab won't always be easy but you will have a choice and some tools to help you deal with the hard times.

Click here for suggestions on how

The sources of the above information are Exchange Supplies and National Treatment Agency NTA- NHS. This information has been summarized by and for FARS services. For the direct link to these sources, click on:
http://www.exchangesupplies.org/drug_information/the_handbooks/the_rehab_handbook/rehab_handbook/rehabintro.html
http://www.nta.nhs.uk/publications/documents/nta_modelsofcare_update_2006_moc3.pdf