



RECOVERY PROGRAMME INFO SHEET

All House of Heroes recovery programmes take a holistic approach, we provide the opportunity to address all areas of the self and issues related to the circumstances our clients find themselves in.

To do this we operate self-help communities based around the Therapeutic Community model (George De-Leon).

SUPPORT PLAN

Our first stage Support Plan covers a 12 month period. This is only an outline as each individual recovery will be different.

Phase 1: Induction – Up to week 5 or longer if required

On arrival at the project site, residents will be placed on a 4/5 week induction or trial period. During this time, residents will have the opportunity to settle in and adapt to community lifestyle. They will be monitored and assessed for suitability to the recovery programme, and at the end of the induction, will be interviewed (case conference) to establish whether the recovery programme is suitable for them.

Conditions:

- Residents will not leave the premises except to attend necessary appointments (doctor, dentist, probation, etc.), and then only when accompanied by a member of staff.
- No Personal telephone calls or personal mail will be allowed in or out except in an emergency this will be up to the General Manager to decide and then if so will be monitored by staff.
- All incoming mail will be opened in the presence of a member of staff.
- Internet access will not be allowed.
- The resident must complete their life story before they progress into orientation.
- To take up a job role upon the community.
- Have to have used the encounter system both for and against before progression to Orientation.

Phase 2: Orientation – Weeks 5 - 20

Goals:

- To settle into the routine.
- To participate fully in the life of the community.
- To learn the concepts and apply them in their everyday life.
- To demonstrate real commitment to your own recovery and to the other people at the project.
- To deal openly and honestly with issues in your life.
- To demonstrate a willingness to change and to take on more personal responsibility.
- To set and work towards/achieve short and medium term goals.
- To handle conflict in relationships within the community in an acceptable way.
- Residents will continue to be assessed on a monthly basis, to evaluate their progress.
- To demonstrate the use of responsible concern at all times.
- To complete all concepts before progressing to the next phase, Early Primary.
- To increase your work responsibilities, within the team.
- To have 10 encounters for and 10 encounters against before progression to Early Primary.
- To have developed with your key worker a personal progression plan, for your time in Primary before progression.

Conditions:

- Residents may be allowed to attend necessary appointments unaccompanied at the discretion of staff.
- Visits to the project by a relative or supportive friend may be allowed on weekends (and on other special occasions) at the discretion and with the agreement of the staff after 12 weeks. This is subject to a satisfactory work, behaviour and attitude record.
- All incoming mail will be opened in the presence of a member of staff.
- Personal internet access will not be allowed.

Phase 3: Early Primary – Weeks 20 - 30**Goals:**

- With your key worker continue to work towards the goals set out in your personal progression plan.
- To demonstrate continuing, positive recovery.
- To deliver concepts to the rest of the community on a rota basis but to no longer have to write concept essays
- To show by your attitude, your behaviour and your relationship to staff, residents and work, an increased level of maturity and responsibility.
- To role model at all times and be using the confrontation system as a matter of course.
- To gain a new understanding of yourself and of the meaning and direction of your life.
- To set medium and think about long-term goals and to begin to move towards them.
- To take on new job responsibilities i.e. Dept Snr, Dept Head.
- Residents may be allowed off site to complete education or training at their own expense.

Conditions:

- All other conditions from previous phases apply.
- Apart from; Early Primary residents will be allowed to go around town on Saturdays accompanied by other senior residents, (at the discretion of staff).
- Residents will be allowed access to personal emails etc, (not social network sites, msn, facebook or dating sites).

Phase 4: Late Primary - Weeks 30 - 40**Goals:**

- With your key worker continue to work towards the goals set out in your personal progression plan.
- To demonstrate continuing, positive recovery.
- To deliver concepts to the rest of the community on a rota basis.
- To show by your attitude, your behaviour and your relationship to staff, residents and work, an increased level of maturity and responsibility.
- To role model at all times and be using the confrontation system as a matter of course.
- To set long-term goals and to begin to move towards them.
- To take on new job responsibilities i.e. Dept Head, Co-ord, Meetings Manager.

Conditions:

- Residents may be allowed to leave the project unaccompanied on Saturday (by bus). This is subject to a satisfactory room check before they leave, and a good work, behaviour and attitude record. Residents should be aware that they will be searched and tested for drugs and/or alcohol. On return, report immediately to the member of staff on duty to check in and for testing. If the conditions of this privilege are breached, the privilege will be forfeited for a further 4 weeks before you will be allowed out again on Saturdays.

Phase 5: Resettlement Planning 40 – 52 weeks

Goals:

- To continue in recovery and working towards long-term goals.
- To continue with all aspects of the role model programme.
- To build a comprehensive resettlement plan with your key workers assistance.
- To build a support network.

Conditions:

- Residents will continue to respect the House Rules while at resident at the project.
- Residents may arrange monthly weekend breaks, starting at 1pm on Saturday and finishing at 8 p.m. on Sunday. These visits must be agreed by the General Manager, who will contact your weekend host to clarify the Project Rules. Authorisation for these weekends must be given at least 7 days in advance by the staff member to the weekend host.
- Residents should be aware that they will be searched and tested for drugs and/or alcohol and on return, report immediately to the member of staff on duty to check in and for testing. If the conditions of this privilege are breached, the privilege will be forfeited for a further 2 months before you will be allowed out again for a weekend break. You will also forfeit your Saturday privileges for 4 weeks.
- Residents will be expected to carry extra responsibilities. These will be decided by arrangement with the staff.

Phase 6: Resettlement Weeks 52/12 months onward

Goals:

- Move into independent/semi supported accommodation and regular employment/training.
- To continue to live a drug/alcohol free life, keeping within the law and seeking to become established in a new lifestyle.
- To keep in contact with our community support worker/support team.
- To possibly, move into Further House of Heroes accommodation.