

## PCP Primary Treatment Contract

Whilst in treatment at PCP, the most important contract you can make is with yourself and your recovery. Most clients discover here, if they have not done so already, that the contract with their addiction was non-negotiable. Anything asked of you by your addiction you were willing to do, even if it meant that doing so was at great cost to yourselves and to your loved ones.

*The most important question to ask yourself in your time at PCP is:*

Having been willing to go to any lengths to get my alcohol/drugs/'fix', am I prepared to go to any lengths to get recovery? Do I wish to negotiate with my recovery or do I wish to commit to my recovery at least as much as I did to my addiction?

If you are prepared to commit to and go to any lengths for your recovery, here are some guidelines in treatment that will help you achieve it as part of that commitment. Any resentments that you have in your time here reflect the reality that we often shirk from; that life does not always go our way. As such they provide an opportunity to form part of your recovery in that they represent some of the 'any lengths' to which you either are or are not prepared to go. They also provide you an opportunity to choose to focus either on what you have or on what you don't have and as such to practice gratitude, something that recovering addicts and alcoholics discover is one of the key factors that contribute to staying clean and leading a happier life.

Furthermore, the guidelines in this contract are designed to protect the welfare of you and everyone connected with PCP. As such it is important that you follow these guidelines. Should you not do so, PCP may take action in order to safeguard treatment for all at PCP which could mean that you are discharged from treatment.

This contract provides you with an opportunity to practice on a daily basis what it is to go to any lengths for your recovery. It is your choice to follow them, and, as in life, your consequences depend on your choice, **one consequence of which may be discharge from treatment.**

1. I will not take alcohol, drugs or any mind altering substance that has not been prescribed to me.  
If I need medication I will ask the COUNSELLING TEAM and/or ADMISSIONS MANAGER if it is suitable before taking it. I will not go into any pub, bar or club. A consequence of breaking this clause may be INSTANT DISCHARGE.
2. I will take part in random urine/breath tests. A positive test or refusal to provide a sample (in a 4 hour period) may also result in INSTANT DISCHARGE from treatment.
3. I will take part in all timetabled activities and complete all written assignments on time, including daily diary sheets

4. Outside of treatment time, I must be accompanied by at least two other clients **at all times** unless otherwise agreed by the counselling team; this must not be three newcomers.
5. I will live by the £80 weekly spending allowance. This is to provide for all of my living costs. It is MY responsibility to prioritise and choose how to live within this budget. Extras from family members are not permitted. If I need anything sent to me by family I will ask the counselling team first.
6. I will attend evening 12 step fellowship meetings (A.A, C.A, N.A). We would like you to attend a minimum of 5 meetings per week.
7. I will not use any form of violence, threatening, intimidating or discriminatory behaviour to other clients, staff, visitors, property or members of the community.
8. I am not allowed a phone for the first week of treatment and during this time any outside communication has to be agreed by the counselling team first. I will not lend my phone to a client who is not allowed a phone, unless in an emergency.
9. I will arrive at the treatment centre by the scheduled timetabled time. If I am unable to attend treatment or running late, I will call the centre and speak to a member of the counselling team.
10. I will stick to the no smoking areas. All PCP indoor premises are smoke free zones. I will not throw my cigarette ends on the floor, I will use the bins provided.
11. All visits for the weekend are requested during community group. The visiting relative(s) MUST call the office before 12:00 by the Thursday of that week to confirm the visit.
12. I will return to the accommodation by 10:30pm each evening. I will not allow anyone not actively engaged with PCP back into the accommodation.
13. I will take responsibility for maintaining the up-keep of my accommodation. All media equipment such as stereos and TV's must be kept to a minimum volume.
14. I will not eat foods containing poppy seeds as this may give a positive result on a urine test. All energy drinks are also not allowed.
15. I will not engage in any addictive process including but not limited to: gambling (inc. lottery) eating disorders, over exercising, over spending/shopping, self harm, excessive phoning or texting, and relationship based addictive behaviours.

16. As part of practicing the importance of asking for help, I will take responsibility to ask other clients and/or the counselling team about any aspect of treatment I am unsure of or about which I have any questions.

17. I will make the counselling team aware if any other client has breached this contract, as soon as I know. It is important to do this because it may potentially save their life! Not informing someone could do serious damage to a client's long-term recovery.

**We believe that EVERYONE has the right to enjoy treatment free from harm or infringement of their human rights.**

**In order for everyone to benefit from our treatment programme, an atmosphere of safety, trust and respect needs to exist. It is essential that everyone respects the confidentiality of all other clients. All information heard within PCP is strictly confidential. The identities of all group members are strictly confidential and must not be passed on to anyone outside of PCP.**

Anyone discharged from treatment will have to vacate our premises as soon as is safely possible. We will only keep your belongings for a maximum period of five days.

If you feel aggrieved or concerned about any aspect of the PCP service PLEASE SPEAK TO A MEMBER OF STAFF. A copy of the complaints procedure is in your starter pack. You have the right to request to see any information that is held by PCP in relation to you in line with the Data Protection Act (1998).

**I also confirm that I have read the 'Guide for People using the Service' which explains PCP's quasi-residential treatment model.**

Resident Signature.....Resident Name.....

Witnessed..... Date.....