



Perry Clayman Project

Service Information Guide



PCP LUTON
17-21 HASTINGS STREET
LUTON
BEDFORDSHIRE
LU1 5BE
01582 730113

PCP CHELMSFORD
45 BROOMFIELD ROAD
CHELMSFORD
ESSEX
CM1 1SY
01245 491276

PCP CLAPHAM
378 CLAPHAM ROAD
LONDON
SW9 9AR
0207 498 7659

PCP LEICESTER
158 UPPER NEW WALK
LEICESTER
LE1 7QA
0116 258 0690

info@pcpluton.com

www.rehabtoday.com

INTRODUCTION

This guide is designed to help give you and your family all the information that you will need before coming in to treatment.

Most of the members of staff here are people who have previously suffered from addiction and have successfully recovered. Many have been through treatment like you are about to, so we know what it's like to move out of the comfort zone and into treatment!

We acknowledge that you are about to come to a place that is new and unfamiliar to you and that it will take a few days to adjust to your surroundings and a new routine. We hope that the information in this guide will help to prepare you as much as possible.

If there are any further questions that you have before you come into treatment, please ask.

WHAT TO BRING

The atmosphere at PCP is very relaxed and homely, so please bring casual clothing as well as comfortable walking shoes, as you will be walking to external mutual aid meetings.

Your bed linen and duvet are provided for you, but you will need non-alcohol based and non-aerosol toiletries and a bath towel.

You are allowed to bring a mobile phone and an MP3 player. You are not allowed your **mobile phone for the first 7 days of treatment**. After the first 7 days you will be allowed to use your phone at any time outside of the treatment day (see timetable)

You will need to bring with you spending money for breakfast, evening meals and weekend lunches as well as anything else you might need (including cigarettes). The maximum budget for this is £80 per week (this is increased to £100 per week in PCP Clapham to reflect the increased cost of living in London)

PCP does not accept any liability or responsibility for your personal effects or property whilst you are in treatment at PCP. Please bear this in mind when bringing valuables or expensive items into treatment.

Your accommodation has a full complement of cooking and eating utensils so there is no need to bring anything for the kitchen.

Please bring any medication that you are being prescribed (preferably at least one month's supply). If you have copies of medical history/ blood test results, this is also useful.

ON ARRIVAL

Upon arrival at the treatment centre your bags will be inspected and you will be asked to hand in your phone and any money/ credit cards to reception. These will be stored safely.

You will then sit down with one of our team to complete your assessment, so that we know everything we need to know about what you need whilst you are in treatment. You will then be introduced to your peers (other residents) or a Volunteer Peer Mentor who will help you to settle in and explain how everything works.

DETOX

If you require a detox you will be seen by one of our Doctors who will make a prescription for an appropriate detox regime, with the aim of you becoming substance free as soon as is comfortable. The length of your detox will depend on what, how much and for how long you have been using or drinking. It is vital that you are completely honest about this because if we don't know we can't prescribe the right detox which could put you at risk of being very unwell.

During your detox you will attend the treatment centre every day – we ask that you join in as much of the programme as you are able to.

MEDICATION

If you do an alcohol detox you will likely be prescribed a Chlordiazepoxide or Diazepam detox, as well as anti-seizure and anti-sickness medication if required. If you need an opiate detox, it is likely that we will prescribe a Subutex detox or a Methadone reduction. You may also be prescribed medication to help you sleep if necessary. Information leaflets about these substances are available upon request. Please tell us if you have any adverse reactions to a drug prescribed by our Doctor, or have previously experienced side effects from these medications.

IT IS VITALLY IMPORTANT THAT YOU BRING WITH YOU A CURRENT PRESCRIPTION FOR ANY MEDICATION CURRENTLY PRESCRIBED TO YOU, WITH THE MEDICATION ITSELF (IN A LABELLED CONTAINER). IF YOU TAKE MEDICATION RELATING TO YOUR PHYSICAL HEALTH IT WILL BE EASIER IF YOU COULD OBTAIN A PRESCRIPTION/ REPEAT PRESCRIPTION THAT COVERS YOU FOR THE DURATION OF YOUR TREATMENT, AS THIS IS SOMETHING THAT IS IDEALLY PRESCRIBED BY YOUR HOME GP, WHO KNOWS YOU BEST.

TREATMENT TIMES

You must be at the treatment centre at 9am every weekday morning. You will stay at the treatment centre until 4pm. Weekends and bank holidays are half days, either 9am-Midday or 1pm-4pm. Please note that lunch is not provided by PCP at weekends or bank holidays.

One of the conditions of treatment is that you must go to mutual aid (AA, NA, CA) meetings in the evening and these usually start at about 7.30-8pm.

Between these times you will go to your accommodation, relax and prepare an evening meal. Once or twice a week you may need to go shopping to buy bits and pieces that you need. To ensure that you are as safe as possible, it is a general rule that wherever you go (including to and from treatment/meetings) you must go in groups of 3 or more.

We think this way of doing things enables you to learn vital life skills that you will need once you complete treatment. It means that you have to take responsibility for your actions, whilst re-training your brain to break the associations you have with drinking or using. You will gain confidence in your ability to live in a community without having to rely on drink or drugs to get you through.

You will be asked to record your thoughts and feelings on a daily basis, so that you learn to process your responses to day to day situations.

THE ACCOMODATION

While you are in treatment at PCP, you will be staying in accommodation within walking distance to the treatment centre. All accommodations have a shared kitchen, living room and bathroom. Some of our accommodations are mixed gender (these houses are staffed) and some are single gender. The majority of our rooms are single rooms, however a small number are double rooms. Where possible we will try and ensure you have your own room, though you may be asked to share a room at some point in your treatment. You may also be asked to move from one accommodation to another. This is because as we have new people coming into treatment, and people leaving as they graduate, we need to ensure that there are sufficient numbers of residents in each house to support each other and be safe.

If you are on detox, you will start your treatment in accommodation that has a member of staff living on site with you, so we are always on hand to provide support and monitoring. Once you gain in confidence we will move you to accommodation which is not manned by staff.

Here at PCP we place a strong emphasis on the Recovery Community; that is a community of people supporting each other and working together for the benefit of everyone. Addiction can be a very isolating and lonely condition, so helping one another and being around other people is a really important part of getting well. We ask that you respect the needs and choices of the people that you are living with and make daily decisions together. This process is also about learning to be selfless AND assertive - learning to ask

for help and to voice your opinion but **sometimes** to put others needs and wants ahead of your own if it is of benefit to others.

All houses have fully equipped kitchens, and we ask that you buy and cook your own food for breakfast and evening meals (we provide lunch at the treatment centre). You may want to buy and prepare your food individually or do a communal food shop and take turns to cook.

There is a communal TV in the lounge area of each accommodation. There are no TV's in bedrooms – addiction can lead to people isolating from others, so we encourage residents to engage with their peer group as much as possible.

Whilst we do try to ensure that everyone in treatment at PCP uses respectful language, please do bear in mind that PCP is an 18+ environment and some swearing or similarly adult language is to be expected.

LAUNDRY / HOUSEKEEPING

Each house is equipped with laundry facilities, which will reduce the amount of clothes you need to bring. You will have to budget for washing powder/ detergent out of your weekly allowance.

You have a responsibility for your living conditions, ensuring that your accommodation, including communal areas such as kitchen and bathroom are kept clean and tidy at all times. We ask you to do this because it is important to learn to take responsibility for your environment and not depend on others to do things for you. Our housing manager will do house checks to ensure this is happening and failure to comply with this important part of the process may lead to disciplinary action being taken. If there any issues with the accommodation, or if you need anything, just let someone know.

VISITORS

You are not allowed any visits for your first 2 full weeks of treatment. On the 3rd and every subsequent weekend you may have visits on one day of the weekend. There are 2 time slots, 9am-1pm and 12am-4pm. On this visit you are free to go shopping, go for a walk in the park, have a coffee, as long as you do not break the treatment contract. You must request this in the Community Meeting and it must be confirmed by the visitor telephoning the centre, and approved by PCP. It is important for PCP to know that your visitors are safe people for you and fellow residents to be around.

SPENDING MONEY

While you are in treatment you will need access to a budget of up to £80 per week (£100 per week in Clapham to reflect the increased cost of living in London) to pay for daily living allowances including food.

You can bring this money in cash on the day of arrival or just bring your bank/ post office account card. All cash brought into treatment will be held by PCP in a safe and given to you in small amounts at least for the first week.

WHAT IF I AM ON BENEFITS?

Coming to treatment at PCP should not affect your benefits status. If you are currently receiving Income Support or ESA you will continue to have this paid into your account and we will enable you to access this for your weekly budget. If you are on JSA, our Doctor will be able to write you a fit note and we will support you in changing your benefits over to ESA.

If you are receiving housing benefit which pays for a council rented accommodation this also should not be affected whilst you are in treatment with us.

If you need support in applying for benefits, please bring with you a form of identification so that we can assist you with this.

Remember, your budget will be £80 per week (£100 per week at PCP Clapham) so make sure you bring with you/have available enough money to last until your next payment

YOUR INVOLVEMENT IN YOUR TREATMENT

We will endeavour to accommodate all of your needs, choices and preferences when you are in treatment at PCP and we will try to involve you in the process as much as we can. In this way you will have a Care Plan which will set out all of the action points that need to happen for you to achieve your goals, not only in terms of your substance misuse, but your physical and mental wellbeing, social functioning, cultural, dietary and religious needs. This plan of care will be reviewed halfway through your treatment to ensure that it is working but we may review it earlier than this or more often if needed.

Please read the treatment contract – this tells you all of the rules and regulations that you will be expected to follow whilst in treatment. Our staff will endeavour to treat you with dignity, respect your human rights, privacy and independence and will try to accommodate your choices. We may however impose restrictions upon your freedom, privacy and choices if we believe that not to do so would put you at risk of harm.

'MOVE-ON' ACCOMMODATION

It is widely recognised and researched that safe and stable accommodation greatly improves your chances of maintaining your recovery. If you really want a fresh start in life, PCP can offer you housing after your treatment.

You will be supported by a Key Worker who will help you to find education and employment and you can provide peer support at the treatment centre. A massive benefit is that you will be close to your aftercare and fellowship meetings that you already know.

If you are interested in accessing this service, or want to know more, please inform your Counsellor.

A BIT ABOUT THE 12 STEPS

What do you know about 12 steps to recovery? If you don't know, or have been told that it is about religion, please read on, because it isn't about religion at all.

The 12 steps is essentially a simple, practical, step by step and day by day solution to overcoming addiction. The 12 step philosophy basically sets out a new set of principles and values by which to live your life. They are very simple and practical and are there to help "build a bridge to normal living". The idea is that if you live your day-to-day life as the steps set out, and are completely honest with yourself and others, you will be able to recover from your addiction. In this way it goes by the same set of guidelines to any other approach to treatment.

If you believe or have heard that the 12 step programme is about 'God' or 'religion' - the 12 steps do involve the concept of a 'higher power' but it is as much about accepting that your life up until now has become unmanageable and that the power of the addiction is greater than you alone.

For some the higher power is God, for some it can be the power of the group of people at PCP. For many it is about getting into touch with and being guided by your own conscience, something that has been damaged by your behaviour in the past but can be repaired through practicing the 12 steps – i.e. the higher power is within you!

All we ask is that you have an open mind; you will soon grasp what it's all about.

COMPLAINTS

You should receive in your starter pack a form which explains how to voice any concerns you may have, including how to raise a complaint. If you have any positive comments, constructive suggestions or informal complaints, please use these forms and put in the Suggestions and complaints box.

We hope the information included in this document has helped you to gain a better understanding of how we work at PCP, again if you have any more questions please ask.

Perry Clayman

Chief Executive