



# Perry Clayman Project Service Information Guide



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## EVERYTHING YOU NEED TO KNOW BEFORE ENTERING TREATMENT

This guide is designed to help give you and your family all the information that you will need before coming into 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 applaud your bravery in making this first step by coming into rehab.

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.

### WHAT TO BRING

The atmosphere at PCP is relaxed so please bring casual clothing as well as comfortable walking shoes. Your bed linen and duvet are provided for you, but you will need non-alcohol-based toiletries and a bath towel.

You can bring a mobile phone, but you will not be allowed access to it for the first 3 days of treatment. After the first 3 days you will be allowed your phone from 4:30pm-10pm (this is to respect people who are trying to sleep) Once you have completed your detox you will be allowed to have your phone all the time. You will need to bring spending money for breakfast and evening meals as well as anything else you might need (including cigarettes). You can bring in cash or a bank card.

**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.

You may wish to bring with you some essential food items, just to get you through your first few days of treatment - some evening meals, something for breakfast and some snacks.

#### WHAT TO BRING:

- Clothes
- Toiletries
- Towel
- Medications prescribed to you
- Cigarettes (if you smoke)
- Money / card / ID
- Items of food (for first few days)
- Phone
- Books

#### PLEASE DO NOT BRING:

- Alcohol based toiletries
- Illicit substances
- Sex toys
- Loose medications/ tablets

## **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 assessed 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 do not know, we cannot prescribe the right detox which could put you at risk of being very unwell.

## **MEDICATION**

If you do an alcohol detox you will 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 any medications that you are prescribed, in a labelled container. Ideally bring with you enough medication to last you the duration of your treatment, if you do not have enough, please bring a repeat prescription so that we can get your medication from a local pharmacy.

## **THE ACCOMODATION**

At PCP Chelmsford, you will start your programme with us living in our detox accommodation unit. PCP employs 24-hour staff to monitor, observe and support you though your detox. The accommodation is off-site, but you will be driven to and from the rehab daily by our staff – you will be accompanied by staff at all times.

Once you have completed your detox, PCP Chelmsford has 3 further 'rehab' accommodations.

All accommodations have a shared kitchen, living room and bathroom. Most of our rooms are single rooms; however, a small number are double rooms. Where possible we will try to 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 enough residents in each house to support each other and be safe.

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 an 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.

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 always kept clean and tidy. 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 3 full weeks of treatment. On the 4<sup>th</sup> and every subsequent weekend, you may have visits on one day of the weekend, from 1-5pm. On this visit you are free to go shopping, go for a walk in the park, have a coffee etc. You must

request the visit in the Community Meeting, and it must be confirmed by the visitor contacting the Counselling team for approval.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30
Medication						
09.30-10.00	09.30-10.00	09.30-10.00	09.30-10.00	09.30-10.00	09.30-10.00	09.30-10.00
Meditation & Affirmation						
10.20-11.20	10.20-11.20	10.20-11.30	10.20-11.20	10.20-11.20	ANGER MANAGEMENT	ART THERAPY
GROUP THERAPY	BILL STEP 1	GROUP THERAPY	SIMON LIFE STORY	GROUP THERAPY		
11.35-12.30	11.35-12.30	11.35-12.30	11.35-12.30	11.35-12.30		
JAMES STEP 3	CO- DEPENDENCY	CBT WORKSHOP	TRAUMA	LISA STEP 1 PART 1		
12.30-13.30	12.30-13.30	12.30-13.30	12.30-13.30	12.30-13.30	12.30-12.45	12.30-12.45
Medication						
13.30-14.30	13.30-14.30	13.45-14.30	13.30-14.30	13.30-14.30	Family Visits	Family Visits
MONICA STEP 2	STUDY GROUP	COMMUNITY MEETING	JO STEP 8 / 9	AFTERCARE		
14.45-15.55	14.45-15.55	14.45-15.55	14.45-15.55	14.45-15.55		
SELF ESTEEM	CBT	CROSS ADDICTION	GOALS GROUP	FUN GROUP		
16:00-16:30	16:00-16:30	16:00-16:30	16:00-16:30	16:00-16:30		
Medication	Medication	Medication	Medication	Medication		

## TREATMENT TIMES

PCP runs a structured groupwork programme from 9:30am-4pm daily (see above). On a weekend and bank holidays it is a half day so 9am-1pm.

It is important that you are ready and on-time for each group session, so we ask everyone to go to the toilet, have a cigarette / vape and a cup of tea in the scheduled break times. We also have some group rules which are important to keep people safe. The basic group rules we ask everyone to follow are:

### GROUP RULES:

- Arrive on time
- No eating, drinking or chewing gum
- Sit upright, no swinging on chairs
- Keep eye contact
- No talking over other people. One person speaks at a time
- **Confidentiality.** What is said in the room, stays in the room
- No leaving the group early (unless pre-arranged with staff)

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. Whilst you are in detox you will not be allowed to go anywhere without a member of staff.

We think this way of doing things enables you to learn vital life skills that you will need once your complete treatment. It means that you must 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.

## **DIARY SHEETS**

We ask that all clients to complete a daily diary sheet – in counselling this is called ‘journaling’ - an important process for you to start to reflect on your thoughts and feelings. Writing them down gives them more power and we will read them to check on your progress.

### **REQUEST FORMS**

If there is anything that you need or would like to do, you will need to complete a ‘Request Form’. These, alongside the diary sheets are handed in every day and the Counselling team will then arrange for your request to be dealt with.

This can be for anything such as:

- Arranging an appointment
- Making a phone call
- Obtaining medication
- Organising shopping

## **AFTERCARE**

PCP runs a weekly aftercare group on a Friday afternoon for all clients that have completed treatment. PCP staff are always on hand to speak to you after your treatment has completed, so please call or email your Keyworker if you need support or guidance.

## **YOUR INVOLVEMENT IN YOUR TREATMENT**

We will endeavour to accommodate all your needs, choices and preferences when you are in treatment at PCP. You will have a dedicated Keyworker, who will coordinate your treatment, and you will have a Care Plan which will set out all the things 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 at a time agreed with you and your Keyworker.

## COMPLAINTS

If you have any concerns about your treatment, please speak to your Keyworker or the Team Leader. We will endeavour to resolve all complaints locally and quickly. If they cannot be dealt with locally, then you will be provided with details as to how to escalate your complaint. If you have any positive comments, constructive suggestions or informal complaints, please use these forms and put in the Suggestions and complaints box.

## ADVOCACY SERVICES IN CHELMSFORD

Explaining what you want or how you feel can sometimes be hard. An advocate is a person who helps you to get your point of view across.

An advocate is there to:

- help you talk to people and ask questions
- support you to have your say
- make sure you have the information you need to make the right choices for you
- go to meetings with you
- support you if you have problems with your bank, benefits, GP, the NHS, appointments etc.
- make telephone calls and write letters for you

Essex County Council works with Rethink Essex Advocacy to provide an accessible all age advocacy service to residents in Essex.

Rethink Essex Advocacy

Telephone: 0300 790 0559 Email: [essexadvocacy@rethink.org](mailto:essexadvocacy@rethink.org)

[www.rethinkessexadvocacy.org](http://www.rethinkessexadvocacy.org)

## PCP HOUSING

PCP provides supported accommodation for anyone who needs somewhere safe to live once they have finished their treatment. If you are interested in this service, please speak to your Keyworker.



We hope that this information will help you to settle into treatment and get the best out of our service here at PCP. If you have any more questions, please ask.