



Action on Addiction

## Community Recovery, Merseyside

Helping people recover from  
addiction in their community





Addiction devastates lives. It is also the biggest preventable killer in the UK today. Millions of people are affected, including children living with the consequences.

Action on Addiction exists to disarm addiction in individuals, families, communities and society.

## What is Community Recovery?

Our aim is to help people recover from addiction in their home community. In doing so, these people encourage others to take their own steps towards recovery. So a recovering community grows, which benefits the community as a whole.

Our Community Recovery services are part of the national charity Action on Addiction and the first one started in Liverpool in 2005. This booklet will explain how they can help you or your family. So, here's what we offer.

### **SHARP (Self-Help Addiction Recovery Programme) at 17 Rodney Street, Liverpool L1 9EF**

SHARP was the brainchild of a doctor in recovery who was concerned that not everyone would choose or could get to residential rehab. So, he decided to take the programme from a residential setting and offer it on a day treatment basis.

SHARP is a structured and intensive programme lasting 48 days. You will need to attend every day from Monday – Friday (9.00am – 4.30pm, with a half day every Tuesday) for the 48 days.

The programme consists mainly of what is called inter-personal group therapy. This includes the 12-Step (spiritual) and the ITEP (cognitive) approaches to recovery, but the one you choose is entirely up to you. Educational workshops and one-to-one counselling are also part of the programme.

Essential to SHARP is the fostering of a dynamic treatment community of people helping each other to achieve recovery; sometimes referred to as mutual aid.

### **Abstinence**

You may have tried many times in the past to stop or control your drinking and/or using, only to find you could not. In fact, that instead of getting better, your problem with addiction – and your life in general – got worse.

Becoming abstinent helps you make a new start but stopping drinking and using is only part of the story. The important thing is to stay stopped so that you can build a new, positive and healthier life; one of freedom and hope rather than self-destruction and despair.

By abstinence we mean not using any mood altering substances, including prescription and over-the-counter medicines (unless justifiably for a specified condition and agreed with us on admission). We do permit smoking in designated areas for limited periods and you will be offered help to quit. We ask you to take care with your intake of caffeine to be found in beverages.

### **What happens in group therapy?**

We have found that what lies at the heart of the problem of addiction is a difficulty with relationships with yourself and others. By this we don't just mean you're having problems with your spouse or arguing with your kids – though this may also be true.

We mean something more fundamental about how we feel in the world and how we express or don't express this to others. This is why group therapy can be one of the most powerful tools for recovery.

It is in the group setting that you will discover how you are seen by others, how your behaviour affects your

relationship with others, and how you may be stuck in old destructive patterns that don't get you what you need or want.

Having this new information, and being part of a supportive and caring atmosphere, you are then able to make the choice to change some of these destructive habits.

### **Former client**

“I was afraid of being judged when I started treatment, but everyone here is in the same position, and non-judgemental.”

## Spiritual or non-spiritual?

The approach you choose to take toward recovery will depend upon a variety of factors. For example, you may have had a positive or negative experience of a particular approach in the past, or you may know people who have found that a certain approach works for them.

Whilst the core of our treatment programme provides regular group therapy and counselling for everyone, your chosen approach will be reflected in the type of

therapeutic work we will support you to do during your time here. This work will help you develop the skills and practices you'll need to extend your recovery beyond treatment and into the 'real world'.

## More about the 12-Steps

The 12-Step programme was first developed by two American men in 1939. They were known as Bill W and Dr Bob, the founders of Alcoholics Anonymous, and were themselves struggling with alcohol dependency. The 12 steps to recovery are now used by millions worldwide as a tried and tested spiritually-focused programme of recovery from addiction to drugs and alcohol, as well as other addictions.

12-Step meetings (known as 'fellowship') include the likes of Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous. These groups are run by members for members: people with addictions helping and supporting one another, using the 12-Step programme as a framework.

## Former client

"My family is back in my life again and I have met amazing true friends here. I wake up each morning happy and free!"

## More about ITEP

ITEP stands for the International Treatment Effectiveness Project. It provides a framework to support you in developing a deeper understanding of the thinking and behaviour associated with addiction, as well as skills and techniques to help you change.

ITEP is a non-spiritual, cognitive approach. It allows you to 'map' problematic thinking patterns and behaviours, identify your strengths and areas in need of development and be active in learning how to manage your life, relationships and the choices you make in recovery.

## So how do I apply for SHARP?

Feel free to drop in to one of our open-access referral sessions during the times below. You can meet a member of the team and ask any questions you may have.

Mon and Wed 2.00pm – 4.00pm  
Thur and Fri 10.30am – 12.30pm

## Former client

“Community Recovery is a stairway to recovery – an exciting opportunity to explore and express yourself.”



## Services based at The Brink

### The Brink of Change programme

Reaching out is often the most difficult thing to do but if you have a history of addiction or substance misuse, you are still drinking or using substances and want help to become abstinent, or if you have relapsed after a period of abstinence, then the Brink of Change programme could be your ideal starting point.

The Brink of Change is a programme of support, information and guidance to help you as you prepare to take the first steps toward long-term change and becoming abstinent as the means to a better quality of life.

Based in the safe, welcoming environment of The Brink (The UK's first alcohol-free café/bar), the programme is run by professionals who have personal experience of addiction. The programme helps prepare people for treatment options such as rehab, day treatment, group work and other interventions.

Some people may engage with the project for a few weeks prior to detoxification or accessing other services, whilst others may engage

“The Brink is a safe place, particularly out of hours when all other services are shut. I would have relapsed many times if it wasn't for their support.”

for longer periods. The programme can also be accessed by people who have relapsed and wish to re-engage with recovery in a more formal way than just through fellowship or other mutual aid options.

The programme draws on motivational and cognitive approaches, delivered through themed workshops and support groups. Some of the topics include: harm reduction; dependence and health; relapse prevention; developing positive networks; accessing support pathways and

supported housing and information about the treatment system.

The Brink of Change programme includes:

- Breakfast peer support sessions over tea and toast
- Group-work sessions
- Visits to other support services
- Guest speaker presentations
- One-to-one keyworker sessions
- Assertive outreach
- Relapse support groups
- Information support for families
- Support to access and attend fellowship or mutual aid groups

You can refer yourself to the programme, or you can be referred by other agencies.

Your first session with a Brink of Change staff member will be the same day or, at the very latest, within 48 hours. Immediate access to informal one-to-one sessions with a member of the Brink of Change team is also available for those who need additional advice and support.

The programme operates at The Brink between 9.00am and 6.00pm

five days a week plus selected evenings, and even on Sunday afternoons.

### **The Alcohol Pre-Abstinent Support Service (APASS) – Are you drinking too much?**

If you feel that your drinking is becoming a problem and you are thinking about possibly needing to give up alcohol, the Alcohol Pre-Abstinent Support Service (APASS) can assist you in taking the first steps to your goal.

This confidential, free service will provide you with the support you need to make an informed choice about what to do next.

To assist you in reducing your alcohol intake, abstaining completely or accessing an abstinence-based treatment and recovery programme, APASS offers one-to-one counselling as well as group support and onward referral to the appropriate service.

This service is provided in a quiet, confidential space within the relaxed environment of The Brink, the alcohol-free café/bar.

Qualified and experienced counsellors will be available to help.

In today's world, we may not get or give ourselves the space and time to look at our situation in an honest way. We may find it difficult to explore things with families and friends and tell them what's happening where our alcohol consumption is concerned.

Friendly and sympathetic counsellors at the confidential APASS service will help you to reflect on what is going on for you and to identify the things you need to do to make positive changes in your life. You will be able to discuss choices and decisions you are thinking of making and set realistic and achievable personal goals. These choices, decisions and goals are always yours.

The weekly group session is one option to consider. It is a time when people in similar situations can share their experiences. This helps to reduce the isolation people often feel. It can be helpful to know that you are not the only one with such problems.



People attending the groups develop trust and friendships based on real understanding, as well supporting each other to find practical and healthier ways of coping.

The APASS service is available Monday to Friday between 9.00am and 5.00pm and additionally on Monday and Wednesday evenings between 5.00pm and 8.00pm.

Give APASS a call in complete confidence on **0151 703 0582**

## Family Support Group - What about you?

Families are affected both individually and as a whole by the misuse of alcohol and drugs of family members. Because they understandably spend so much time focussing on the person who is misusing substances, families can come to overlook their own welfare. They can become stuck in the desperate, even obsessive struggle to get the other person to change. They may adapt unhealthily to the demands of the misuse or addiction. Their confidence and self-esteem plummets and they can become highly anxious and chronically depressed.

And yet they seldom, if ever, pause to look after themselves properly or take time out to reflect on their own situation. This is a real pity because the evidence tells us that to do so is not only good for them individually and for their families, but also for the person with the problem of misuse or addiction.



For obvious reasons, we tend to think that it is the misuser who needs to recover and while that is undoubtedly true, families and their other members also need to recover from the effects of the destructive dynamics of misuse or addiction.

The Family Support Group is specifically designed to respond to the needs of families and anyone else personally affected by another person's misuse of drugs or alcohol.

A safe place is created in which family members can speak openly about their experience. With the support of other people in the same situation and with the help of specially trained counsellors they relieve stress, reduce isolation, improve their understanding of their situation and their problematic coping strategies as well as discover ways to improve their self-care.

Having come to a much improved understanding of addiction and its effects on families, they learn ways to respond differently to the misuser and adjust their expectations. They take the pressure off. They give themselves permission to have their own lives again and re-set the relationship with their loved one.

Our aim is to help each member of the group to feel safe, heard, understood and supported in their own right.

### **Former Client**

“At family support I am able to express my feelings and issues at ease, surrounded by people who have experienced the same as me”

At Family Support based at The Brink, we promise that we will offer you the kind of warm, whole-hearted, expert support that could result in a potentially life-changing experience.

Call Family Support on  
**0151 703 0582**

## The Brink

The Brink is a café/bar, a place to eat, drink, hang out and meet up – without alcohol. There aren't many bars like that... which is why we set up this one! It's a revolutionary new venue that's so much more than your usual café bar. We've taken alcohol out of the mix to provide a truly welcoming, creative and intelligent space where people from all backgrounds and walks of life can dine, hang out, socialise and relax.

Our award-winning team work hard to bring you an amazing alternative experience. We've built our unique menu around the best locally-sourced ingredients, complementing our lovingly-produced fresh food with a great range of delicious non-alcoholic drinks.

We also like to do our bit to promote the health and creativity of our local community, offering space for recovery-focused advice and support services. We're friends with many local artists and musicians who put on a wide range of entertaining, educational and inspirational events.



The Brink also offers afternoon teas, hot and cold buffets for business meetings or family celebrations, business sandwich platters and can even host and cater for marriages, civil ceremonies and wedding celebrations; all food menus can be accompanied with an array of innovative non-alcoholic drinks and cocktails.

## For Families

The For Families residential programme offers support to the family members or carers of those with substance misuse issues.

The programme is a five-day residential course, which is designed specifically to offer help, support and understanding to anyone who has been affected by someone else's misuse of drugs or alcohol.

It offers a safe environment in which to begin to recover from the trauma misuse can cause, to develop awareness and insight and to improve coping skills by changing attitudes and behaviour.

Action on Addiction runs regular For Families residential courses in the North West each year, facilitated by our qualified family therapists.

Travel to and from the venue, accommodation and meals for participants are all included.

For more information on For Families, please contact the Families team on 0151 703 0679.

## Former Client

“Having struggled with family members caught up in addiction for over 30 years I was still unaware of how much help I needed. This programme has been a turning point in my life. I have safely been able to look at the past, show my emotions and begin to rebuild my life.”

Community Recovery, Merseyside is part of Action on Addiction. We take action to disarm addiction. We do this through research, treatment, family support, education and training.

## **The M-PACT (Moving Parents And Children Together) programme**

Are you a parent who is (or has been) experiencing a problem with drugs or alcohol?

Would you like professional support to improve communication and understanding within your family?

M-PACT is a 10-week programme that takes a whole family approach in meeting the needs of children experiencing the effects of parental substance misuse.

Action on Addiction runs the M-PACT programme several times a year in Liverpool, with sessions taking place one evening per week over a 10-week period.

The sessions are held in the early evening to avoid conflicting with work or school commitments.

Our qualified team of family counsellors work with parents and children in both separate and combined groups over the 10 weeks. Space and support help develop an understanding of the impact of addiction on the family system and

begin the work of moving the family together and away from addiction.

To find out more, or if you would like to take part and are the parent of a child or children aged 17 or under, please get in touch with the M-PACT team on 0151 703 0679.

## **COAP - Children of Addicted Parents and People**

COAP offers a welcoming, safe, and supportive online community for young people, ranging from 7 to 30 years of age that have concerns about another family member's addiction. Together our online community supports and empowers its members, allowing them to share problems and seek advice from others who understand what they're going through.

Our vision is for every young person affected by parental and family drug and alcohol misuse, or any other form of addictive behaviour, can connect with others in similar situations, and access the help they need to support their emotional wellbeing.

You can find out more at [www.coap.org.uk](http://www.coap.org.uk)

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## Contact us

Action on Addiction  
Community Recovery  
17 Rodney Street, Liverpool L1 9EF

Contact Admissions  
Call 0151 703 0679  
Email [crliverpool@actiononaddiction.org.uk](mailto:crliverpool@actiononaddiction.org.uk)

For more information about Community Recovery, Merseyside or any of our other services:

Visit [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk)  
Call us on 0300 330 0659  
Email [action@actiononaddiction.org.uk](mailto:action@actiononaddiction.org.uk)

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*The*  
**CHARITIES  
FORUM**

Founded by  
The Duke and Duchess of Cambridge  
and Prince Harry

