

Action on Addiction

## Hope House residential treatment

Second-stage residential treatment in  
a peaceful corner of South West London





Action on Addiction

**Hope House is a women-only second-stage Action on Addiction treatment centre. We are the only UK charity working across the addiction field in research and prevention, treatment, professional education, advocacy, family and child support.**



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## Welcome to Hope House

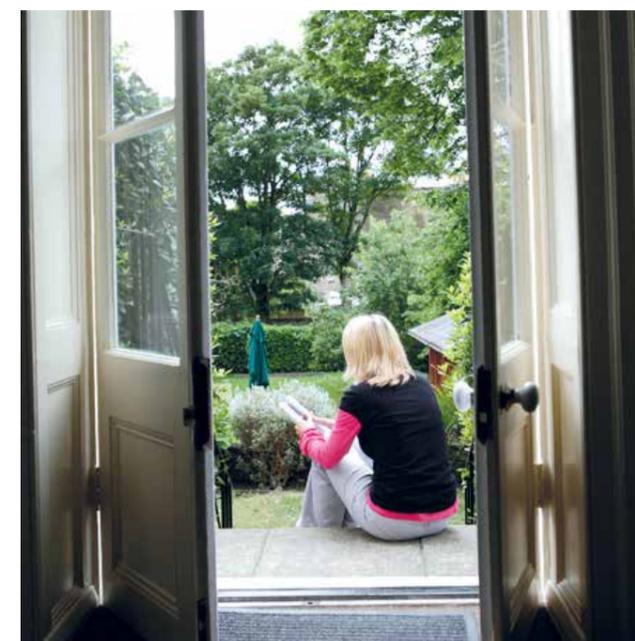
Hope House is a safe, secure and comfortable place for women to recover from substance dependence and other compulsive disorders. If you have already undergone detoxification and first-stage treatment but are in need of further support, we can help you come to terms with problems related to your addiction and help you maintain a substance-free life.

Hope House is special in that it is just for women. Many of our clients have a history of difficult relationships and find an all-female environment a supportive place to work through issues and strengthen the recovery process. Living with other women in similar situations, you will benefit from the care of the counsellors and therapists and the encouragement and support of your peers.

The Hope House treatment programme lasts 12 to 24 weeks and is suitable for women aged 18 or over who have undergone detoxification and first-stage treatment.

A beautiful private garden offers you a haven from the city and a natural, peaceful environment in which to relax. Inside, there is a large living room where you can chat, read or watch TV. There are also a number of private counselling rooms for one-to-one therapy sessions. Our bedrooms are light and airy with contemporary furniture and newly fitted bathrooms.

Hope House is registered by the Care Quality Commission and all of the Charity's treatment services have been internationally recognised with the accreditation of the CASPE Healthcare Knowledge Systems (CHKS).



### Our staff

Our committed and highly qualified staff are specialists in addiction as well as personality and eating disorders. They work as a diverse but unified team of counsellors and therapists, providing a structured treatment programme for women with complex needs.

We work with you to help you understand the issues relating to your substance misuse. We will encourage you to develop your own strategies for living effectively in the community free of the need to rely on drugs or alcohol.



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## Maria Housekeeper

“I was a housekeeper at Hope House for nine years and, after a six-year break, I’ve returned. This job is like a magnet and I was so lucky to be able to pick up where I left off. My role is to keep the house clean and safe for residents – it’s rewarding and every day is different. For me, it’s a great honour and privilege to work here.”



## Coming to Hope House

### Referrals

To be referred to Hope House you must be 18 years or over and have already undergone detoxification from drugs and/or alcohol. You must have been free from mood-altering substances for at least two weeks.

We prioritise women who have already completed a first-stage treatment programme. It helps if you are familiar with the 12-Step abstinence-based approach to recovery, so you will know what to expect in advance and be ready to participate in the programme. We accept all sources of referral, including self-referral.

### Pre-treatment assessment

We like all clients to attend a pre-treatment assessment visit, during which time we make sure that Hope House is the right place for you. You will be able to see the house and meet our staff, along with the other women here. You will also be able to stay the night if you’ve travelled a long distance. If a visit is not possible, we can arrange a telephone assessment.

If you have mental health issues, we have highly-trained staff who can work with you and the services you are currently in contact with.

## Tara Patient

“For me it wasn’t just the using I had to get over, it was the physical and mental abuse that went with it. Hope House was the first place I’d visited in my entire life that felt safe. I was so shocked by how kind and supportive everyone was.”



## What to expect

### The treatment programme

We provide a professional and well-planned therapeutic programme based on a 12-Step abstinence model. Our holistic approach considers your emotional, physical, educational and recreational needs.

On arrival, you will be shown to your room and assigned a 'buddy'. Mutual support is crucial to clients' recovery, as you will help each other re-build your confidence and learn or re-learn life skills. Everyone participates in the running of the house, including shopping, tidying and budgeting, as well as making decisions about domestic and community matters. We find shopping, cooking and eating together plays a powerful part in mutually supported recovery.

You will be involved in your own treatment planning. You will be able to share your experiences of the challenges of recovery in daily life groups, workshops and one-to-one counselling sessions. We will help you focus on relapse prevention and work with you on health, family and housing issues.

New residents are not allowed out unaccompanied for the first week, but after that you can go on social outings with fellow residents as a fun and helpful part of the treatment process.

### Other activities

We offer a number of therapies to complement the treatment programme:

- **Art therapy**

You can work with qualified art therapists to explore your personal issues through drawing or painting.

- **Reflexology**

A massage therapy in which pressure is applied to areas of the feet and hands to encourage healing in corresponding organs, glands and body parts.

- **Yoga**

Yoga uses postures and the movement between postures to align the body and coordinate breathing to improve health, and wellbeing and a more peaceful mind.

- **Gym**

We also offer a gym membership for the duration of your treatment to help improve your general fitness.

- **Shiatsu**

A hands-on therapy, which applies pressure to the body to correct imbalances and maintain and promote health.

## Carol

### Support Team Manager

"I enjoy working at Hope House because it is great to see the women working towards their recovery and gaining confidence and self-respect. The environment of the house is often described by the women as 'supportive'. It's just one of the things that make Hope House a house of hope."

## Karen

### Counsellor

"When I joined Hope House I found it a safe, supportive and caring environment for women. One of the reasons I enjoy working here is that I can help support women with trauma and abuse issues and witness their self-development. This involves empowering the clients, addressing their psychological needs and providing an inner strength that will help them stay in recovery."



## Managing your recovery

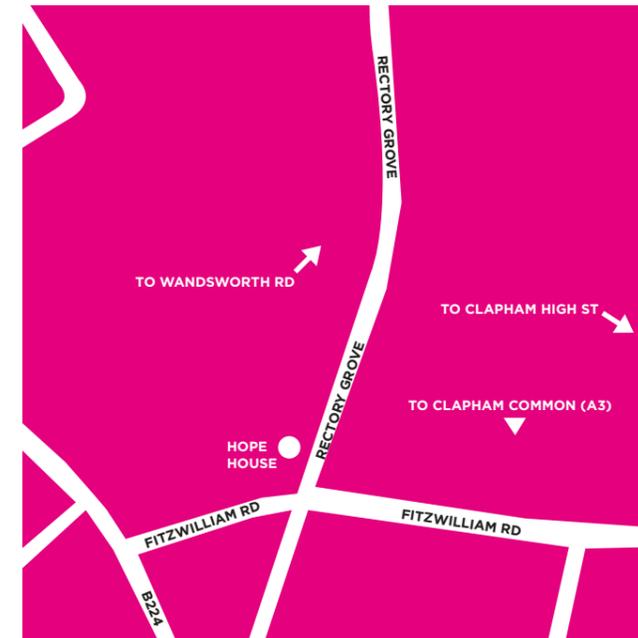
### Aftercare

Following the residential treatment programme, we provide 12 weeks of structured aftercare, supporting your recovery back into the community. We also provide individual follow-up sessions with continuing resettlement advice for up to one year.

Research shows that 12-Step self-help groups such as Alcoholics Anonymous and Narcotics Anonymous can be extremely beneficial in helping maintain a drug- and alcohol-free lifestyle. We will encourage you to regularly attend these meetings. If we feel you need further professional help and support for whatever reason, we will provide guidance and onward referral.



## Contact us



### By tube

Clapham Common, Northern Line

### By Bus

Number 88

### George

Child of former patient

“Hope House took a confused woman away from my family and six months later they gave me back my mum.”

### Support for families

Rebuilding close relationships with your family is vital to recovery. We encourage facilitated meetings between you and your family, and children under 12 can stay overnight at weekends. There are no special facilities for children so agreement needs to be discussed between other residents, Social Services and staff. You are responsible for your children but staff are on hand if support is needed.

### Hope House

52 Rectory Grove

Clapham

London SW4 0EB

Telephone: 020 7622 7833

General enquiries: 0300 330 0659

Email: [hopehouse@actiononaddiction.org.uk](mailto:hopehouse@actiononaddiction.org.uk)

Visit: [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk)



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

## Contact us

**Action on Addiction**  
**Hope House**  
**52 Rectory Grove**  
**Clapham**  
**London SW4 0EB**

For more information about Hope House  
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

