



Action on Addiction

Hope House residential treatment

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



Welcome to Hope House



Hope House is a second-stage residential treatment centre for women, aged 18 and over, primarily recovering from drug and/or alcohol addiction. Hope House is a beautiful Georgian House situated in a quiet residential street in Clapham, South West London.

Hope House has up to 23 residents at any one time. Each of our clients receives the individual care and attention she needs whilst also being part of a close-knit group supporting individual and collective recovery.

Janet

"I was scared when I first walked in and although it was tough to begin with, the fact that it was women only really helped. I built strong relationships with the other girls which has helped my confidence and ability to deal with the real world without using drugs."



The treatment journey

Treatment and recovery is a journey. There are identifiable places to be visited and challenges to be faced along the way. Clients referred to Hope House from first-stage treatment centres such as Clouds House are able to continue their treatment in our second-stage programme.

This means women who attend Hope House have already undergone a physical and psychological withdrawal from drugs/alcohol and have initiated a fundamental change in their approach to life.

The role of Hope House is to manage a key stage of the journey, to enable change and strengthen the client's resources for recovery.

Hope House gives women the time and space to work on the issues that can impede the recovery process. They have the chance to examine their vulnerability to relapse. This may involve physical and sexual abuse issues, food disorders and/or dual diagnosis.

Our clients

Referrals to Hope House are made on the basis of a recognised need for a female-only treatment environment as part of a larger care plan agreed with the referrer. The setting provides a safe environment where women feel able to explore difficult and sensitive personal issues with the support of their peers.

Clients often have a history of problems with relationships. The absence of men in the treatment environment gives the opportunity to gain a different perspective on self-defeating and self-destructive patterns of behaviour, to develop a healthier approach to life.

The therapeutic programme

The structured therapeutic programme supports women with complex needs. The Hope House programme lasts between 12 and 24 weeks, taking into account individual needs and funding availability.

We use a holistic approach to treatment, focusing on the psychological, emotional, physical

and educational needs of our clients. This is underpinned by a 12-Step abstinence-based model which supports the transition back into community living.

The Hope House programme consists of the following:

- **Group therapy**
- **One-to-one counselling**
- **Workshops** – both therapeutic and educational
- **Assignments** relevant to individual treatment plans
- **Family conferences**
- **Leisure activities**
- **Life-skills training** including shopping, cooking and budgeting
- **Assistance** with housing and resettlement.

Other activities

Art therapy, reflexology and yoga are included to support and complement the treatment programme. Clients are also supported with a gym membership for the duration of their residential treatment.



Tara

“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.”

Support for families

Rebuilding close relationships is a fundamental part of recovery. We help women and their families deal with the positive changes that are occurring in their lives.

Facilitated meetings with families are encouraged and children under 12 years old can stay overnight at weekends by arrangement. However there are no special facilities for children. Social Services, project staff and other residents must be in agreement with them visiting and mothers are responsible for the care of their children.

Our staff

Our team of qualified counsellors and therapists has expertise in addictions, personality disorders and food disorders.

Aftercare

We provide 12 weeks of structured aftercare for those who have completed the residential programme. This supports clients with their recovery in the community and we strongly encourage attendance at

regular Alcoholics Anonymous and/or Narcotics Anonymous meetings.

If we feel individuals require further professional help and support for specific reasons, we will provide guidance and onward referral.

Referrals

Referrals are accepted from all sources including self-referrals and may require supporting information or reports from other professionals. Admission is subject to an in-person or telephone assessment.

As we do not provide detoxification clients need to be drug- and alcohol-free for at least two weeks prior to admission. Knowledge of the 12-Step abstinence approach is helpful so we will prioritise those in primary treatment.

Action on Addiction
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Contact:
Admissions on 020 7622 7833

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HopeHouse@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

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For more information about Hope House or any of our other services:

Visit www.actiononaddiction.org.uk

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FORUM**

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and Prince Harry

