

USEFUL CONTACTS

Narcotics Anonymous Helpline

07071 22344 or 0300 999 1212

www.ukna.org

Cocaine Anonymous Helpline

0141 959 6363 or 0800 612 0225

Www.cascotland.org.uk

Alcoholics Anonymous Helpline

0845 769 7555

Www.alcoholics-anonymous.org.uk

Leven Addiction Service

01389 812018

Community Addiction Team

0141 562 2311

Safe As Houses Recovery House

51 Jean Armour Drive

Clydebank

G81 2EX

Tel: 0141 952 2282

1/3 Quay Street

Dumbarton

G82 1LG

Tel: 01389 734 500

Fax: 01389 734 547

118 Dumbarton Road

Clydebank

G81 1UG

Tel: 0141 951 2420

Fax: 0141 952 5454

All4Youth

49 Main Street

Alexandria

G83 0DY

Email: info@alternativeswd.org

Web: www.alternativeswd.org

ALTERNATIVES

Safe As Houses

For Those Resident

Outwith the Area



What is Safe As Houses?

Safe As Houses is a programme for people who have been dependent on drugs and/or alcohol who want to achieve an abstinence based life-style.

What is the programme?

There are two components to this programme—the community based programme available to West Dunbartonshire residents only and the Residential component, available mainly to West Dunbartonshire residents but with a limited facility for those outside the local area, providing they have a funder able to financially support this programme

Its a three month daily programme based in Clydebank. The programme includes group work, workshops, presentations and education, training, recreation and relaxation.

Where appropriate we'll try and involve family members and partners. It's a busy programme and you'll need a lot of motivation and energy to take part.

What is the residential part?

This is a 'drug free/sober supported accommodation that can be accessed for up to three months of the programme. Alternatives recognise the uniqueness of every individual and can facilitate an extension in special circumstances.

The supported accommodation is based in Clydebank. People coming to Safe As Houses will stay here where there is 24/7 support and where a variety of issues can be addressed in a secure and safe environment.

How do I get onto Safe As Houses Programme?

If you live outside West Dunbartonshire, a referral must come from a provider who is able to fund the cost, with an initial 4-6 week funding agreement in place. If you meet the conditions for the programme, you will be offered an assessment.

What is involved in the assessment?

An assessment will normally be carried out over two appointments. We'll try to get to know you a little bit and ask quite a few questions. Part of the assessment is to try to judge how motivated you are to aim for recovery, as the Alternatives programme is fairly intensive and likely to be challenging. Some individuals may not be ready for the programme. If this is the case, we will tell you why we think this. This does not stop a future referral for further assessment.

What else might help?

You might find it helpful to engage with mutual aid groups (Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous and SMART Recovery. Contact details can be found at the end of this leaflet.

What about evenings and weekends?

The programme is seven days a week. At weekends, things get a bit more relaxed and the focus shifts to recreation. Experience has shown that to stay drug free and sober, you need to work hard on your recovery. We also know that folk who go to mutual help groups (AA, NA, CA and SMART) have greater success at maintaining recovery than those who don't. Mutual aid groups are an important part of Safe As Houses approach and we will ask you to commit to going to regular evening meetings during the time you are on the programme.

What happens when I finish?

A follow on care plan will be developed in conjunction with you, your key worker and your Care Manager. This will guide you on your continued recovery journey.