

What is Safe As Houses Residential Component?

Safe As Houses is a programme for homeless people from all areas of West Dunbartonshire who have had, or have a drug problem, but want to achieve abstinence.

What is the programme?

It's a 12 week residential programme run by Alternatives. The programme includes group work, workshops, environmental work, education, training, recreation and relaxation. It's a busy programme and you'll need a lot of motivation and energy to take part.

Who is it for?

It's for people living in West Dunbartonshire whose control of their drug use has caused problems, and you want to move on from maintenance treatments to abstinence.

Will I get a detox?

We'd like people to come to Safe As Houses, having been detoxed already if possible. However where this is not possible, we will work with your prescriber to negotiate a detox if suitable to both parties. We can work with people who are being prescribed maintenance medication such as Methadone, Suboxone or Subutex

Is it residential?

West Dunbartonshire Council is working in partnership with Alternatives to provide a 12 bedded drug free/sober supported accommodation for the three months of the programme.

The accommodation is based at a house in Clydebank. You will stay here and housing support staff will also work with you during this time on a variety of issues, including re-housing if required. Some people will only attend our day programme without the accommodation and will be able to attend the day programme from home.

How do I get onto Safe As Houses Programme?

You need to be referred. A referral can come from your GP, a voluntary service, a specialist service or any professional involved in your care such as Housing that can send us some information about your case. You can also make a self referral through Alternatives. If you meet the conditions for the programme, you will be offered an assessment.

What is involved in the assessment?

We will often already know you and you may be, or have been, on our day programme. Depending on what we already know about you, an assessment will normally be carried out over two appointments. Part of the assessment is to try to judge how motivated you are to aim for recovery, as the Safe As Houses programme is fairly intensive and will be challenging. If you are assessed as not suitable at this point, you will be able to work towards becoming ready through an agreed care plan.

What else might help?

Part of the programme will be to engage with mutual aid groups such as 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 full programme runs seven days a week. At weekends, things get a bit more relaxed and the focus shifts to recreation and family visits. Experience has shown that to stay drug free and sober, you need to work hard on your recovery. 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?

In the Senior phase of your programme you will work with us to develop an aftercare plan. On completion of your programme you will be referred into Alternatives CALM group for a further 12 weeks should you wish. During this time and until 12 months after the start of your programme you can continue to work with our Senior Link Worker. As part of the aftercare programme there may be an opportunity to train as a voluntary peer support worker and you will have the opportunity to be part of the future support network for new residents at SAH.

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

WDC Homeless Team

Clydebank: 01389 738625

Alexandria/Dumbarton: 01389 608956

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

34 Alexander Street

Clydebank

G81 1RZ

Tel: 0141 951 2420

All4Youth

49 Main Street

Alexandria

G83 0DY

Email: info@alternativeswd.org

Web: www.alternativeswd.org

ALTERNATIVES

Safe As Houses

West Dunbartonshire

