

Supporting Change for Families and carers

We know that family and carers of people with addiction feel helpless by what can sometimes be described as the chaos that surrounds them. It affects not just the person with the problem but those closest to them.

The Support we provide?

- Information on drug and alcohol treatment
- Drug and alcohol awareness
- Understanding addiction
- Signpost you to the help you need
- Provide advice and guidance to secure your emotional wellbeing

Volunteering opportunities:

If you think you could be a peer mentor to families due to your own experiences, why not give us a call for more information.

Training is provided

Equal Opportunities

You will be treated with dignity and respect, and we will not discriminate against you on the grounds of gender, sexuality, age, race, religion, health status, ability or class.

The East Riding Partnership

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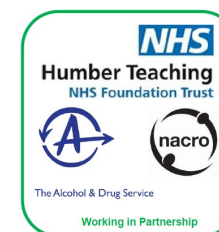
The Alcohol & Drug Service
Reg. Charity no. 1108595 Company no. 05375809



WORRIED ABOUT YOUR OWN OR A LOVED ONE'S SUBSTANCE MISUSE?

CHANGES SERVICE IS HERE TO HELP

“supporting people to make positive change”



Are you in recovery and want to be a Volunteer Peer Mentor?

The East Riding Partnership is committed to the principle of peer-to-peer support and believes this type of support can be beneficial to the mentor and mentee in their respective recovery journeys.

We believe that volunteers can enhance the quality of the service we provide and that the act of volunteering can provide learning and development opportunities to those volunteers.

The East Riding Partnership values its volunteers and aims to fully support all volunteers with appropriate training.

Peer Mentoring

If you think or already know you have a drink or drug problem, our service lets you talk to someone who has experienced drug and alcohol treatment within the East Riding and is now in recovery.

We provide Private and Confidential Support offering:

- Positive role model support
- Support in your treatment journey
- Advice to make positive changes

How we do it?

- One-to-one support
- Three-way meetings with your worker
- Group Support
- Telephone Support

The Community Rehabilitation Programme

The programme is a 12-week course running daily.

The course is intended as an alternative to a residential placement for people who cannot be away from home for the length of time required for a Residential Rehabilitation Programme.

A Community Rehabilitation Programme allows people to maintain other areas of their lives such as relationships with children, education, even paid employment.

Service users who are engaged in a Community Programme can develop new skills, learn alongside peers through group work and social activities, build new support networks and increase individual confidence levels.

The Community Rehabilitation Programme will take participants through a series of evidenced based CBT (Cognitive Behavioural Therapy) group work sessions that are designed to equip members with the skills needed to sustain recovery from drug or alcohol use. Over the 12 weeks participants will look at the following (and more)

- Thinking patterns
- Relapse prevention
- Self-identity and assertiveness
- Decision making
- Weekly planning and structure
- Education and training pathways
- Mindfulness and relaxation skills
- Peer support
- Social and life skills

One to one sessions run alongside
the group work



The Alcohol & Drug Service are a partnership organisation with SMART Recovery and support SMART meetings in the East Riding area.

How does SMART Recovery work?
SMART Recovery meetings help us learn the tools and skills that will help us recover from addictive behaviour.

SMART Recovery *is* self-help because we use tools to 'self manage' our recovery. Other people can help us but nobody can walk this journey on our behalf.

SMART Recovery is mutual-aid because we inspire, encourage, help, reassure and motivate each other on what can be a difficult journey.

Our meetings follow a standard format so that after a couple of meetings you will understand what to expect.

At the start of each meeting, the Facilitator reads out the opening statement which reminds everyone of what the SMART Recovery approach is all about.

This will be slightly different in a meeting being led by a member of staff in a treatment service, but it gives you a good idea of what will follow!

SMART Recovery Family & Friends help those who are affected by substance abuse, drug abuse, alcohol abuse or other addictions of a loved one.

Contact us for more information or visit
www.smartrecovery.org.uk