



MULTI-PHASED  
ALCOHOL & DRUG  
REHABILITATION  
PROGRAMME

# A GUIDE FOR PROFESSIONALS



OPENING MINDS TO CHANGE

Open Minds is a multi-phased treatment programme designed to meet the individual needs of your clients.

The phases range from detoxification through to extended rehabilitation. The Open Minds approach allows for maximum flexibility when designing an individual care plan.

Our programme of recovery offers comprehensive, abstinence - based treatment and care for people who have problems with alcohol or drug use.

## INTRODUCTION

“ Flexible, comprehensive treatment for your clients ”


We offer help to people who are over 18 years of age and:

- Have a problem with alcohol or drugs and would like to stop drinking or using
- Need detoxification and a comprehensive rehabilitation programme
- Have already stopped using alcohol and drugs but need ongoing counselling, support and help with relapse prevention
- Have attended a structured rehabilitation programme elsewhere and would like to participate in our extended care phase
- Who are partners or family members of people who have problems with alcohol or drugs

The intensive treatment programme is delivered at the Open Minds Day Centre. For clients needing residential treatment we have separate sober housing facilities for the primary and extended care programmes in order to provide full-time supervision.

Our location on the border with England and North Wales puts us within easy reach of a wide range of leisure and exercise opportunities. Open Minds utilises its location in support of an integrated approach to the treatment of addiction. This includes introducing clients to a wide range of therapeutic pursuits as part of the weekend programme.

This information pack has been provided to introduce our service to addiction treatment professionals. It contains detailed information on the programme content and structure. For information on any aspect of our service not covered here please call and we will be happy to provide the details you require. If you would like details to give to your clients we have a pack designed for service users.



“ Quality counselling is delivered with a passion for recovery that is infectious ”

## TREATMENT PROGRAMME

The Open Minds treatment programme is delivered by our team of qualified and experienced counsellors. In addition to their professional qualifications most of our therapists have some personal experience of addiction and the recovery process. The result is that the counselling provided here is not only of a very high quality, it is also delivered with a passion for recovery that is infectious.

The daily programme is highly structured and is designed firstly to help our clients to recognise and accept the extent of their chemical dependency, and then to develop the skills and attitudes necessary for their long-term recovery.

Regular individual counselling sessions help clients to identify and overcome any underlying personal issues that could interfere with the recovery process.

The programme includes:

- Meditation and relaxation classes
- Group Therapy
- One-to-One Counselling
- Weekly Care Plan Review
- Life Skills Workshops
- Educational videos and lectures specific to substance misuse
- Cognitive Behavioural Therapy
- Motivational Interviewing
- Goal Setting and Planning
- Relapse Prevention Workshops
- Therapeutic Work Activities

“ We offer a safe, tranquil environment in which to begin the journey of recovery ”

Clients entering our primary programme stay at our 14 bed sober house situated a short distance from the Day Centre. This tastefully renovated and comfortably furnished detached house is set within private walled gardens. It offers a safe, tranquil environment in which to begin the journey of recovery.



## PRIMARY PROGRAMME



The clients work as a team and share all the household duties, offering a great opportunity to develop and improve the life skills that will be needed when leaving treatment.

In order to ensure the safety of the clients and the integrity of the abstinence-based programme the premises are staffed at all times so there is always a housekeeper to offer practical support and to ensure the smooth running of the household.

During this phase clients will be encouraged to explore and come to an understanding as to what has led them to this point. They will also be helped to identify and understand the consequences of their substance dependency. Open Minds believes that assessment is a process not a single event. Participation in this phase is compulsory for all clients entering the programme.

“ We believe that assessment is a process not an event ”

## PHASE ONE ASSESSMENT - 2 WEEKS DURATION

### Elements of Phase One include:

- Attention to client's immediate needs and any identified risk factors
- A supported community-based detoxification process (where appropriate).
- Working with the client to produce a comprehensive, assessment based care plan to match immediate, medium and long-term needs and goals
- Support with legal issues, court cases and outcomes, including liaising with probation, social work, legal representatives and other relevant agencies
- Education on H.I.V, Hepatitis, safe practices and general health related issues.  
All testing will be facilitated in accordance with best practice guidance with regard to pre and post-test counselling
- Family counselling or mediation can be provided when appropriate

### This phase will help the client to:

- Develop a deeper understanding of the consequences, costs and likely outcome of previous behaviour patterns and attitudes in relation to substance misuse
- Learn about aspects of physical and mental health related to substance misuse
- Improve contact with families and significant others
- Increase self-awareness, positive self-regard and appreciation of the diversity of others
- Improve communication skills
- Prepare for the next phase of recovery

During this phase clients develop a greater understanding of the link between their thoughts, feelings and actions, and learn to accept responsibility for their chosen behaviours. This increases their awareness of cues and triggers to substance misuse, improves personal decision making and enhances relationship building skills.

#### Elements of Phase Two include:

- Identification of self-defeating beliefs and behaviours
- Exploring triggers, thoughts, feelings and behaviours in relation to substance misuse
- Identification and understanding of different approaches to problem solving
- Recognition of the difference between wants and needs
- Identifying and coping with feelings
- Communication skills

## PHASE TWO UNDERSTANDING - 4 WEEKS DURATION

“ improves personal decision making and enhances relationship building skills ”

#### This phase will help the client to:

- Develop a personal recovery plan
- Develop a greater understanding of feeling processes
- Increase awareness of triggers
- Develop relationship building skills
- Accept responsibility for chosen behaviours

During this phase clients begin to develop and practice different ways of thinking and behaving. Attitudes are expected to begin to alter with behaviour starting to reflect a greater understanding of personal responsibility

## PHASE THREE ACTION - 6 WEEKS DURATION

### Elements of Phase Three include:

- Development and practice of strategies for changing self-defeating beliefs and behaviours
- Adoption of healthier attitudes and behaviours
- Use of enhanced problem solving skills
- Developing conflict resolution skills
- Communication skills

### This phase will help the client to:

- Put into practice new skills and strategies to deal with cues and triggers to substance misuse identified in phase two
- To develop healthier attitudes and behaviours
- Improve personal decision making skills
- Improve relationship building skills
- Further understand the purpose of counselling, group therapy and the recovery process
- Acknowledge the importance of honesty
- Develop relapse prevention strategies

“ Attitudes are expected to begin to alter with behaviour starting to reflect a greater understanding of personal responsibility ”

## Primary Day Programme Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	Open Group	Meditation	AA Reading	Meditation	Meditation
9.30		Feeling Diary Group		Feeling Diary Group	Feeling Diary Group
11.00	Break		Personal Shopping	Break	
11.30	Work Presentation Group	Work Presentation Group		Workshop	Peer Evaluation Group
1.00	Lunch				
2.00	Work Presentation Group	Work Presentation Group	Leisure Activity	Relapse Prevention Group	Big Book Study Group
3.00	Goal Setting Group	Video			
4.00					

Each weekday clients wake at 7am, eat a healthy breakfast and tidy their rooms. They arrive at the Day Centre at 9am ready to start their full programme of group and individual therapy.

Weekends and evenings are filled with structured opportunities to experience a healthy sober lifestyle.

## TIMETABLES

### Extended Care Day Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	Open Group	Meditation	Voluntary Work	Meditation	Meditation
9.30		Relapse Prevention		Feeling Diary Group	Feeling Diary Group
11.00	Break		Voluntary Work	Break	
11.30	Relapse Prevention Video and Discussion	Work Book Review Feelings Diary Group		Workshop	Peer Evaluation Group
1.00	Lunch				
2.00	Relapse Prevention Work Book	Introduction Group Work	Learn Direct Course	Relapse Prevention Group	Personal Shopping
3.00					
4.00					

Weekday Evening Timetables comprise of:

5.30pm	Therapeutic Duties
6.00pm	Dinner
7.00pm	Either assignments or Fellowship meetings
9.00pm	Free Time
11.00pm	Bed Time

Weekend Timetables comprise of a range of activities from; Spring Clean, Gardening, Pilates, Day Trips, Family Visits, Study Time, Games Night and Free Time.

“ The extended care programme now offers a greater level of personal responsibility ”

Clients who have successfully completed our primary programme, or who have completed a thorough primary programme elsewhere can be considered for entry onto our extended care programme.



## EXTENDED CARE PROGRAMME



They move into one of our comfortable extended care properties where they will be given a greater level of personal responsibility. These male and female houses are not permanently staffed, however they are monitored by security cameras in communal areas in order to ensure the safety and sobriety of the clients. Regular evening and weekend staff visits and phone calls are a valuable source of support for clients. The houses are a short walk away from the day centre where clients will make their own way each day. There they participate in a full programme of therapy delivered by our dedicated re-entry team. In addition to the Day Programme they will be following a structured programme of evening and weekend activities.

During this phase clients are able to consolidate the principles and practices developed in phase three. They begin to take more responsibility for their feelings and actions and increase their understanding of the principles of self discipline, integrity and respect for self and others. They will also begin a course of part-time vocational study.

#### Elements of Phase Four include:

- Support for clients as they begin to take more responsibility for their feelings and actions
- Understanding the principles of self-discipline, integrity and respect for self and others
- Examination of past relationship attitudes and current peer interactions
- Encouraging a sense of purpose
- Structured relapse prevention education, both in one to one counselling and in group therapy sessions
- Exploring constructive use of leisure time
- Part time vocational study

## PHASE FOUR TRANSITION - 6 WEEKS DURATION

“Understanding the principles of self-discipline, integrity and respect for self and others.”

#### This phase will help the client to:

- Develop an increased sense of hope for the future
- Improve ability to set achievable goals
- Recognise the personal boundaries of self and others
- Identify behaviour patterns that are destructive to self, others and the wider society
- Develop alternative activities to replace drug/alcohol use
- Develop time-management and planning skills

## PHASE FIVE RE-ENTRY - 6 WEEKS DURATION

During this phase clients are guided through an intensive course designed to prepare them for their return to independent living. They are supported as they work through a series of exercises designed to uncover their personal relapse potential and evaluate the consequences of any future risk behaviours. This work helps to strengthen their level of motivation and commitment to the activities necessary for their successful ongoing recovery.

They also enjoy a series of workshops specifically designed to enhance practical skills that will help increase their confidence in their ability to achieve their recovery goals.

### Elements of Phase Five include:

- Assessing client's current position and identifying any remaining barriers to recovery
- Individual relapse prevention planning
- Enhanced life skills workshops
- Voluntary work activities
- Further education
- Future planning

### This phase will help the client to:

- Develop personal relapse prevention strategies and a clear plan for re-entry to a more enjoyable and productive life in recovery

## PHASE SIX AFTERCARE PREPARATION - 2 WEEKS DURATION

“ Clients will now be supported in making preparations for the completion of full-time treatment ”

Clients will now be supported in making preparations for the completion of full-time treatment. There will be a gradual reduction in programme attendance, tailored to meet the individual needs of each client.

Following completion of the full-time programme clients attend weekly aftercare and relapse prevention groups.



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