

RESIDENTIAL REHABILITATION at **St Thomas Fund**



St Thomas Fund is a residential rehabilitation service based in Brighton and Hove that offers a safe place for adults wanting to become free of drugs and alcohol, and make positive steps towards recovery.

It is a free service for adults over the age of 18 with a local connection to Brighton and Hove; places are agreed with all parties following referral and assessment.

Most residents have a history of rough sleeping, drug and alcohol-related offending and/or other difficulties linked to their drug and alcohol use. We also work with people who have experience of complex mental and physical health needs alongside their substance misuse issues.

The service operates over three houses and can support up to 21 residents over the 3 sites.

The first 'stage' is based at Cromwell Road. This has places for seven residents and is staffed at all times. Cromwell Road offers detoxification support to residents who need it, in partnership with drug and alcohol support services in Brighton and Hove. Some residents do not require detoxification but remain at Cromwell Road in order to stabilise and become accustomed to the structure of residential treatment.

Residents are often at various stages of the detoxification and recovery process, and join the CBT-based group-work programme as well as engaging with one-to-one support. Residents are supported to reflect on and address the reasons behind their drug and alcohol use, as well as engaging with other recovery activities including creative groups, gardening and literacy support. Residents stay at Cromwell Road for around 3 months, although this is dependent on their need and progress against their support plans.

The second stage is based at Arch House in Hove, where up to 8 residents participate in workshops and completing assignments focussing on relapse prevention, anger management, and social interaction and integration skills. Services users at Arch House are moving towards a greater degree of independence, and as such Arch is staffed during office hours. Residents can access support from Cromwell Road staff team if needed 24/7.

Residents are encouraged to engage with volunteering, peer mentoring, training and education opportunities as part of the programme of recovery, explored alongside move-on accommodation options. Typically service users remain at Arch House for 6 to 9 months.

The third stage is based at 'Star House' in Portslade: this is the St Thomas Fund 'move-on house'. This third stage supports residents to become fully prepared for independent living and re-engagement with the community.

Service users here have largely finished the main recovery programme, and are in full time voluntary work and/or part time employment. Residents can remain here for up to two years, dependent on their needs.

For more information please contact **01273 823762**

www.changegrowlive.org

