

Families and carers

We offer specific support for family members through our CRAFT® programme. This approach provides family members with information and support to encourage their loved one into treatment and/or if already in treatment to work together to improve understanding and communication. Please ask for more information from one of our workers.

Rehabilitation preparation

Those who wish to go into residential rehabilitation will need to complete a preparation pack with their key worker. All rehabilitation units require clients to be alcohol and drug free. We can offer rehabilitation preparation support either individually or with other clients. Funding also has to be agreed and in place via the local Derbyshire Rehabilitation Panel.

Confidentiality

Any personal matter you discuss with staff will remain confidential, however there are some exceptions if we feel that you or someone else is at risk of harm. A member of our team will be happy to explain this to you. Ask to see a copy of our confidentiality, complaints and feedback leaflet or visit: www.derbyshirerecoverypartnership.co.uk

01246 206514

0845 308 4010



www.derbyshirerecoverypartnership.co.uk



* we do not cover Derby City area.

Wherever possible we will see you at a venue which is convenient for you.

Our main bases are in Chesterfield, Ripley, Swadlincote and Ilkeston. In some circumstances we may see people at their GP surgery and other venues throughout Derbyshire.

Our opening hours are:
Monday-Friday 9am-5pm with one late evening opening per week.

Please see our website for further information or contact us at info@derbyshirerecoverypartnership.co.uk

Derbyshire Healthcare NHS Foundation Trust

Phoenix Futures
Experts in recovery for more than 40 years



Intuitive Thinking Skills®
From dependence to independence

Derbyshire
Recovery
Partnership



What we do and how we can help



Working together to support change and recovery from drug and alcohol use

Image created by clients from WashArts

Who we are

Derbyshire Recovery Partnership is a countywide service provided by:

- Derbyshire Alcohol Advice Service
- Derbyshire Healthcare NHS Foundation Trust
- Intuitive Thinking Skills
- Phoenix Futures

Aims of the service

We aim to support individuals to change their drinking or to stop using substances, to reach their own treatment goals and to help build positive lifestyles. We offer support to reduce the harm associated with drug and alcohol use and promote recovery and freedom from dependency.

Our aim is to bring improvements to the lives of those who use the service. Our Health Improvement Team of NHS nursing staff support individuals in reducing the physical harm from their alcohol and/or drug use.

Recovery

Recovery is key to the aims of this partnership. We can offer one to one key working, access to a range of recovery support and group activities, a dedicated substance misuse counselling service and re-employability programmes. Clients will be allocated their own key worker once we have processed their referral at our single point of contact. The key worker will be central to the client's recovery journey and treatment plan.

We work with anyone using illegal drugs or misusing alcohol in Derbyshire

Eligibility criteria

We support anybody aged 18 and over living in Derbyshire who is concerned about their illicit drug use and/or alcohol use and its impact. We support and promote change and healthy lifestyle choices.

Referrals

Whether you are using substances and would like support or if you are a professional and want to refer someone into our service you can call our single point of contact HUB on **0845 308 4010**. Call 01246 206514 if calling from a mobile.

Information for workers

If you are working with someone affected by drugs or alcohol you might wish to gain advice about where and how to refer the person, how to raise the issue of substance misuse with them, how to best support them and/or refer into services.

We provide FREE* training in:

- Alcohol awareness and brief interventions
- Working with families affected by substance misuse
- Substance misuse and brief interventions
- Working with high risk drinkers.

We can also provide work based training and bespoke training. Please visit our website for more information or to book a place on one of our training events. Or phone us on 01246 206514 to speak to a member of our training team.

** if working in Derbyshire County*

Information for clients: assessment

Your first appointment will be an assessment with your allocated key worker and the development of a plan to support you throughout your recovery journey. This session will take at least an hour. Before you come you might like to think about: **What you are drinking or using, the levels and how often, and what you would like to achieve.**

The support we offer

We offer access to a health care nurse, and provide substitute prescribing where medically appropriate. Once you have met your key worker you will be offered group work, access to re-training, employability and thinking skills courses, complimentary therapies such as; gardening, exercise and personal development. We also offer complementary therapies such as auricular acupuncture, hypnotherapy relaxation and opportunities to take part in relapse prevention activities, peer mentoring and service user involvement. In fact, a wide range of activities and courses will be available to you. Ask your key worker about these and where they are taking place, you can ask for a copy of our recovery timetable or visit our website.

Family members

Those closest to someone who uses substances or drinks too much are also affected. We offer a family programme (CRAFT[®]) which involves working with the family member either on their own or with you to gain a shared understanding of substance misuse and addiction and to help families to improve communication. Ask your worker or contact us for more information about this.