

RHOSERCHAN



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Rhoserchan is situated 8 miles inland from Aberystwyth, a small but vibrant University and seaside town mid-way along Cardigan Bay. The site occupies 11 acres and is surrounded by the spectacular scenery, forestry and lakes of rural Wales. The Rhoserchan minibus provides transport to and from Aberystwyth.



Aberystwyth promenade



Aberystwyth marina

We offer a 6-month programme of residential rehabilitation for people who want to stop using alcohol and drugs and start a new addiction-free life. The first twelve weeks of the programme are spent at the First Stage unit. This provides accommodation for 22 residents and is registered with Care Standards in Wales as a Care Home for younger adults (men and women aged 18-64) with substance misuse problems



First Stage unit

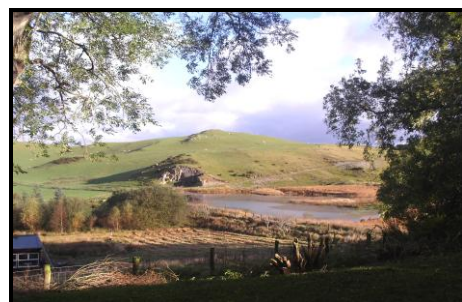


First Stage reception

After completion of First Stage, some residents are ready to return home and others need a further period of rehabilitation before being ready to start a new independent life in the community. Our Second Stage unit, Tŷ Rhoserchan, is a separate farmhouse set in its own garden and accommodates 8 residents. It is not registered as a Care Home but adheres to the same policies and procedures as the First Stage unit.



Second Stage house



View from Second Stage house

Rhoserchan's development plans include provision of Third Stage accommodation in Aberystwyth. We do not at present offer a detoxification service.

Myths and Legends / What we are Not

Rhosserchan has been operating since 1988. We are known and respected for providing a first class rehabilitation service which is intensive, challenging, and effective. Our programme is designed for addicts and alcoholics who need and wish to stop using drugs and alcohol. We are aware, however, that some people on hearing the terms 'abstinence' and '12-Step' make certain assumptions about us which are not true. To set the record straight, please note that:

- We are not a cult or a religious organisation of any kind. We welcome people of any religious faith or none, and we do not attempt to convert anyone to any religious belief.
- We do not brainwash people, nor do we break them down in order to build them up again.
- We do not lock anyone in or keep anyone here against their will.
- We are not a soft option to a prison sentence.
- We are not fanatics. We do not believe that drugs or alcohol are evils and everyone ought to abstain from them.
- We do not believe that ours is the only way that works, nor that every person with a substance misuse problem needs to follow our rehabilitation programme.

Rhosserchan's Philosophy

Rhosserchan believes that the treatment of addiction requires a biopsychosocial approach. Interventions are needed to address the biological aspects, psychological aspects and social aspects of addiction. Clients need to be restored to physical health, including cognitive function; they need to engage in counselling to address psychological issues; and they need to learn new social skills which will allow them to re-integrate into society. Rhosserchan provides a holistic treatment programme which addresses all these aspects.

Rhosserchan's counselling programme is based on the 12 Steps of AA which have been adapted to fit the requirements of a secular rehabilitation service, while remaining true to their fundamental principles.

The 12 Steps provide the framework within which different counselling interventions (such as Group Therapy, Motivational Interviewing, Cognitive Behavioural Therapy, Reality Therapy, Family Therapy, Relapse Prevention and others) are employed. Counsellors are able to use whichever interventions they think most appropriate for clients' needs.

The Rhosserchan Programme works well for clients who suffer from chemical dependency, who want to stop using drugs and alcohol, who have a serious problem and need a serious intervention, and who are willing to do whatever it takes to get well and stay well.

Rhosserchan's Mission Statement

To create a safe, therapeutic environment facilitating recovery, growth and change.

Therapeutic Programme

The First Stage Programme is structured and intensive and residents are expected to participate fully in all therapeutic activities. For residents to get maximum benefit from their time in First Stage, leisure activities and hobbies are restricted and listening to music is not permitted. Use of mobile phones is not permitted, but there is a payphone for residents' use.

Residents are allocated a focal counsellor with whom they work closely throughout their stay. Group therapy is held every morning Monday – Friday and a workshop on Saturday mornings. In the afternoons there are gardening, yoga and singing workshops and other outdoor activities.

The educational part of the programme consists of lectures and videos about addiction, and residents are given reading and written assignments as appropriate by their counsellor. For residents who find reading or writing difficult, counsellors will adapt assignments as necessary.

All therapeutic work stops at 9pm and there follows an hour and a half each evening when residents relax by watching television, reading or playing table-tennis.

The Second Stage Programme is flexible in length and designed to meet the individual needs of clients. Residents receive one-to-one counselling from their focal counsellor, and Group Therapy is held three mornings a week.

All residents are involved in the general upkeep of the house and garden. Therapeutic duties are allocated on a weekly basis and cover all aspects of housekeeping. All residents are responsible for preparing their own breakfasts and lunches, and those residents allocated kitchen duties are expected to draw up menus for the week, shop within a set budget, and cook a communal meal every evening. This will be overseen by staff.

Residents are also encouraged to develop other aspects of their lives as they prepare for their return to the community. They are expected to organise their own leisure time and include in their weekly plan activities such as voluntary work, outdoor pursuits, further education courses and social events. Residents are expected to attend at least three AA/NA or other Fellowship meetings per week.

Restrictions on television and music, which are necessary in the First Stage unit, are relaxed in Second Stage. There is a computer available for residents' use. Residents are expected to act responsibly in their use of these media outlets.

First and Second Stage residents live in separate buildings and rarely associate with each other.

Eligibility

Rhosserchan residents must be between the ages of 18-65 and fulfil the diagnostic criteria for chemical dependency and the eligibility criteria for admission to a Tier 4 service. Criteria will be checked by a counsellor during the assessment procedure.

Rhosserchan can accommodate disabled clients provided they are able to be self-caring, and has good facilities for people who use wheelchairs. People who have a diagnosed mental health problem as well as a substance misuse problem can be admitted to Rhosserchan, provided certain conditions are met.

People who are unsure of the suitability of Rhosserchan as a placement for them should discuss all physical and mental health issues, including prescribed medications or treatments, during the assessment interview.

First Stage Assessment procedure

Rhosserchan accepts referrals from any source, including self-referrals, and any geographical area. Assessment is in two parts: the first is done by telephone, where personal information is gathered and eligibility is checked. The second is done face-to-face, where the client is invited to come to Rhosserchan to meet with the counselling team. This is also an opportunity for the client to meet members of the current resident group, who may share their own experiences of Rhosserchan.

If it is thought that Rhosserchan is not the most appropriate service to meet the client's needs, other, more suitable, services will be suggested. If Rhosserchan is felt to be suitable, the client will be put on a waiting list until ready to be admitted.

'Readiness for admission' entails the client being fully detoxified and funding being in place. As soon as these conditions are met the client will be admitted into the first available bed.

Second Stage Assessment procedure

First Stage residents who wish to continue to Second Stage are invited to spend a full day at the Second Stage house, where they will join in Group Therapy and any activities undertaken by Second Stage residents, including staying for an evening meal and going with Second Stage residents to a Meeting in Aberystwyth. The assessment will be carried out by the group of Second Stage residents and counsellors, and the prospective resident will be able to ask questions about any aspect of the Second Stage programme or house expectations.

If it is agreed that Tŷ Rhosserchan is a suitable placement, the client will be admitted on the day of discharge from First Stage. If it is thought that a client would benefit from Second Stage treatment in a different location, this will be discussed with the First Stage focal counsellor in good time for a referral to be made to the location of choice.

Clients who have not been resident at First Stage Rhosserchan are welcome to apply for admission to Second Stage. These clients should contact First Stage to request an assessment.

Care Plans

Prior to admission residents should have an individual Care Plan which has been drawn up by their Care Manager and themselves. If this is not in place, they will discuss their needs with their focal counsellor in Rhoserchan who will draw up a Care Plan with them.

The Care Plan is reviewed in one-to-one counselling sessions with the focal counsellor, and during review visits with the Care Manager. Reviews are conducted at the request of the Care Manager, usually around the half-way point of a resident's stay in First Stage and before progressing to Second Stage. Progress and discharge reports, written by the focal counsellor and including comments from the resident, are sent to the Care Manager.

Unit Expectations

Unit Expectations have been carefully drawn up to ensure the safety and wellbeing of a resident group which may contain members who are extremely vulnerable. They are also designed to promote the behaviour changes which residents need to make if they are to prevent relapse. Every one of the Unit Expectations is there for a reason and consistent breaches of any will result in disciplinary action being taken.

There are four core Unit Expectations which, if breached, indicate that the therapeutic relationship between the resident and the group has broken down, or that the recovery process of the resident has come to a halt. In these cases, unless there are compelling reasons for an exception to be made, immediate disciplinary discharge will be implemented. These core Unit Expectations are:

- No consumption of alcohol or drugs, either on or off the premises.
- No acts or threats of violence.
- No sexual relationships between residents.
- No theft or malicious damage.

Anyone found to be enabling, keeping secrets, or colluding in a breach of these core Expectations will be subject to disciplinary action and possible discharge from Rhoserchan.

Discharge Procedures

There are five main categories of discharge from Rhoserchan. These are: Completion / Leaving Against Staff Advice / Disciplinary Discharge / Therapeutic Discharge / Medical Discharge. A full explanation of these terms is found in the Residents' Welcome Pack which is given to residents on admission.

One significant difference between these categories is that residents who are given a Disciplinary Discharge are unlikely to be considered for re-admission to Rhoserchan, whereas other residents may be.

General Running of Rhoserchan

In First Stage there is a daily meeting between the resident designated as Group Leader and the staff team. The Group Leader is a senior resident who acts as liaison between staff and residents and brings to staff attention any problems arising, whether clinical, practical or administrative.

There are also weekly house meetings where all residents are encouraged to tell staff of their concerns and give feedback on general housekeeping matters or any of the unit expectations. Residents' views and suggestions are listened to and, where appropriate and possible, acted upon.

All residents are involved in the general upkeep of the unit. These therapeutic duties are allocated on a weekly basis and cover all aspects of housekeeping, including general cleaning and basic kitchen work.

In Second Stage there is a daily house meeting attended by all residents and Second Stage staff. The resident assigned the role of Group Leader is responsible for delegating therapeutic duties and ensuring the smooth running of the house.

Finances

Most of the residents at Rhoserchan are in receipt of state benefits. It is a requirement of most funders that residents make a contribution towards treatment fees out of their benefits. The rest of their benefits money is retained as a personal allowance. The amount of contribution payable towards fees is decided by the funder during a financial assessment prior to admission to Rhoserchan.

Benefits are paid in full directly into clients' nominated post office or bank accounts. Transport is provided for residents to collect their money. Residents are then responsible for giving their contribution towards fees to Rhoserchan Finance Officer, and are expected to live within their personal allowance as assessed by their funder.

Rhoserchan's fees, for both First and Second Stages, as of 1st April 2008, are £620 per week.

Confidentiality

First and Second Stage counsellors operate as one team and there is full disclosure of all issues within that team. The disclosure of sensitive information outside of the counselling team is done on a need to know basis only. This allows each resident to be able to access the full range of experience and insight from the team, safe in the knowledge that any confidential information is treated with respect and care.

Rhoserchan places the highest possible emphasis on maintaining the confidentiality of its residents. Breaches of confidentiality are seen as misconduct, and can result in disciplinary action. In all aspects relating to confidentiality the needs of the resident come first.

Privacy

In a therapeutic community, balance has to be found between facilitating the therapeutic functioning of the community as a whole and honouring the rights of the individual. Individuals have a right to privacy, but a number of individuals isolating in a house does not constitute a therapeutic group.

Addiction causes isolation, loneliness and social exclusion for the people who suffer from it. Most clients in residential rehabilitation have spent a large part of their lives isolating themselves from painful reality and avoiding intimacy with others. Residents are therefore asked not to spend too much time alone in their bedrooms but to socialise in the living rooms and engage with their peers. To help them settle in, new residents share a twin bedroom then move to a single room as they progress through their treatment.

All bedrooms are lockable and residents have their own key. Staff also hold a key but will only enter bedrooms to check the condition of the room or to check the health or safety of a resident. If it is believed necessary to search a resident's bedroom, the resident will be informed of the reasons for this decision and will be present throughout the search.

One of the Unit Expectations is that residents do not go into each other's bedrooms. This expectation is strictly enforced to ensure that all residents are safe and secure. Residents in Rhoserchan are dealing with many issues, which may include a history of sexual and physical abuse. It is of paramount importance that all residents can feel safe in their rooms.

Contact with Family and Friends

Rhoserchan encourages residents to remain in contact with families and positive friends. To protect the therapeutic environment, however, we ask that any contact between a resident and people who are in active addiction is planned and kept to a minimum. There is a pay phone for residents' use. There is one post collection and delivery a day, except Sundays. To safeguard the drug-free environment of the unit, we ask that all parcels and packages be opened in the presence of a member of staff.

Visiting

For therapeutic reasons First Stage visiting is restricted to Saturday and Sunday afternoons from 2-5pm. Children are welcome to visit. If a close family member is unable to visit on a weekend, visiting at another time can be discussed with the focal counsellor and, if possible, arrangements will be made to accommodate visits outside normal times.

Home Visits

Second Stage residents are usually eligible for a home visit four to five weeks after admission. This needs to be planned in advance with their group and focal counsellor. Home visits are regarded as part of the therapeutic process of reintegration into the community and often serve as a highly instructive 'reality check'.

Equal Opportunities

Rhosserchan is an equal opportunities employer, and is committed to working with all clients suffering from addiction irrespective of their cultural, religious, sexual or racial background. On admission to Rhosserchan some clients' opinions and attitudes may be racist, sexist or homophobic. If so, counsellors will work with them to help address the underlying issues and feelings that lead to these attitudes.

Rhosserchan does not allow or support racist, sexist, homophobic or other discriminatory remarks or behaviours addressed to any individual at Rhosserchan. If necessary, disciplinary proceedings will be implemented to safeguard residents and staff.

During the assessment interview clients need to advise staff of any special dietary or cultural needs they have. On admission all residents will receive a copy of Rhosserchan's Equal Opportunities Policy in their Welcome Pack.

What Rhosserchan expects from You

You have made the decision to stop using alcohol and drugs. Now you, your funders and Rhosserchan have agreed that you would benefit from a period of residential rehabilitation to work on and resolve any underlying issues you have which put you at risk of relapse.

It is important that you participate fully in the rehabilitation programme as scheduled. Real change in your life will be in direct proportion to your willingness to use every aspect of the programme positively, and your willingness to be honest, open and realistic about yourself to your group and counsellors.

Rhosserchan is a non-profit-making registered charity. We provide a top quality rehabilitation service of proven effectiveness at the lowest possible cost. Everyone who works here is committed to helping you get well. We expect you to make the most of your opportunity.

What You can expect from Rhosserchan

You can expect to be treated with respect at all times, to be challenged when your thinking is blinkered, to be confronted when your behaviour is unacceptable. You can expect to work hard, to learn about addiction, and to get to know yourself. You can expect the return of your emotions, to feel times of real pain, and to feel times of real joy. If you are honest, open and willing, you can expect to leave with hope, freedom, and the ability to make choices about your future.

