

Rehab or Prison?

If you are reading this brochure in prison and thinking about coming to Rhosserchan, please read this carefully.

Rehab is not like prison, and some people who have come to Rhosserchan after having spent time in prison have found the adjustment difficult. Even if you have been living in a drug-free wing and attending rehabilitation programmes, you will still find living in a therapeutic community different. These are some of the things which are different from prison, and which some people have had the most difficulty adjusting to.

If you come to Rhosserchan you will have to give up certain things which you may have got used in prison. You will not have a single room, or your own television and playstation. You will not be able to lie on your bed listening to music when you feel like it. You will not be able to smoke in your own room.

You will be living with a group of people who are changing their attitudes, values and codes of behaviour in order to have new drug and alcohol free lives. You will find that the code of behaviour by which you have lived in prison is not appropriate for rehab and will be unacceptable to your peers.

(For example, 'Don't trust the staff, it's us against them' is replaced by 'We are all on the same side and can only get well if we trust each other'. 'Don't grass on your mates' is replaced by 'If I really care about you I will confront your self-defeating behaviour and not let you carry on doing it'. 'I'll keep your secret and you'll keep mine' is replaced by 'No-one keeps secrets'. 'Do your time and don't get involved' is replaced by 'Get involved from day one and make every minute count'.)

Even though rehab is not prison, there are still rules. Everyone is expected to abide by them, and there are consequences for people who don't. Residents who repeatedly break the rules may be asked to leave. And if you hope to be able to continue with the occasional use of cannabis or any other drug, you will find that your peers will not tolerate any threat to their drug-free home and will not let you get away with it.

The people who gain most from being at Rhosserchan are the ones who have come to the point where they are genuinely sick and tired of the addicted and offending life they are living, and who so want to change that they are willing to try something new, no matter how hard it may seem at times.

Change is good, but it is frightening. Acting tough is easy: being vulnerable takes real courage. You will have to let go of all the defences you have hidden behind for so long. You will probably have painful feelings along the way. But the reward is more than you could imagine. You can find yourself. And once you have done that, you can do anything.

So if you are offered the chance to go into rehab, think it over honestly. Only you know what you really want. If you're looking for a soft alternative to prison, Rhosserchan is probably not the right choice for you. If you want to stop using and turn your life around, give us a ring.