

multiple choice 

Residential Rehab



the service users view

An abstract graphic design featuring a bright yellow background. In the lower-left quadrant, there is a large, solid orange circle. A dark red, semi-circular arc is positioned above the orange circle, partially overlapping it. Several sharp, elongated shapes in shades of orange and dark red radiate upwards from the top edge of the orange circle, creating a sense of movement and energy.

Residential Rehab

INTRODUCTION

This booklet has been written to provide answers to a number of frequently asked questions regarding residential rehab. It is has been created with input from clients in rehab and from rehabs themselves. This booklet will not provide all of the answers but will help potential rehab clients gain an insight into how the process works. This is by no means a definitive guide to rehab but complements other publications, the knowledge of rehab practitioners and all those involved in the journey of a client to, and through rehab.



THE ROLE OF MULTIPLE CHOICE

Multiple Choice is commissioned by Multiple Choice is commissioned by Leeds Adult Social Care to provide a comprehensive assessment and funding application service to adult drug users in Leeds who wish to leave the city for long-term residential rehabilitation.

(Opportunities within Leeds are also provided with funding from Leeds Adult Social Care, for long term residential rehab for those with alcohol dependency).

Multiple Choice has been running this service for over seven years, and has gained in-depth experience in providing the best possible standard of service to clients wanting to access this type of treatment. We have also managed to establish which rehabs offer our clients the best possible chance of success, and have built strong relationships with many of these.

We have two dedicated rehab workers who support individuals through the whole process, from making initial decisions about which rehab would best suit their needs, looking at detox options if necessary, to accompanying clients to visit their chosen rehab before making the final decision, through to ongoing support through the duration of stay (usually 9 months) and aftercare support if required.

We try to see everyone as soon as possible to make sure we can support the decision for change as it happens.

To access the service people can be referred through their current support agency, by dropping into our Eastgate office, or by calling us on **0113 245 6616**.

Caroline Mackay

Project Manager

WHY CHOOSE RESIDENTIAL REHAB?

Residential drug rehabilitation is a treatment option for any service user over 19+ who has been a resident of Leeds for at least six months.

Referrals can come from any source e.g. probation, prison, Community Drug Treatment Services, self referrals.

Clients will be asked to attend for appointments in order to progress their application and they will be asked to attend the Multiple Choice group work programme. Multiple Choice workers can arrange to see clients whilst they are at other services. It is not always necessary to visit Multiple Choice.

We also look in depth into the history of each client from their childhood right through to the current day. This forms the main part of a community care assessment which is eventually submitted to Leeds Adult Social Care as part of a funding application. Before submitting an application we will also need a copy of previous convictions (if applicable), a supporting letter from a GP and proof of income.

There are many types of rehab programmes to choose from, and each project has its own individual way of working with people. It is important to spend time choosing the right programme and to visit the rehab before making a final decision.

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Clients can choose from a variety of locations around the country, although most want to be within a reasonable travelling distance from Leeds because of family visits.

Residential rehabilitation is not an easy option. It demands serious commitment and a determination to successfully complete a programme. For many clients the initial first few weeks can be difficult as your life changes as soon as you walk through the door. Every aspect of your life is different and participation in group work and individual key working is compulsory. During your time as a resident, clients will also be expected to adhere to the structure and philosophy of the rehab. Multiple Choice remains in contact with clients throughout their stay and conducts three monthly care reviews.

We are also involved if there are any significant incidents or complaints. So, if residential rehabilitation is so difficult, why go? Rehabilitation can turn your life around, change the way you think, enable you to lead a drug free life, and have closure on the past. Many clients who complete the programme choose to relocate away from Leeds and are supported in this by the rehab and Multiple Choice. Even if clients decide to return to Leeds, Multiple Choice will continue to support them to remain drug free.

One of the wonderful things about being involved with Multiple Choice's rehabilitation programme is seeing clients change and starting to realise their potential – clients who twelve months earlier, felt they had come to the end of the line.

Residential rehabilitation can change lives, not just in the short term, but forever.

THE PROCESS

REFERRAL – self refer to Multiple Choice or referred by other agency

NEEDS ASSESSMENT CARRIED OUT

CARE PLAN COMPLETED
At this stage you will be asked to attend Rehab Preparation Groups at Multiple Choice to ensure that you have as much information to inform your decision as possible.

Your rehab worker will work with you to assess which is the best rehab for you. We will arrange for you to visit the rehab of your choice with one of our workers.

If you require residential detoxification this can also be arranged through Multiple Choice.

Community care assessment takes place. We will also gather information, if required, from different sources – e.g. your GP or other workers who you are engaged with.

Request information from DSS to confirm income and complete financial assessment form.

Date of entry to rehab is arranged.
Multiple Choice will help to fund travel costs and will continue to work with you throughout your stay.

FREQUENTLY ASKED QUESTIONS

You have read that residential rehabilitation is not an easy option. There are certain rules that apply in the rehabs. You will get the chance to visit the rehab before you go, however there are some frequently asked questions that we may be able to help with. These answers have been provided by clients in attendance at 6 of the residential rehabs we work with.

Can I smoke?

Since the change in smoking laws in England residential rehab units are now non smoking. However most advise that smoking can take place in outside designated areas.

What clothes do I need to take?

Most rehabs advise that 5 outfits should be taken – comfortable clothes, which are not too revealing.

What happens if I find speaking in groups difficult?

All clients are advised that it can be difficult at first, but you learn to trust your group, and they give you support which builds up your confidence.

FREQUENTLY ASKED QUESTIONS...

Do we go out?

All rehabilitation units have regular walks and exercise. In some you are able to go out with other users of the service after a certain length of time.

What facilities are there?

All basic needs are catered for with facilities for laundry. TV viewing is limited but there are many other recreational and relaxation activities available. Some rehabs have an in-house gym or if not there are ways to join local gyms.

My partner/ sibling is taking methadone will they be able to contact me?

By letter and phone was the most frequent answer to this question, however some rehabs also allow supervised visits.

Will I get help resettling if I decide to return to Leeds?

On successful completion of treatment, all rehabs assist with after care. Some client comments went on to say that there were "excellent after care services".

FREQUENTLY ASKED QUESTIONS...

How long will I be there?

This depends on need and funding. Anything up to 9 months is possible.

How much time is there to relax?

There are periods of the day where you can relax, but activities such as TV are limited. There are organised activities instead that you can join in.

Will my cultural/religious needs be catered for?

Often Kosher and Halal food is available in the rehabs and there is the option to attend a place of worship. Needs will be catered for as far as possible. This will be discussed with you as you plan the rehab which is right for you.

What happens to my benefits?

Administration staff will help with these matters, and support you as needed.

What will happen if I am paying fines?

If you are paying court fines you may need to go back to court to rearrange your payments. If you are repaying the DSS, then your repayments will be reduced to a manageable sum.

FREQUENTLY ASKED QUESTIONS...

Can I take my TV, CD player or playstation?

All rehabs say no! Many clients commented that there simply would not be time to use these items, or that they would be a distraction.

May I take my Mobile Phone?

All units advised no!

Do I have my own room?

There are a mixture of single and twin rooms. In the main our clients advised that they share their rooms.

Are you allowed out on your own?

No, but some rehabs allow clients out together after a period of time.

Will I get extra visits for my children?

Most rehabs advised that they have visiting on one day per week only. In some rehabs visits are supervised.

FREQUENTLY ASKED QUESTIONS...

What happens if I have a problem with another resident or staff member?

It's expected that problems are highlighted to staff members or discussed with the individual in an adult manner to resolve the problem.

What do I do with my pets?

Unfortunately, rehab facilities cannot take pets. You will need to arrange to have your pet cared for.

Can I go into rehab with my partner?

There are some rehabs which allow couples, however it may be that separate rehabs may be more beneficial. Working together in groups may cause problems. But this is something that can be discussed with you as we work through the process.

What will happen to my current tenancy?

Council tenancies can be kept on whilst you are in residential care for up to 52 weeks. Your house will be secured by the Council. Where your housing benefit covers your full rent cost this is fine, however, if you pay an additional supplement to your rent you would need to keep these payments going. Your rehab worker can advise you on these matters.

CLIENT COMMENTS

So after hearing about the hard work needed and the fact that life in residential rehab can be more restrictive than life outside, you may still be asking whether this is for you or thinking it may be too tough. We asked some of our clients what residential rehab had done for them:

“The 12 step programme saved my life and my family. I do not use these words lightly as anyone in addiction will relate to. I have no doubt that I was heading to an asylum or death through overdose or another symptom of my addiction. I didn't think the rules are of any significance, if you base your decision on that you don't want it enough. The 12 step programme is not for the faint hearted and you only get out what you put in. Honesty is the key thing and the insight you gain into yourself is overpowering and at times scary as us addicts lose sight of who we are and why we are here. I can assure you one thing by doing this programme, if you truly are prepared to do anything to achieve sobriety this is the one for you. You will have highs and lows, but with all the support you need in a good environment with people who will guide you. If you have reached rock bottom and an existence of misery the only way is up, believe in the programme and always believe everyone is worth their recovery. The future looks bright for me, a future I could not have contemplated before treatment.”

“When I first came to rehab I was unsure what to expect and how people would be with me. Everybody made me feel welcome – realising that people here know what I was going through. I am not going to lie, it's a tough place to be, but if you want to learn how to stay straight there is plenty of support to get you through the tough times.”

CLIENT COMMENTS...

"I had my assessment for rehab when I was in prison. My key worker came to see me. She was so warm and welcoming that's when I made up my mind that I wanted to come here. It has been strange to live with so many different personalities, but you soon get used to living in a close community. I would not give anyone the wrong impression that it has been easy because looking at myself and understanding why I am like I am has been one of the hardest things I've ever had to do. So if you are determined to change your life and you really do want this then go for it and you will never look back."

"I have been here for 43 days now and at first I was very unsure and anxious it was a lot different from what I expected. Everyone has made me feel very welcome and I soon began to feel more at ease. I struggled at first to talk in a group setting however I realised that this is something everyone finds hard at first. I found the group very supportive and find it much easier now than I did at first. Having come from a long history of drug abuse and prison, I found it very difficult to trust people at first, but, once I did, I found the amount of care and support overwhelming. I found some days hard and felt like leaving. But for the first time in my life I have seen other people like me who have got through the programme and are living normal and fulfilling lives. I have stayed. Treatment here is really hard and sometimes I have found it tougher than prison, but even in a short time I have changed. There is still a lot to learn about myself but to anyone who has really had enough of using drugs and alcohol and the life it brings and is really determined to change, I would definitely come to the right place. "

CLIENT COMMENTS...

“As I left Eastgate and headed for City Square, then to the train station, the only thoughts running through my mind were ‘It’ll all be sound in 4 weeks, just need to get through the detox and I’ll be fine...’.

It wasn’t until I arrived at rehab, a month or so later, and began to really look at myself and engage with the programme that I started to realise just how much work I had ahead of me.

The amazing surroundings and buildings are enough to take anyone’s breath away but now that I have lived here for a couple of months, it’s the dedication, knowledge and passion of the staff team that truly stands out for me. My stay here has been one of the most challenging and rewarding experiences of my life. And I know this is the beginning. I have many months of emotional hard labour in front of me but I would not change this experience for anyone. I feel unbelievably fortunate to have been allowed time and guidance to become the person I know I can be. I would suggest to anyone who really has had enough of that chaotic lifestyle and is ready to put the work in for something different, something better, then rehab may be the place for you.”

CLIENT COMMENTS...

“It was in September 2006 I was first introduced to rehab by my social worker. Initially on seeing the brochure I was very impressed by what it offered. I was keen to know more about the treatment programme, so an interview was arranged. When I arrived for my assessment I was in awe of the setting and really hoped the rehab would be beneficial for my needs. I wasn’t disappointed and desperately wanted a place there to assist in my recovery from alcoholism. I was fortunate enough to be offered a place and I accepted it without hesitation whatsoever. It’s safe to say that I was really anxious the afternoon I arrived. Obviously it felt very strange being away from the people I loved and my familiar surroundings. However it is proving to be the most positive and worthwhile journey I have made in a number of years. I am amazed by the treatment programme and learning so much about my addiction. As well as understanding my thoughts and feelings in both a positive and reflective approach. I have to admit, some days have proved very difficult and I have thought about going home. But being able to express myself freely, talking with my peers and staff members, always reinforces that I need to be here if I am going to lead an alcohol free and fulfilled life. Every day I am learning something new about myself, adjusting to life in a community and developing my interpersonal skills. The changes I am making will, no doubt, stand me in good stead for a bright, challenging and rewarding future. I am of the belief – if you choose residential rehabilitation you have to be very focussed, dedicated and willing to address issues in order to turn your life around.”

CLIENT COMMENTS...

“When I first came into rehab I thought it was an easy ride, once here I found it the complete opposite. On arrival I was made to feel really welcome by my peers but I did not understand the treatment concept. The longer I have been here the more I have engaged in treatment. It was very hard at first, talking in groups and sharing my private feelings but I soon got stuck into it and after 22 years of abusing drink and drugs I am feeling good about myself. I’m really enjoying being drug free. The staff here are brilliant and know exactly where I am coming from. They’re always here to help and without them I would have left already. I’m only seven weeks into my treatment and still have a long way to go but there’s nowhere else I would rather be. Thanks to the rehab I feel as though I have a future. I have my life back and I am looking forward to living drug free.”

“Its late September 2007, I’ve just finished work and come home to cook some tea and then sit down and write a few lines about how I got here. When I say here I mean living in my own 2 bedroom house with a job that pays well enough, beginning a new journey towards studying at degree level with a mobile phone that lists the most caring, supportive people I’ve ever met – people I now call my friends.

It was almost a year ago to the day when I first stepped through the doors of the rehab, a community for people with drug and/or alcohol addiction. Having just spent four weeks in a detox unit I was in a world of my own, and had no real conception of what a rehab or ‘treatment’ was. I find it impossible now to put myself back into that headspace. I guess now I see so much life and colour around me its hard to go back to that monotone existence where all I could see were the hours ahead and my way through them – at any cost.”

THANK YOU

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Find out more about Rehab. Call 0113 245 6616,
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