



Service User Brochure

Unlocking people from addictive lifestyles and releasing them into true potential in society – using residential rehabilitation (*detoxification, planned care programmes, relapse prevention, work therapy and skills training*) within an extended family atmosphere and community environment.



Introduction

The following handbook has been prepared for anyone interested in the overall structure of the Key programme, whether as a service user, a referral agency or any other interested party.

This programme is part of the structure of Gilead Foundations Charity 1002909, who work in collaboration with Risdon Enterprises Community Interest Company (RECIC) as a Social Enterprise at Risdon Farm and have had a proven track record in the sphere of residential rehabilitation for 25 years. RECIC is registered with the Care Quality Commission (CQC) to deliver residential treatment for substance misuse and related issues.

The Key recovery programme has robust follow up records:

From 2005-2012 there was a 72 % success rate; from 2007-2012, an 82% success rate.

We measure this based on those that are still maintaining a successful recovery lifestyle in stability, abstinence from substance misuse, support, career/training & home life.

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General Information

The Key programme is based on a 200-acre farm at the Gilead Foundations therapeutic community, which can offer you rehab, skills training and therapy.

Each person who comes to the Key programme becomes part of an 'extended family' which means they live in one of our houses with other service users and support workers.



The 3 houses shown above are currently being built. The 1st new house is open for males, and females are accommodated in the farmhouse (below left). The houses are overseen by a senior support worker couple, who are responsible to help service users develop a personal care plan, and ensure their needs are met in a caring environment.



It is our aim to help service users deal with the underlying roots of addictive behaviour and to make a planned re-integration into society, confident and equipped with the necessary personal & practical skills to maintain recovery and sobriety.

Teaching service users how to enjoy life and relax is an important part of the Key programme. Our location in the heart of Devon provides outdoor activities such as hiking, walks, and beach trips.

The code of practice outlines guidance on the way we all live together, so that we can always maintain a safe environment for everyone.



KEY Rehabilitation and Training Programme

Over the past 23 years, our experience has shown that rehabilitation and training need to go hand in hand. Our programme is designed to enable the service users to achieve recovery, find employment, and live independent lifestyles. To achieve this aim we have developed a phased recovery program. *The exact timing is subject to each individuals' progress; The time it takes to recover from years of addiction cannot always be predicted exactly.* Many people go through the pain and emotion of rehabilitation only to fall back into old lifestyles - which in turn lead to old behaviours, and inevitably back into addiction. Our programme is designed to address this problem and fulfil a vision of unlocking people and releasing potential.

RELAPSE PREVENTION AND LONG TERM RECOVERY IS OUR GOAL

One of the key elements of Phases 1 and 2 is relapse prevention training, which involves understanding and coming to terms with the root of the service user's addictive behaviour. In Phase 3, service users are encouraged to live independent lifestyles, whilst still within a structured environment, and we help them seek out employment opportunities, new accommodation, and support.

Detoxification

- Detox from addictive substances
- Work therapy as health allows
- One to one counselling

A detox phase is offered to all who need this, prior to embarking on the program. The length of detoxification will be subject to the individual need. We have an onsite psychiatric nurse, who liaises with doctors as needed.. Please contact us if you require more information.

Phase 1 (12 weeks) INTENSIVE RELAPSE PREVENTION TRAINING

This is an intensive phase which can be attended as a stand-alone phase if it suits the client. During phase 1 service users apply themselves to an organised and structured programme consisting of:

- Accountability support team
- Individual counselling and assessment
- Work therapy and group therapy
- Basic life skills training

At intake each service user will be allocated a personal support worker, who works with them on a one-to-one basis throughout the program to help them achieve their goals, carrying out weekly assessments, using & developing a personal care plan, so that all needs are dealt with.

Each service user is also allocated a personal counsellor, who helps them work through a personal work book & deal with all issues that have caused compulsive behavioural lifestyles in the past.

Service users are expected to attend morning and evening group therapy sessions which incorporate processing, support and devotional groups.



Phase 2 (24 wks) ADVANCED RELAPSE PREVENTION TRAINING

- Accountability support team
- Individual counselling and assessment
- Work and skills training therapy
- Group therapy

During any phase of the programme service users can apply themselves to work therapy & skills training in areas such as:

Catering & domestics; Office administration;

Farm work - livestock and dairy husbandry (milking cows, sheep, horses, and 9,000 free range hens producing eggs). Also plant machinery operations;

Motor workshops - repairing vehicles & machinery;

Building and maintenance

Gardening, landscaping, maintaining flower beds & growing vegetables;



All service users are trained in standard operating procedures for all relevant work therapy activities, including training in basic skills such as: First Aid, Introduction to Health & Safety, Fire awareness, Slips trips & falls, Manual handling, Food safety, Literacy, Numeracy, IT, Personal budgeting and administration, Domestic skills.

During the last 6 weeks of phase 2, service users develop a phase 3 transition plan, and in preparation are required to start to go out on their own for day outings, possible home visits (overnight), in order to learn and prove personal stability.

This is a voluntary residential rehabilitation programme; service users are free to leave at any time, but are strongly advised to complete their phases in order to be more successful. It has been well proven over the last 25 years, that service users who complete the whole program are more likely to live a successful recovery lifestyle, than someone who does not complete the whole program.

Phase 3 (20 wks) MAINTAINING RECOVERY AND TRANSITION

A service user should now be trained in relapse prevention & is now ready to put into operation the tools that prevent relapse into their addictive behaviours. They are expected to be seen using the relapse prevention tools learned, as they start their transition back into society. Phase 3 consists of:

- Accountability support team
- Individual counselling and assessment
- Personal sustainability and maintain recovery
- Preparation to manage own accommodation and develop career
- Work and skills training therapy
- Group therapy
- Work experience outside rehab
- Followed by 10 wks back in society
- Support and accountability team
- Completion and certification

The phase 3 transition plan will include:

- Going out on their own on a regular basis (substance tests will be taken on their return)
- Taking responsibility in the work therapy areas at Risdon Farm.
- Continuing with relevant skills training.
- Regular assessments with their Key support worker and counsellor.
- Voluntary work in the local area.
- Responsibility shown for group leadership & duty staff responsibilities.
- Working closely with the Key support worker, to arrange & get in place accommodation, career plans and relevant support structures.

As Phase 3 nears completion, service users are able to take on either part time or voluntary work whilst still residing at Risdon Farm - working in the local area and returning to the site during the evening. As an alternative to moving on, once Phase 3 has been completed, service users who wish to do so have the opportunity to remain at Gilead as part of the community, and if suitable, will be offered work with the social enterprise, RECIC.

SUPPORT AND FOLLOW-UP

After completion of phase 3, there is a follow up programme for a further 10 weeks, in which the service user is encouraged to come back to Risdon farm at least 3 times for an assessment & present self evaluations to the community, plus follow up staff will make regular phone calls. Support & follow up continues for at least a 2-year period.

Skills Training at Risdon Farm

To enable service users to rebuild their lives, we initially provide personal development and life skills training, including numeracy, literacy and ITC. Service users are given a skills scan to help organise an appropriate training programme according to their ability and preference, and a variety of further training is provided by Risdon Enterprises CIC, some of which incorporates e-learning.

Each person will have a Training Development Portfolio containing the skills profile, and the portfolio will then be managed by their key worker.

Advantages of training with e-learning:

- Includes limited tutor guidance through Risdon Training at Gilead
- Achieve legal compliance quickly
- Train in your own time & at your own pace
- Integrated with the service users' rehabilitation & recovery programme
- Access to their learning any time
- Service users can be trained individually
- Instant Access Online Learning

The basic courses are to be:

- Food Safety & Hygiene
- Manual Handling
- Fire Prevention
- Health & Safety Induction
- First Aid

For service users who show aptitude and ability to develop their skills or experience, then training and certification will be available through Risdon Enterprises accreditation with Lantra Awards (Land Based Instruction), subject to available funding.

This will include items of plant, e.g:

- tractor
- loading shovel/fork
- 360 tracked excavator
- 180 wheeled excavator
- telehandler



A dedicated plant training area is to be constructed to meet the necessary criteria. We also plan to make available: chainsaw, brush cutter and ATV (quad bike) training through Lantra and NPTC. This will fully incorporate the health & safety guidance - to ensure these measures are in place, an initial induction and hands-on training package is undertaken before formal 'course' instruction. This will be delivered by those already qualified.

Risdon Enterprises is currently developing the provision of accredited training courses for service users in:

- administration
- food preparation
- building/maintenance.



Testimonies from previous service users

"I was severely addicted to drugs, and had never been responsible in my life; I always got sacked in jobs for being unreliable. Being at Gilead has taught me to be responsible and to be a valued member of a team.

The main thing that has helped me change was going through the Genesis Process with my counsellor. This helped me break free of my addictions". Sarah

"Coming to Gilead feels as though I've woken up from a living nightmare - addiction led me into crime, selfish dishonesty and abandoning my wife and 3 children. By following the 'Genesis' process I have been given the tools to recognise and change the compulsive behaviours that have caused so much pain to myself and those around me.

I've tried to change too many times, but my way has never worked - just got me into more trouble. Becoming desperate enough to submit to a higher authority than my own has been key to beginning a life in recovery - making wise choices and living free from the destructive habits that have bound me for so long." Steve

"I was severely addicted to alcohol, it totally took over my life, marriage, job, and nearly took my life away. I became so ill.

I was then introduced and accepted into Gilead. My passion has always been for animals, and the therapy I have had working here at the farm has helped me to turn away from my addiction, and focus on the things which I was gifted to do, which has straightened out my life completely and turned it all around". Paul

"I've come from a background of drug addiction and prison sentences...

..Gilead helped rehabilitate me and get me back to work in the local community by working in their dairy and on the milk round. I had to deal with customers, learn communication skills, to be responsible with money, and learn basic life skills so that I could leave Gilead and stand on my own two feet.

Since leaving, I've successfully kept a job in support work and probation, imparting into others what Gilead had imparted into me. I'm now married, we have a mortgage, our own home, and my wife is now pregnant with our first baby!

I have now been clean 11 years in total, and can honestly say that the programme at Gilead does work". Andrew

"Before I came to Gilead I was taking a lot of drugs, cider, and all of the opiates. After many years, I got to a point where even if I had wanted to change, I couldn't because I didn't have any work experience in order to get a job. I had nothing to show for my life. So I was trapped in my lifestyle.

I knew I had to go somewhere where I could learn skills to get my life right. At Gilead I learnt to work in a dairy, to run the processing plant and administration, etc.

I also did an NVQ3 in health and social care there, which I have used in jobs in the local community since leaving. Recently I was asked back to Gilead as an employee to work in the dairy as a supervisor, and also working in the new free range egg unit".

Peter

Summary of report from CQC on what the service does well check for update(30/03/2009)

Comments about Gilead Foundation include: "The home provides a drug and alcohol free environment in which some residents thrive" and "Gilead always supplies a good homely surrounding for clients. There are high levels of respect for all service users and every effort is made to accept their weaknesses and help them through difficult times".

The management and staff live on the premises, providing 24 hour care and support to people who use the service in a sensitive and respectful, but structured way while they withdraw from drug and alcohol dependency and review and make changes to their lives. The care is holistic. The therapeutic method used is described very favourably, one staff member saying; "*Genesis is excellent*".

The pre admission information (written and verbal) ensures that people are fully aware of what to expect at Gilead. Assessment of their needs is detailed. Any additional information needed is sought. This is then translated into a plan of care, which is equally detailed and regularly reviewed with the person themselves and all staff who are supporting them. People are protected; their vulnerability is understood and risk managed in their best interest.

There is a structured routine at Gilead at a time when people need that structure. There are also opportunities to learn new skills such as farm work, administration, catering, maintenance, etc.

The atmosphere is friendly and welcoming. All the staff are helpful and show a sincere willingness toward continuing improvement and better outcomes for people they care for.

To view the full inspection report please log onto www.cqc.org

FUNDING, REFERRALS & APPLICATION PROCESS

Referrals are accepted from all professional bodies. These include social services, community drug and alcohol teams, probation departments, prisons, recognised counselling services, GPs, local health authorities, etc. We also accept self-referrals from private individuals & interested parties.

We offer our services to both male and female clients between the age of 18 and 65.

Referrals

The referral process can be initiated by telephoning our application department to speak to one of our advisors. Alternatively you can complete the attached referral form and return it to our office.

Processing Pack

The client will be sent a processing pack requesting further information i.e. medical reports, proof of identification, and funding arrangements etc. Our application staff are available for assistance if required.

Application

Applications can be completed by telephone at a pre arranged appointment time with a member of the application team.

Interview

The client will be invited for an on site interview to assess their suitability for the programme. At the interview we encourage clients to look around the facility and meet members of staff and service user's currently in residence - this is to familiarise themselves with the surroundings, environment and the nature of the program. The client or their representative / keyworker will be notified of the outcome of the assessment within 48 hours, and on receipt of all the relevant information, subject to suitability offered a placement and admission date.

Admission

Admissions take place between 10am and 4pm Tuesday to Thursday; exceptions can be made subject to prior arrangements being made with the applications staff & program manager.

Eligibility Criteria

GF offers a course for males and females between 18 and retirement age. Relaxation of limits on upper ages would only apply if the applicant is willing and able to be involved in all aspects of the training therapy offered.

GF is able to provide services to individuals at all levels of their need. It may be the case that a service user has been able to successfully detoxify in an in-patient setting or other environment but wishes to access further long-term rehabilitation. GF is able to provide suitable continuation of treatment in such circumstances.

GF is also able to provide a service to ex-offenders on leaving prison or a post-prison hostel, those on probation or tag restriction, and also as an extension under mental health rehabilitation.

Applicants with children - We are unable to accept the children of applicants on the Phase 1 course, but would consider them joining the service user from Phase 2 onwards following an assessment with the program manager.

Bail - We do not offer GF as a bail address unless the student has been accepted to GF prior to a court hearing.

Children in care - We are able to support service user's who have children in care. Details of visits should be arranged and confirmed in writing before entry to the centre, considering the following conditions:

- No visits during the detoxification period;
- All visits need to be arranged with staff & relevant professionals (e.g. Social services);
- Costs of staff cover (if travelling required) and expenses would need to be covered for each trip;
- Frequency of visits would be at the program managers' discretion, taking distance into consideration (*Typically one visit every three weeks*).

Court cases/warrants - We ask each applicant to deal with outstanding warrants and court cases before coming to GF. We do, in some cases, take applicants where hearings are outstanding but not due for up to three months. GF is an organisation which requires a person to voluntarily want to change and therefore people are not accepted under court orders to reside at GF. People must be at GF voluntarily.

Drug Testing and Treatment Order - Applicants are accepted providing:

- Costs for tests are paid for, (this is included in program fees);
- Monthly reports can be submitted to court probation, etc in the place of attendance;
- The DTTO is not subject to GF and could be moved to alternative accommodation;
- We have written agreement to all the above.

Home Detention Curfew and E-Tags - Applicants are accepted on curfew, but the order should not be conditional to GF. The curfew hours are to be arranged prior to entry to the centre and should ideally be between 10pm and 5am.

Married couples - Can apply for the course but must realise that, if on detoxification phase, they would have separate accommodation. If a decision was made to stay for Phase 1 or 2, an assessment would be made and an action plan put together to accommodate the couple together.

Mental Health/Dual Diagnosis - A Psychiatric report is required. A decision is then made according to the needs of the individual concerned. Applicants with mental health issues need to show that they have been stable for two months before entry into the programme.

Pregnant applicants - Due to the support needs of an expectant mother each applicant would be treated on their own merits and a decision given accordingly.

Previous convictions - Information regarding any criminal record is required to carry out a risk assessment. We realise that some applicants may have many previous convictions, but this would not necessarily be detrimental to an application (decisions are made depending on whether the applicant is a risk to other service users and staff).

Sexual offences - GF is unable to accept clients who have sexual convictions or offences or who may pose a risk to others. There are many groups of vulnerable people, including children resident on site.

Arson offences - GF is unable to accept clients who have convictions for arson as this may pose a risk to the environment. All criminal records will be looked at in order to carry out a risk assessment.



CONTACT DETAILS

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