

What do Day Programmes provide?

All of KCA's Day Programmes offer a wide range of group activities and interventions, which individuals can access according to their need.

Core components of the Day Programme include:

- Substance Awareness
- Relapse Prevention
- Harm Reduction
- Life Skills
- Education & IT
- Aftercare
- Alternative Therapies
- Creative Arts

Day Programmes



Day Programme Services

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Finance

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Who are Day Programmes for?

- Anyone who requires more intensive support on a daily basis around their substance use.
- Individuals who are on a Drug Treatment and Testing Order or Drug Rehabilitation Requirement

How long will I need to come to the programme for?

Day Programmes usually look for a commitment of approximately 9 months, which would include a stabilisation period, reintegration and aftercare. For those individuals on a DTTO or DRR or the length of time will be determined by the Courts but would not be less than four months.

Do I have to be abstinent from all substances?

You do not have to be drug/alcohol free to attend any of the programmes. However, you will be expected to attend in a fit state and be prepared to work towards a clean and healthy lifestyle.

Where and how can I access Day Programmes?

You can be referred by another professional such as Probation, Social Services, General Practitioners or you can refer yourself for an assessment to one of the following programmes:

Example Only

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	Check In	Alternative Therapies	Assessments	Substance Awareness	Alternative Therapies
11:30	Lifeskills	Goals Group		Harm Reduction	Relapse Prevention
12:45	LUNCH	LUNCH		LUNCH	
1:45	Reintegration	Creative Arts		Education & IT	Health & Fitness
3:00	Check Out				
4:00	CLOSE				