

## **The Gardening Project**

**Andrea Hammond, Coordinator, KCA (UK) Day Programme**

The workshop will cover:

- Why we introduced gardening/allotment component
- Practical process of establishing the programmes
- Gardens in service/allotments, differences between the two
- Therapeutic benefits of gardening
  - engagement
  - motivation
  - acquiring new skills
  - group cohesion
  - leisure skills
  - awareness of the environment/wider issues
  - diet
- Clients perspectives
- Short series of quotes illustrating benefits but not shying away from any adverse experiences
- and lessons learned
- What worked best and what might we change in the future

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## **Changing strategy, changing evidence: some implications for day programmes**

**Bill Puddicombe, Freelance consultant and former CEO of Phoenix House**

The workshop will cover:

- The unique place of the day service in treatment provision
  - The distinctive features of the modality and how they work for service users
  - Whether the day service is simply a “delivery mechanism”
  - What current policy and guidelines say about day services
  - What they don’t say
  - The risks to day services that arise from this situation
  - Discussion will centre on ways to protect and nurture the day service modality.
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## **Making effective connections: abstinence and non-abstinence day programmes**

**Jacque Johnston Lynch—head of Service, SHARP, Liverpool  
(Action on Addiction)**

12 step day treatment - Building A Recovery Community; the Liverpool Lessons

Exploring how, by bringing 12 step day treatment to the local area, shifts in culture had to be made in innovative ways, in order to create a cohesive recovery community.

- What specific steps were taken to achieve this
  - What are the effects of a growing recovery community
  - What innovative aspects of the work can be applied elsewhere
  - What place does leadership and determination have
  - What is the added value of service users being fully onboard in the development of their own recovery community
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## **Psychosocial Services in a Community - Recovery Setting**

**David Lucas and James Carter - Inward House Projects, Evolve**

EVOLVE – a result of local needs assessment in Blackburn & Darwen combines the provision of Structured Day Programmes with Open Access Information Advice and Triage and signposting all under one roof.

A focal point for access to treatment services in the Borough and situated in the centre of Blackburn, EVOLVE offers a one-stop shop approach to quick and easy access to treatment choices provided in the area and includes access to structured counselling, service support networks and routes into employment, training and education within a supportive environment.

The ethos of the project is not owed to any one discipline but will offer access to many options of treatment in consideration of individuals' beliefs principles and needs.

Classed as a “psychosocial” treatment option we aim to change individuals thinking around their substance misuse and arm them with practical support, training and advice on their own path to recovery utilising psychosocial interventions on a 1-1 or group basis.

A range of facilities are offered at the centre including a commercial training kitchen, mock up beauty therapy room and group rooms including drop-in facilities and a range of external provision offering accredited and non-accredited programmes of education and training to encourage clients to think about employment and training options.

Close partnership working with tier 3 prescribing services, CJDT, Young Peoples services and a range of voluntary and statutory sector services work in collaboration to deliver a holistic package of care and support networks.

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### **An Overview of Day Programmes in Kent** **Sue Clark, Deputy Day Programme Service Manager and** **Heidi Martin - Service Coordinator KCA (UK),**

This workshop aims to provide an overview of the KCA Day programme services. It will give a brief background and history of the six sites where we have programmes, the service users catered for and characteristics of service users accessing, along with how we endeavour to meet the needs of service users by providing a two phase programme. We provide a programme for criminal justice clients via Drug rehabilitation requirement and Alcohol rehabilitation requirement orders, as well as those who are not involved with the criminal justice service.

There will be a focus on balancing the requirements of our commissioners, with providing an innovative and motivating programme.

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### **Meeting the needs of crack cocaine users within a day** **programme targeted at stimulant users** **Eric Rodney - Service Manager, Hackney Day Programme, Blenheim** **CDP**

A structured day programme for stimulant users

The workshop will give an overview of the Hackney Day Programme:

- What is it?
  - What does it do?
  - What tools do we use?
  - What are the draw backs?
  - What are the care pathways?
  - What's the secret to a successful SDP's?
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### **Developing an innovative, eight week, rolling day** **programme—the benefits of a high level of service user** **involvement.**

**Glenda Daniels - Service Coordinator, Oxfordshire User Team**

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**“Dawn, Rise, Calm” - An intensive, three-phase day programme model**

**Donnie McGilveray - Project Manager, Alternatives, West Dunbartonshire Community Drug Services**

Through research, particularly utilising the recent work done by Professor David Best from Birmingham University, we have developed an intensive treatment programme in 3 levels reflecting clients in the different stages of their transition from substance mis-use to abstinence and social reintegration.

Level 1 DAWN (Developing Alternative Ways Now): a 4-week, 3 days per week programme to assess the suitability of participants to manage the intensive inputs within the RISE/CALM programmes.

Level 2 RISE (Reflecting In a Safe Environment): a 12 week, 5 days per week programme for those on illicit or prescribed drugs and stable running with the aim to enable the person to explore ways of making the transition from dependency into citizenship and community integration.

Level 3 CALM (Choose Abstinence Lifestyle Management): a 12 week, 5 days per week programme for participants of the RISE programme who manage to become abstinent to drugs with a strong focus on change and on the future, including educational / vocational opportunities.

We have been building towards a six day programme for the last six years and at last with the recent award of £300,000 from the Big Lottery Fund we are in a position to follow on the work of our pilot project. We believe this funding will demonstrate how effective community based support and rehabilitation can be, if the proper funding is provided. We hope to be a flagship for other drug agencies to copy and indeed emulate.

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**CAN - Group work - supporting drug and alcohol users, their friends and families**

**Zara Armstrong, Jessica Thompson - Service Managers,  
Toni Isles - Friends and Family Support Worker, CAN Community Drug Project Luton and Bedfordshire**

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