

## ESH Community Residential Rehab Project

This briefing document is for stakeholders outlining a new initiative in Warwickshire to support people with drug and alcohol issues.

### 1. What is the project?

ESH Works is an independent non profit making organisation providing mutual support for those addicted to or affected by alcohol, drugs or other dependencies. We also offer volunteering opportunities for people with personal experience of addiction who want to help us make a difference in other people's recovery. Our focus as an organisation is on 'recovery' from addiction and we believe that the necessary support is most effective when it is led and supported by people who themselves have experienced the problems and found a solution.

We have initiated a new addiction support project '**ESH Community**' to establish a peer led residential rehab facility in Warwickshire using ESH Works' experience and knowledge of recovery.

Our goal is to help people who have lost their way and provide the peer support to show them how others have achieved long term sustained recovery. The project will establish a local, low cost, peer supported, residential rehabilitation facility which will be an essential component of the local recovery capital available in Warwickshire and provide a solid base and a focal point to continue to build our recovery community.

The concept to establish a residential rehab in Warwickshire has been co-produced through active participation and involvement with service users, their families and other key stakeholders.

### 2. What will the local rehab facility look like?

The rehab will be a single site with central accommodation providing a full programme of education, activities and support with 24/7 on-site staffing. There will be 8-10 residents which we believe is an optimum number to provide the correct environment for 'rub-off recovery' and the sharing of experiences. The residential stays will be based on a 12 week programme of support which could be extended for a further 12 weeks if required and funding was available.

The ESH Community project will be staffed by people who have their own personal experience of addiction and recovery.

#### **Family Support**

A key element of the overall ESH community project will build on the existing experience we have delivering family support by providing education and guidance to families of people who are in the rehab facility. By doing this separately but in parallel with the resident's stay in rehab, we will be educating and preparing families to understand addiction and to help them support the client's sustained recovery.

Recovery is all about change for the person in addiction. By assisting the families to understand and deal with the client's changing approach to life, we will actually be supporting their sustained recovery. ESH Works has a wealth of experience supporting families and individuals and we believe this will be a significant factor in helping our residents to maintain their recovery during their aftercare.

### **3. Current residential rehab arrangements**

Warwickshire does not currently have any 'in county' rehab provision. Local people with substance misuse problems who are assessed as being eligible for residential rehabilitation have placements agreed at a local rehab panel meeting where appropriate rehab provision is identified to meet the client's needs, however, these rehabs are located throughout the country.

Service user feedback highlighted that those people who had been 'out of county' to a residential rehab actually felt there was no continuity for themselves or their families when they returned. A local residential rehab facility in Warwickshire would provide that continuity and stability for clients and families during their stay in rehab and perhaps more importantly, when the clients leave we will provide the local aftercare and support to sustain their recovery.

Many of the clients who had been to an 'out of county' rehab actually relocated because they had established their local recovery network in that geography, Warwickshire therefore did not benefit from the value of them returning with their recovery capital and enthusiasm to help others.

### **4. Who will benefit from the rehab project?**

Our project supports people with addiction issues geographically based in Warwickshire. We will also be supporting the families of the people with addiction problems.

#### **a) People in Addiction**

The project will support the residents in a safe environment where we can provide education and pass on the experience of other people in recovery. There will be ongoing opportunities for volunteering and mentoring for people when they have completed their stay at the rehab.

#### **b) Family Members**

Family members and families as a whole will benefit because a key element of the initiative is to build on our existing family support programme to assist them during their loved one's stay in rehab. We will give them an awareness of addiction and the tools that are required to support sustained recovery within the family.

#### **c) Wider Community**

Warwickshire County Council's (multi-agency) Drug and Alcohol Management group are fully supportive and acknowledge the benefits and positive outcomes of this project for the client group. The WCC Substance Misuse Team supported our capital grant proposal that we submitted to Public Health England which was successful and has part funded the purchase of the facility.

The local economy will benefit in terms of employment opportunities, particularly for our clients who find it difficult to get employment due to their previous history. We are in partnership with CWEDA (Coventry and Warwickshire Cooperative Development Agency) who will provide the employment support to residents, with a unique focus to encourage and support residents to take their own initiatives with a view to self employment or to start their own small businesses.

#### **d) Health Services**

There is a benefit to the wider health economy including primary care health services e.g. A & E departments. The facility will also have a significant impact on frontline health services including GPs who will see a reduction in the presentations from our clients and the client's family members. This project is fully supported by the three Warwickshire CCGs (Clinical Commissioning Groups)

#### **e) Criminal Justice System agencies & organisations**

There are obvious crime reduction and reducing reoffending benefits relating to public disorder and acquisitive crime caused by the client group. The Chief Constable of Warwickshire Police, the Police and Crime Commissioner for Warwickshire acknowledge the benefits of the initiative and have all provided letters of support for the project.

### **5. What difference will the rehab project make?**

For every one person in addiction there is a significant impact on at least 8-10 other people connected in their lives. The support we will provide for the addicts will have a direct impact on that individual's health and also indirectly the emotional wellbeing and health of their families.

The benefits of the project to the clients, their families and the wider community are:

- Clients learn how to live healthier, eat well and start to exercise.
- Building clients self confidence and esteem with support to find a purpose in life, ultimately giving them the ability to contribute to society again.
- Improving client employment opportunities.
- Reducing crime and policing costs as a result of long term sustained recovery for people in addiction who have been repeat offenders
- Reducing the impact and demand on acute health services, A&E and GPs.
- Supporting family members to have a better understanding of addiction, resulting in less stress, and improving their overall health and wellbeing. The end result in many cases will be to restore a broken family unit which also has a beneficial effect on the children of the addicts.
- Supporting the development of the Warwickshire Recovery Community.

### **6. Current Status**

The property has been purchased and the appropriate planning permissions have been approved. There will regular brief updates at key stages as the project develops ready for anticipated opening in spring 2017.

#### **Contact for more information**

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