



AFTERCARE PROGRAMME

Treatment, Integration and Recovery



SERVICE USERS ON THE JOURNEY TO ABSTINENCE
AND RE-INTEGRATION INTO THE
COMMUNITY

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Introduction

This *new aftercare programme* by Janus Enterprise is aimed at service users who have managed their substance misuse and are ready to consider how they will re-integrate into the community. Janus treatment programmes are based on The Resonance Factor, an approach that aims to encourage the service user to develop a strong awareness of their relationship to their substances of choice. In the Aftercare Programme, there is a recognition that the service user is now robust enough to engage in everyday life without substance use. This is particularly relevant in the context of the current Drug Strategy where the focus is clearly on the recovery and 're-integration'. Our aftercare service is designed to complement the expectations that we foster within our day programmes, and are designed to meet the expectations of referral agencies. We see our responsibility as:

***Providing opportunities for the service user
to maximise the benefits of
their treatment!***

The aftercare service offers a bespoke package for individuals' that encourages the service user to plan for the future. In addition however, time and attention is given to ensure that the service user is equipped with the tools to remember and recognise their relationship with their substance of choice, in order to reduce the risk of complacency.

About Janus Solutions

Janus Solutions is an independent organisation with extensive experience of working in the field of substance misuse.

Initially we noted that black and minority ethnic, stimulant drug users were rarely having their needs met by services however, as we developed our practice we found that similar elements arose irrespective of the drug of choice or the identity of the user. Consequently we developed a variety of experiential training packages that included crack cocaine use, generic substance misuse, group work, diversity, transition management and organisational development.

Since 2007 Janus training has become widely known throughout the United Kingdom and Ireland and our training has been delivered to workers at all levels ranging from drug and alcohol counsellors, psychologists, psychiatrists, nurses, to alternative therapists and family members affected by a loved one's drug use.

Our increased exposure to services left us concerned about the level of skill and knowledge informing the interventions used with drug users, and motivated us to write our book: "**Crack Cocaine: The Open Door**". Although the title suggests a singular focus, the approaches outlined in the book can be adapted to all types of drug use and services. We are currently writing our second book based on our new model for intervention: "**The Resonance Factor**" showing workers how to focus drug interventions and use their skills more effectively, irrespective of their training or previous experience.

About Janus Enterprise

Janus Enterprise is the social enterprise of Janus Solutions. It is a non-profit making company limited by guarantee, and its aim is to provide improved services for drug and alcohol service users and reduce the harm caused by drug related offending. Janus Enterprise also has two secondary objectives:

- incorporating the carers, loved ones and family members into the treatment pathway
- providing both service users and those close to service users the opportunity to enrol into our volunteer scheme

The goal of the volunteer scheme is to get service users back into the community in a productive way.

The Aftercare Programme

Who is the service aimed at?

- All drug and alcohol users who have achieved abstinence
- Those with a history of involvement in the criminal justice system
- Female service users
- Drug and alcohol using parents

Programme overview:

- ***Encourages and expects personal responsibility***

The programme is focused on cultivating independence and responsibility with the service user. If the service user is engaging in aftercare provision it is expected that they have reached a mature understanding of their relationship with their substance of choice, therefore goal setting and completing tasks are not daunting for them.

- ***Encourages the inclusion of carers and loved ones***

The programme does not view carers and loved ones as a hindrance or external to the service users recovery. We recognise that carers and loved ones can be integral to the service user achieving his or her goals. If all parties agree, we encourage that they work together towards some common objectives.

- ***Individually tailored 12 week programme***

This aftercare programme works with the uniqueness of the service user. This is crucially the time when the personal attributes of the service user can be explored and where their personal ambitions can be nurtured. This is also a time when service users are supported to address relationships, for example with partners, children and family members as well as exploring further education and employment.

- ***Access to social enterprise opportunities***

This programme will lay the foundations for those service users to consider themselves as entrepreneurs. Janus Enterprise recognises that there are many constraints to service users re-integrating and many external challenges that exist. Consequently we offer service users the opportunity to learn about business development and develop entrepreneurial skills as a possible avenue towards their future aspirations.

- ***Support to explore new areas and environments***

The programme will have some focus on the wider environment and how that impacts on opportunities for service users. This can be a challenging time of exploring new worlds, new systems and new structures that may provide encouragement and opportunity or prejudice and rejection. The programme is designed to inform and prepare the service user for the many possibilities they may face on their journey

Programme Content:

- ***Group work and one-to-one work***

The construct of the programme includes groupwork and one to one work with a variety of professional workers. Some of the interventions will focus on helping the individual to develop goals and support in working towards these while others will focus on the individual's relationship to their substance of choice and the issues that arise at this stage of their recovery.

- ***Employment Training and Education Specialist***

Each service user will engage with an ETE Specialist with whom they will develop a plan based on their individual capacity and aspiration. This worker will develop a relationship with the individual in order to identify their strengths, skills and abilities and will help them to harness and develop these in order to pursue their ambitions. This will happen at the service user's pace as this may be influenced by a variety of factors include on-going concurrent issues.

- ***Volunteering opportunities***

In addition to the opportunities that will be made available through work with the ETE specialist, Janus offers volunteering opportunities within Janus Enterprise. These will be for those who have an interest in the caring professions, including the substance misuse field

- ***Focus on the development of social capital***

The service user will be encouraged to consider their own support network and wider network and to develop this according to their personal requirements. In addition we encourage the individual to consider and review their own personal resourcefulness. This may include internal skills for maintaining a chosen lifestyle as well as external attributes that may benefit their family or community.

This service is aimed at those who have achieved abstinence from their substance of choice. It includes:

- ***One month transition period that incorporates:***
 - managing change
 - dealing with fear and rejection
 - overcoming blockers to achieving goals
 - peer support
 - And understanding the role of CRBs in 'your life'

- ***1 : 1 and group support***
 - The aftercare service user will receive 1:1 counselling
 - The aftercare service user will receive 1:1 substance misuse support if s/he feel vulnerable
 - The service user will be able to access generic group if they feel they require extra support of a refresher

- ***ETE: Identifying a new career path:***
 - Using the Job Centre as a resource
 - Understanding entitlement
 - Accessing careers advice in one's local area
 - Accessing training and funding
 - Securing voluntary work
 - Maintaining commitment and motivation
 - Becoming adaptable to the job's market
 - CRBs
 - Explaining historical unemployment
 - Coping with disappointment

- ***Re-integration:*** 6 month voluntary placement within our service for those service users considering entering the caring sector. The placement explores:
 - Educational and training requirements and how to access these
 - Identifying areas of personal interest
 - An exploration of professionalism
 - How to use personal experience appropriately

Why is this programme unique?

Main aspects:

1. It recognises that integration requires specific focus on managing transition and dealing with public attitudes towards the service user
2. The Aftercare Programme incorporates a volunteer scheme under the umbrella of Janus Enterprise
3. It views family members as an integral part of social capital
4. It offers evening and weekend support and access to the service
5. Participants will have access to a personal advisor for skills development
6. Participants are encouraged to explore and identify their transferable skills

Involving Carers and Families:

The programme encourages the involvement of family members in order to improve outcomes for service users and to improve family relationships. This can result in a reduction in social stigma and improve social inclusion for this disadvantaged group. Specific workshops are provided for family members only, and together with the service user.

Flexibility:

The variety of services available ensure that each individual can access a personal programme that is tailor-made to suit their needs. In addition, the programme content allows the service user to test out skills in a safe environment in order that they become equipped to pursue areas of interest externally thereafter. Evening and weekend activities and support are available.

Lapse Management:

The service will work with a service user who lapses by working with them intensely on a one-to-one basis. This allows the service user to learn from the lapse and to make an informed choice about their next step. This will be reinforced with drug testing. Where the service user is able to manage the lapse and avoid a relapses, they can return to the programme.

Costings:

AFTERCARE	
SPOT PURCHASE	REDUCTION OF BLOCK BOOKINGS
£135 PER PLACEMENT PER WEEK	10% REDUCTION FOR 60+ WEEKS = £7290 (60 WEEKS = 5 FULL-TIME PLACEMENTS FOR 12 WEEKS)

Free Service

We offer a free service to family members, carers and partners of the substance misusing parents that includes: support groups for family members; peer support groups; joint sessions with family members.

Please contact Janus Enterprise for more details about this unique programme.

Tel: 02031210063

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Email: info@janusenterprise.co.uk referrals@janusenterprise.co.uk

Web: <http://www.janussolutions.co.uk/JSP-SocialEnterprise.htm>

Online Referrals: <https://secure1.namesco.net/janusenterprise.co.uk/JSP-ReferralForm.html>