



## DRUG AND ALCOHOL TREATMENT, INTEGRATION AND RECOVERY

PROVIDING EDUCATIONAL TREATMENT FOR SERVICE USERS AND FAMILIES,  
ON THE JOURNEY TO ABSTINENCE AND RE-INTEGRATION IN TO THE COMMUNITY



### **Chaos...**

*“The uncertainty and ambiguity of chaos often gives way to greater clarity and understanding in your mind. You get clearer about your goals, and your commitment gets stronger.*

*It busts age-old assumptions and perceptions, gives you the opportunity to explore new alternatives, the courage to take risks and confront your demons, thereby helping you realise your true potential.*

*Each instance of chaos is an opportunity to improve your creative and critical thinking.*

*There has rarely been a new discovery or way of thinking that has not faced seemingly intractable setbacks and insurmountable hurdles. If you can find the will and courage to see through it, every instance of chaos can provide you with a new opportunity to move forward with a stronger sense of self-belief.”*

### **The Hindu**

*For the drug and alcohol client the world of abstinence represents ‘chaos’. The role of the substance misuse worker is to stimulate clarity within the client in order to support them in seeing the path they wish to take!*

### **Janus Enterprise**

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## Introduction

This new treatment and aftercare programme is introduced by Janus Solutions and is based on The Resonance Factor. This concept is developed from the belief that the most effective way to improve outcomes for problematic drug and alcohol use is to keep the focus on the relationship between the user and his or her substance of choice. The model enables the worker to use their skills to help the service user to develop insight into this relationship. Janus uses the generic term 'drug intervention worker' to include all those who work directly with service users irrespective of their professional training or particular role in service provision.

During many years of service delivery in this field and its extensive training experience, Janus has found that often the service user's relationship with the drug or alcohol use has become a secondary priority to other needs such as housing, health, criminal justice issues or education. Although these are areas that need to be addressed in order to help the service user, they should not replace the essential focus on the primary problem, that of drug or alcohol **dependence**. Janus has observed that the increased expectation on services to provide a holistic package of care, or to care co-ordinate service users, allows the focus to drift from the central issue and the reason that contact was made with the specialist agency. This is particularly relevant in the context of the current Drug Strategy where the focus is clearly on the Recovery Model and 're-integration'. With this specific directive, coupled with cuts in funding and an increase in the use of volunteers and trainees, there is an increased likelihood that the primary issue will not be fully addressed. The consequences of this oversight are potentially detrimental to both service user and service in that both are left ill-equipped to meet their goals. To use a health metaphor, a rash will keep appearing, no matter what potion is applied, until the cause of it is identified and addressed.

Janus has therefore developed this new model that keeps the focus on the drug or alcohol use while exploring the impact of the consequential issue at the same time. This abstinence based programme incorporates the development of other areas of the service user's life, but never loses sight of the primary reason that the service user is here.

Additional services provided on this programme include:

- Work with carers
- One to one work with lapse and relapse
- Drug testing
- Evening and weekend support and activities
- Peer support
- Telephone check-in service
- Access to a Re-integration Programme
- Written reports for referrers

## 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, working with carers, 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 Resonance Factor**

*'resonance' – the power to evoke enduring images, memories and emotions*

*'factor' – a circumstance, fact or influence that contributes to a result*

*(Oxford Dictionary, OUP, 2010)*

The Resonance Factor is a concept developed by Janus Solutions that stands aside from other models such as 12-step (N.A., C.A., Al Anon etc), Cognitive Behaviour Therapy (CBT), Harm Reduction, Psychotherapy or spiritual and culture specific interventions. However, it is a concept that can be adopted by all professionals, irrespective of their professional background or school of thought. The model has been tried and tested with workers and clients and has proven successful in achieving personal empowerment. It is unique in that it focuses entirely on the person's relationship to their drug of choice, in particular how they **think, feel and behave** towards their drug of choice.

In order to address this, the worker will take the person on a journey through the following aspects of their substance use:

- The Pleasure derived from drug use
- The perception that 'it's all about the High!'

The five key areas addressed are:

- o Cravings
- o Drug DNA
- o Lapse, Lapse Management and Relapse
- o The Grief Process
- o Justifications and Reasons

Throughout the process the worker will be committed to **Authenticity** in their relationship with the service user and as a consequence, will enable the service user to become honest with themselves about their situation. The worker will introduce the concept of **Cognitive Dissonance**, and will encourage the service user to identify this concept in relation to their drug use.

Janus believes that people do not stop doing something that they enjoy because they make an internal shift or because they become 'ready to change!' On the contrary, Janus believes that most people stop doing something because it is having a detrimental effect on another area of their life. For example, a chocolate lover does not stop eating chocolate because they wake up one day and think 'I need to change!' More likely the chocolate lover will become conscious of their increasing weight and the health implications of this as advised by their Doctor or someone close to them.

Using the Resonance Factor, Janus will help the service user to identify the **discrepancy** between their beliefs about their drug use and the contrary evidence relative to their personal life situation. In acknowledging the discrepancies, the service user will gradually increase their awareness creating a platform from which to make informed choices.

The Resonance Factor is a tool aimed at placing a metaphorical mirror in front of the client allowing them to see themselves and their relationship to drug or alcohol use more clearly. The Resonance Factor process is designed to encourage the service user to take full ownership for their actions and behaviour, leading to personal responsibility and the development of independent decision making skills.

## **The Treatment Programme**

### **Who is the service aimed at:**

- All drug and alcohol users who are aiming for total abstinence
- Those involved in the criminal justice system
- Female service users
- Drug and alcohol using parents

### **Programme overview:**

- Encourages and expects personal responsibility
- Encourages the inclusion of carers and loved ones
- 12 week programme subject to review for a further 12 weeks
- Drug testing
- Access to Aftercare Programme
- Written reports for referrers

### **Programme Content:**

- Group work and one-to-one work
- Focus on service user's relationship with their drug of choice
- Separate groups for carers and affected others
- Joint groups with services users and affected others
- Group work on offending behaviour
- Women only groups
- Social Literacy
- Telephone support that is person-centred and time limited

## Aftercare Programme

This service is for service users who are drug free and wish to remain abstinent and be re-integrated into the community. It includes:

- One month transition period that incorporates:
  - managing change
  - dealing with fear and rejection
  - overcoming blockers to achieving goals
  - peer support
- 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
- 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

### Why is this programme unique?

#### **Main aspects:**

1. It provides drug and alcohol interventions as the **primary focus** not the secondary focus
2. It views family members as an integral part of the treatment
3. Evening and weekend services are a part of the programme
4. It recognises that integration requires specific focus on managing transition and dealing with public attitudes towards the service user
5. The Aftercare Programme incorporates a volunteer scheme under the umbrella of Janus Enterprise

#### **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. These will cover:

- Enabling and co-dependency
- The impact of drug or alcohol use on family members including children
- Empowering family members to make tough decisions

#### **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 different activities in a safe environment in order that they become equipped to pursue areas of interest externally thereafter. Evening and weekend activities are available, and a telephone support service is available that is personally designed to disrupt drug using patterns of behaviour.

#### **Lapse Management:**

The service will work with a service user who lapses by removing them from the groupwork programme and working 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 can be reinforced with increased drug testing. Where the service user manages the lapse and achieves abstinence, they can return to the programme, alternately where a full relapse occurs, the service user will be referred to an appropriate service.

#### **Women Only:**

Women only groups are available with links to specific services and organisations that are set up to address specific issues affecting female users.

#### **Allocated Workers:**

Unlike other programmes, service users will not be allocated a named worker. Instead service users will have one-to-one sessions with different workers in order to enhance the quality and variety of input and perspective. This will also discourage dependency on particular workers. Due to the inclusive nature of the programme, service users will have the opportunity to establish a rapport and engage with all workers from the outset. In addition, each service user will have the

opportunity to engage with a trained counsellor to address any other issues that may arise and that they wish to explore.

**Specialist Service for Drug and Alcohol using Parents:**

We have also developed a specialist, alternative programme that targets drug or alcohol using parents, particularly where there are child protection concerns. A fundamental aspect of this programme is the involvement of affected family members and those with responsibilities for looking after the children of drug or alcohol using parents.

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

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## PRICING SCHEDULE

DAY PROGRAMME		
SPOT PURCHASE	BLOCK PURCHASE	REDUCTIONS FOR BLOCK PURCHASE
£279 per PLACEMENT PER WEEK	36 WEEKS = £10,044  (36 WEEKS = 3 FULL-TIME PLACEMENTS)	5% REDUCTION = £9541.80  (36 WEEKS)
	60 WEEKS = £16,740  (60 WEEKS = 5 FULL-TIME PLACEMENTS FOR 12 WEEKS)	10% REDUCTION = £15,066  (60 WEEKS)
	120+ WEEKS = £33,480	12% REDUCTION = £29,462.40  (120 + WEEKS)

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 totally free service to family members, carers and partners of the substance misusing parent/s. We provide:

- Support, peers groups, joint carer and client groups and 1:1 sessions