

Working with a 12 step programme

- How the day-care programme was started
 - What did we learn from the training
- How the day-care programme works
 - Working with 12 step clients
 - Outcomes

How the programme started

- Started as the organisation director is a member of AA and had a vision for a service
- Space available in the form of 2 council flats – negotiated very cheap rent and relatively small amount of money to convert the space
- Training organised by negotiation with Promis Recovery Centre, FDAP approved, 12 steps and group-work.
- 10 days over 3 weekends, 12 places, 8 members of AA or NA including one client

What I learnt about addiction

- Addiction is about short term gratification followed by long term harm
- That people who use addictive substances need to stop using them before we can really assess their mental state
- That people who use addictive substances are often totally submerged in that addiction
- That counselling for trauma may mean relapse for someone in early recovery
- 'Nothing fills the inner void of alcoholics and addicts like alcohol and drugs do' (Robert Lefever)
- Spirituality is not the same as religion

What I learnt about 12 steps

- People who go to AA/NA have a language and culture of their own

e.g Dry drunk, the 13th step, defects of character, lodgers in heads, stinking thinking, rock bottom, having resentments, co-dependancy
- AA believes addicts are 'born that way', they have a disturbance of mood and learn to use things to feel better. This backs up the idea of 'once and addict always an addict'
- 12 steps is about personal development and avoids blaming other people or things for the way you behave
- That 12 steppers believe that a return to using drugs/alcohol brings back their addictive behaviour and character defects
- That recovery is very hard, and that people have to 'learn how to live sober'

What I learnt about myself

- That I wasn't an addict but I maybe use food to improve my mood or anxiety and frustrations
- That having resentments didn't make me feel better but letting go of them did
- That I needed to have some bereavement counselling

How day-care works

- Clients attend 10-4 M-Thu, 10-1 Friday
- There are 6.5 counsellors and 1 manager, up to 24 clients
- There are no facilities for in patient de-tox.(unlike residential)
- Links with local nursery, and bus-fares paid, free dinners!
- First 4 weeks induction sorting housing/medical problems etc
- 1st 10 weeks towards abstinence of favoured drug of choice
- 2nd 10 weeks towards abstinence all other drugs and alcohol
- 3rd 10 weeks, abstinence from medication and support towards training and education
- Has links to college – food handling courses in the building, computers in the building

Working with the clients

- We would back up the idea of abstinence for 12 step clients (including alcohol and anti-depressants)
- We would encourage the idea of no new relationships for 2 years after recovery starts
- Encourage clients to trust their sponsor if advise seems reasonable
- Clients are going to get upset – this is normal and not necessarily a bad thing!

Who do we refer

➤ Suitable clients

- Chaotic clients
- Poly-drug users
- Those diagnosed with 'personality disorder'

➤ Unsuitable clients

- Psychotic clients
- Homeless clients referred to housing first
- Those under 18

Outcomes

➤ 1

➤ 2

➤ 3

Hand-outs

- The 12 steps
- Brief overview of the 12 steps (from John Platt training)
- The 12 promises
- The 12 traditions
- Gorski's developmental model of recovery
- Higher power- Gorski's definition
- Differences between religion and spirituality (from John Platt training)
- The recovery ladder (from John Platt training)