

Highland ADP – Residential Rehabilitation Pathway – July 2022

Promotion

Via leaflets, website, mutual aid groups, recovery events, awareness raising, training and relevant events



Referral

Self Referral to Drug & Alcohol Recovery Services where key worker can assist referral to residential rehab.

GP, Psychiatrist, CPN, Justice Services or other relevant professionals



Assessment – In Area Placement

Assessment at local residential rehabilitation within 2 weeks of referral, to understand goals and agree suitability of service.

Assessment includes; goals, strengths, substance usage, medical history, financial situation, legal situation, housing, motivation, unmet needs, risk assessment taking a risk enablement approach (include relevant professionals), what service offers.

Assessment Outcome - communicated to person within 7 days.

Preparatory support - via Drug and Alcohol Recovery Service and Outreach worker from local residential rehabilitation unit every 2- 4 weeks until admission. Person advised of admission date when placement becomes available

Assessment – Out of Area Placement

Assessment via consultant psychiatrist (Addictions) – Funding approval via local CAG group (NHS) – Criteria for selecting provider includes; Care Inspectorate rating, suitability of programme, outcomes data, cost

Detox (As required)

Assessed need - liaison between the local residential rehabilitation unit and the advanced nurse practitioner (Drug and Alcohol Recovery Service) to coordinate dates for in-patient/community detox with admission to placement



Placement – 2 week Programme

(Designed as short break to help person decide if they wish to continue with abstinence. Suitable for people in employment looking for short stay)

- Protective setting - Random substance

Placement – 14 week programme

Provision of extended support for people with a range of support needs: requiring sustained support to promote physical and/or mental improvement for long term recovery.

- Protective setting - Random substance screening
- Outcomes STAR based Support plan, including physical and mental health

<p>screening</p> <ul style="list-style-type: none"> • Therapeutic work incorporating psycho-educational, skills development, open group work sessions, cognitive behavioural models • Keyworker support inc. goal setting and progress monitoring • Group-work with a CBT base • Review to determine need/time on 14 week programme • Advised of complaints procedure / open meetings to feedback on service • On-going liaison with key worker (Drug and Alcohol Recovery Service) <p>Support post discharge including referral and preparation for 14 week programme</p>	<p>support needs, medication review and support.</p> <ul style="list-style-type: none"> • Keyworker support inc. goal setting and progress monitoring • Group-work with a CBT base • Access to counselling • Activities e.g. volunteer work, sports, activity nights, • Introduction to Community based mutual aid support groups • Life skills training • Support with benefits • Opportunities to feedback on service • On-going liaison with worker (Drug and Alcohol Recovery Service) • Family involvement, as agreed • Personalised support in event of lapse • Move on planning
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Discharge / Care Package

Documented discharge plan – copied to original referrer

Progression to move-on Supported Accommodation (ongoing abstinence support) for those with no permanent address (or problematic accommodation)

Referral/support for volunteering/employability/peer support/mutual aid



Community Outreach (in own home)

Outreach support up to 12 weeks post placement

Programmed visits consistent with progress against targets

Supported Accommodation

Local abstinence based accommodation for up to 2 years

Outcomes based support plan, building on rehab work

Support to build Recovery Capital:

in discharge plan Support to family members (CRAFT) Harm reduction support if appropriate Linking to community based activities Confidence building	Social networks, Volunteering, Employability activities etc Person centred support in event of lapse. Progression to own accommodation
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