

Who are we?

The Basement Recovery Project (TBRP) is an award winning, independent, community based organisation. We offer those in addiction to alcohol or drugs a new way of life, free from the need or desire to use any mood altering substance; we call this RECOVERY.

We understand where the obsession and compulsion to use alcohol and drugs can take people; the dishonesty and manipulation needed to maintain an addicted lifestyle and the way it leads to neglect of personal care, partners, children, our jobs, our values and into social isolation, criminality, shame and FEAR.

We also understand that addiction is an illness and it can be treated. We believe we are not bad people getting good, but ill people getting well. We've been there too.

Our Community Stabilisation Centre is just one of the ways we may be able to help you. Contact us to learn more about our full range of services that can help you find the freedom from addiction, and start your journey into a confident substance free life.



www.thebasementproject.org.uk



www.facebook.com/basementproject

The Basement Recovery Project
Basement House
10 Carlton Street
Halifax
HX1 2AL

Tel: 01422 383063

admin@thebasementproject.org.uk

The first step

The first step to recovery is admitting you have a problem. We can't do that for you but we can help you with every step from there.

The TBRP Community Stabilisation service is an early intervention with the aim of increasing the likelihood of you being able to stabilise on your medication by providing a platform to reduce excessive drug and alcohol abuse in a safe, supportive, structured environment where everyone is respected and included.

The service is for people who have a primary problem with:

- Opiate use, particularly heroin
- Stimulants such as crack cocaine
- Polydrug use, relating to a combination of drugs and/or alcohol

The service is ideal for clients who have difficulty controlling or eliminating their drug or alcohol use in the community and are using substances on top of prescribed medications such as methadone / subutex (buprenorphine), including people:

- who have tried and failed community-based treatment programmes
- whose social circumstances make it difficult to complete community-based treatment programmes
- who use a variety of different substances at the same time
- who are using street drugs on top of prescribed medication

Take the first step and contact us...

The **Basement** Project

Community Stabilisation Centre



Freedom from Drink
Freedom from Drugs
Freedom from Addiction
Freedom from **FEAR**

The Stabilisation Centre

The Basement Recovery Project Community Stabilisation Centre is a safe, secure, practical and supported residential accommodation for people who have been assessed to be low risk and who wish to participate in a stabilisation programme.

All of our staff members are specifically trained for their work in the Stabilisation Centre. The Centre has 24/7 support staff and a stabilisation manager, as well as a team of volunteers, all of whom are in recovery from addiction.

In addition, we have an out of hours qualified nurse available for advice and guidance.

TBRP will aim to provide continued support and structure to each day of admission to help you complete your stabilisation programme.

Clients will be expected to participate in all therapeutic sessions made available to them.

Your care plan will seek to enable both you and us, to best address the needs that were identified through the referral and assessment process.

**24/7 Wrap around Recovery
from those who
have been there.**

What can a client expect?

- You will have a stabilisation support worker who can arrange one-to-one support sessions with you, but you can ask for support at any time.
- You will have a client contract, which sets out our obligations to you and your responsibilities to us with regard to your support and accommodation.
- You have a right to privacy, however, random supervised spot checks of your room may be carried out from time to time.
- You will have a stabilisation plan, which will be reviewed daily to ensure your stay is as comfortable as possible.
- You have the right to be treated with dignity and respect and without discrimination.
- We will give you the opportunity to receive information about the cultural, spiritual and religious resources available in the area.
- We will consult you about the service we provide and any changes we propose, and we will ask for feedback about your experience.
- You will be supported by people in recovery; people who have been where you are now and know what you are going through.

Summary of services

The atmosphere in all the Basement Recovery Project's services is warm, supportive and welcoming. We approach each client's treatment holistically and collaboratively.

Our accommodation provides a safe and friendly environment in which clients can build confidence and motivation whilst addressing their own particular difficulties with addiction.

Accommodation:

- 3 x spacious fully furnished double bedrooms
- 1 x shower room
- 1 x shower room + bathroom
- 2 x toilets
- 1 x occupied staff room and office
- Fitted modern kitchen and dining room
- Fully equipped lounge

Therapeutic Sessions Offered:

- Here and Now
- Light Exercise
- Relaxation
- Mutual Aid
- Therapeutic Duties
- House Meetings
- Relapse Prevention
- Harm Minimisation
- Hopes and Fears
- Five Ways to Wellbeing

