

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.

The project is free to attend and run by staff and volunteers, all of whom are in recovery and many have been through the TBRP Freedom Programme too.

We are situated in Calderdale and Kirklees, close to other organisations that you may already be engaged with - (housing, benefits, probation, social services etc) and will support you through their processes.



www.thebasementproject.org.uk



www.facebook.com/basementproject



www.twitter.com/thebasementproj

Is this for you?

Have you tried to stop drinking or taking drugs and been unable to?

Have you managed to stop only to return to drinking or using just as much or more?

Does your life seem to get more chaotic each time this happens, just when you thought it couldn't get any worse?

Are you sick and tired of being sick and tired?

Do you WANT a different life?

Are you open-minded to a life free from drugs and alcohol, even though this maybe a scary prospect at the moment?

Are you willing to commit time, effort and 'head space' to a journey of recovery (as you do now to your addiction)?

The **Basement** Project

Freedom Programme



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



The Programme

Recovery Basics

During this phase, you will be supported to reduce your alcohol/drug use and to help prepare for medical detoxification if this is necessary.

Eight group sessions cover; an introduction to the nature of addiction, why we do what we do and why we can't seem to stop, dealing with the triggers and cravings that keep us on that downward spiral and an understanding of how you have arrived here at TBRP along with other people just like you.

We will look at the meaning of 'detox' and its function not as a magic wand to 'treat' addiction, but as the first step to recovery. We will then start planning for life immediately after detox.

Where appropriate, you will be encouraged to attend AA/NA, SMART Recovery and our own Here and Now and Process group meetings, as well as other recovery activities.

Detoxification

TBRP has its own Community Detoxification Centre and we also work with a number of organisations which carry out medical detoxification. Not everybody will need a medical detoxification and this will be assessed with your input, at the start of the Recovery Basics phase of the Programme.

Active Recovery

Now that the physical dependency of your addiction has been addressed, we take an in-depth look at the mental and emotional aspects during the next twenty-four sessions of the Freedom Programme.

You must be abstinent from both alcohol and drugs by this stage and be willing to undergo random testing.

During the sessions, we will explore the concepts of recovery in depth. You will be shown how to develop your own recovery 'toolbox' of strategies to prevent 'relapse' and a supporting network of other people in recovery. It will be reinforced that this is a 'we' process - *"only you can do it, but you can't do it alone"*.

You will learn to be more aware and accepting of your feelings and emotions, and to act on them in more constructive ways. We practice this in Here and Now and Process groups. We also introduce you to The Five Ways to Wellbeing, a set of realistic, achievable actions we can incorporate into our day-to-day activities helping us to feel happier and more content with our lives while building confidence and recovery capital.

Here and Now / Process Groups

These groups provide a unique opportunity to receive multiple perspectives, support encouragement and feedback from other individuals in a safe and confidential environment.

These interpersonal interactions can provide you with an opportunity to deepen your level of self-awareness. Together, we then help each other plan on how to deal with our issues. Groups are facilitated by a peer who is in recovery.

Volunteers and Recovery Builders

Volunteers are involved with other recovery activities at TBRP as well as the wider community; from volunteering at breakfast club to helping to reduce the stigma associated with drink and drug addiction, promoting TBRP and the Freedom Programme, attending events

locally and nationally, speaking at conferences and to the media. In time, and after completing the Programme, you may decide you would like to take on one of these roles yourself.

You may wish to broaden your participation in the community. Our Recovery Builders help to coordinate, support and resource the development of our recovery communities within our local areas and to meet the aims of Calderdale in Recovery and Kirklees in Recovery.

Throughout the programme, you will be in contact with volunteers and Builders who are in recovery. These people have completed the Freedom Programme and are there to support you by offering their experience, both in and out of groups, on an informal basis. This work is an important part of their own recovery and you will be helping them as much as they help you.

Contact Details

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