

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 such a 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 therapeutic housing project 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 drink and drugs, and start your journey into a confident substance free life.

Take the first step and contact us...

The Basement Recovery Project

Calderdale:

Basement House
10 Carlton Street
Halifax
HX1 2AL
Tel: 01422 383063

Kirklees:

Union Bank
3a Union Bank Yard
New Street
Huddersfield, HD1 2BP
Tel: 01484 512363

admin@thebasementproject.org.uk
www.thebasementproject.org.uk
www.facebook.com/basementproject

What is it?

Our houses offer first and second stage accommodation, lasting for up to 12 months. They are based close to our Calderdale and Kirklees recovery hubs. All our premises are decorated to the highest standards - we make sure they are somewhere we would want to live.

Our houses offer a comfortable home with a range of treatment options depending on where you are on your recovery journey. They operate along the lines of a therapeutic community, offering a person-centred approach and individual recovery plans within an evidence-based structured programme.

Our accommodation provides a safe and friendly environment in which clients can build confidence and motivation while addressing their own particular difficulties of addiction. The atmosphere is always friendly and warm and residents are encouraged to support and respect each other at all times. Our clients are supported in engaging in group sessions and one-to-one meetings, with the whole aim being independent living, free from addiction.

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. Our Therapeutic Community Project helps individuals to maintain an alcohol and drug free lifestyle by establishing an environment that supports abstinence and recovery.

A period of sober living can be a shield from the worst temptations for those first craving-filled months and allows residents to get back into and contribute to their local community at their own pace.

Just ask yourself:

What will you do instead?

The **Basement** Project

Therapeutic Communal Living



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

What is TBTCP?

The Basement Therapeutic Community Project (TBTCP) is a safe, secure, practical and supported two stage residential accommodation for people who are in the early stages of recovery from alcohol and/or drug misuse.

The aim is to provide 24/7 recovery therapy, together with holistic support into stable accommodation, employment and/or training, enabling successful independent living in the community.

The atmosphere in all our services is warm, supportive and welcoming. We approach each client's treatment holistically and collaboratively – each client being involved fully in their treatment planning to ensure the best chance of lasting success.

Abstinence is the foundation of the on-going recovery process and all residents are required to maintain abstinence throughout their stay.

The service has been developed to compliment our free and comprehensive Freedom Recovery Programme, a structured programme run over a number of weekly sessions which looks at why we do the things we do, and what we can do to prevent a relapse (re-entering the vicious cycle of addiction). See our main Freedom Programme leaflet for more information.

Clients are expected to engage in positive activities and services throughout their stay, and in the latter stages they are encouraged to contribute to the local Recovery Communities.

This unique approach gives people the chance to rebuild their lives and reach their potential.

What can a client expect?

- You will have your own named support worker who will arrange one-to-one support sessions with you, but you can ask for support at any time
- You will have a Client Agreement and a Licence Agreement, which set 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 maybe carried out from time to time.
- You will have a recovery plan, which will be reviewed at least every month or when your needs significantly change or when requested.
- You will have the right to disagree with needs assessments and recovery plans and the right to appeal if you disagree with any decisions.
- You have a right to confidentiality and also to see written information about yourself, in accordance with our Confidentiality Policy.
- 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.
- Most of all, you will have access to a service designed, built and managed by people who have gone before you, and understand you - people in recovery.

Summary of services

Referral Route:

- Self referral
- Statutory & Non-statutory agencies
- Probation services
- Prison services

Age & Sex: 25-65 male and female

Exclusions:

- Couples
- People on methadone or subutex
- People with pets
- People with multiple disabilities
- People with a history of violence
- People with dementia
- People with challenging behaviour
- People with arson convictions

Outline of Support Offered:

- Maintaining a sober and drug-free lifestyle
- Developing a new personal recovery network
- Setting up & maintaining a home or tenancy
- Developing domestic / life skills
- Developing social skills / behaviour management
- Managing finances & benefit claims
- Emotional support
- Establishing personal safety & security
- Peer support and befriending
- Access and support to secure permanent accommodation

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

