

Mutual aid meetings

Alcoholics Anonymous

Basement House, Sunday 13:00
10 Carlton Street Tuesday 19:45
Halifax, HX1 2AL Thursday 17:30

Christchurch, Leeds Road, Friday 19:45
Lightcliffe, HX3 8NU Wednesday 20:00

Salem Community Centre, Tuesday 20:00
Salem St, Off Burnley Rd, Wednesday 13:00
HX7 6HB Friday 20:00

Narcotics Anonymous

Basement House, Monday 19:00
10 Carlton Street Wednesday 20:00
Halifax, HX1 2AL Saturday 10:30

SMART Recovery

Ask a member of staff or a friend in Tuesday 12:15
recovery for locations. Wednesday 16:00
Thursday 12:00

Recovery Cafe, The Crypt, St Thursday 14:00
Mary's Church, Todmorden

Al-Anon

Basement House, Wednesday 18:30
10 Carlton Street
Halifax, HX1 2AL

Some mutual aid meetings are also held in Bradford, Leeds, Dewsbury, Huddersfield, Keighley and other towns throughout Yorkshire. Please check online for the most up to date information. *Meetings correct at the time of printing.

www.alcoholics-anonymous.org.uk
www.ukna.org
www.al-anonuk.org.uk
www.smartrecovery.org.uk

Free training

If you work with clients who are affected by substance and/or alcohol issues then mutual aid awareness training will help you in a number of ways:

- To confidently introduce the topic of mutual aid into sessions with your clients and promote the value of attending meetings.
- Help your clients to contact a current member of a mutual aid group who can accompany him/her to a meeting.
- Take an active interest in the client's attendance at, engagement with and experience of mutual aid groups.
- To understand the history, ideology and development of a range of mutual aid models; Fellowship, SMART and Community models.
- To understand the principles of assertive linkage and the professional's "responsibility for being responsible".
- Be knowledgeable about what mutual aid is available in and around our local area.

Learning is participatory and experiential, providing you with the opportunity to relate theory to practice. Our facilitators employ a combination of structured exercises, role play and didactic teaching methods to recreate realistic scenarios.

Contact TBRP now to arrange your free mutual aid awareness training session.

mutual aid



a community resource

Helping you to help service users to access and engage with mutual aid



NHS Calderdale Clinical Commissioning Group (CCG) has supported The Basement Recovery Project (TBRP) through a grant to fund this Mutual Aid Facilitation project.

Introduction

According to the National Institute for Health and Care Excellence (NICE) there is good evidence that mutual aid attendance mediates better substance misuse outcomes. Health and social care staff, at all levels of an organisation, should routinely provide people with information about mutual aid groups and facilitate access for those who are interested in attending.

However, a simple referral into mutual aid is often ineffective as some people either do not attend or drop out quickly, partly due to lack of understanding. A more effective approach involves services promoting and sometimes hosting local meetings, along with structured conversations with service users, and setting care-planned goals around attending and engaging. The aim of this project is to provide a half day awareness training session so you can do exactly that.

So what is mutual aid?

Mutual aid is the process of giving and receiving non-clinical and non-professional help to achieve long-term recovery from addiction. Mutual aid group members voluntarily support one another by providing social, emotional, and informational support. There are mutual aid groups for people seeking, initiating and sustaining their recovery and for their families and significant others. Sometimes they are called self-help groups; however, the term mutual aid is preferred as those seeking help have usually exhausted efforts on their own to achieve enduring recovery.

There are many models of mutual aid, with varying approaches. The most widespread are the '12-Step' fellowships (Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, AI-Anon, Families Anonymous etc.) with SMART Recovery and other locally based programmes now growing throughout the region, all of which will be discussed in the training session.

The benefits of mutual aid

People who participate in mutual aid groups typically increase the likelihood of sustaining their recovery as well as improving their physical and emotional health and wellbeing. The social support and mutual aid available in a group may be critical to an individual's recovery, rehabilitation, or healthy coping. Group members can offer unconditional support, and collectively, are a repository of helpful experiential knowledge. Mutual aid groups also provide an intact community and a sense of belonging. Robert Putnam suggests, *"if you belong to no groups and decide to join one, you cut your risk of dying over the next year by 50%"*.

Why this project?

The NHS Calderdale Clinical Commissioning Group (CCG) has supported The Basement Recovery Project (TBRP) through a grant to fund this Mutual Aid Facilitation project for the benefit of Calderdale residents. The CCG vision is; *"To achieve the best health and wellbeing for the people of Calderdale within our available resources"*. The demands on local health and social care services are increasing and although improvements have been made in Calderdale, the scale and pace of change needs to increase to support people to: Live healthy lives; manage their conditions and live independently, to ensure that when people need professional intervention, the right care is delivered at the right place at the right time.

By helping your service to introduce mutual aid as part of a broad recovery-orientated approach, service users may be more willing to engage if they are familiar with the idea of recovery and that it is an integral part of their treatment. This training will become the bedrock within the skills-set in the future landscape of effective recovery systems and will help the CCG towards realising their vision.

Take the next step

We are currently running a number of mutual aid awareness training sessions across Calderdale for both professionals and service users. This can be delivered on your premises at a time convenient to you or you can book a place on one of our in-house sessions.

We also have an extensive network of associates who are now in recovery from their addictions. They will share their stories, offer hope, explain what mutual aid is all about and how people can get involved. They will actively link service users into their local recovery community and help them find the right meeting. Once clients are settled in the recovery community we offer an on-going aftercare service that is designed to assertively respond to relapse, thus addressing the 'revolving door' concept.

This is a peer to peer model that is designed to provide recovery support and community referrals for others in recovery. Moreover, it acknowledges the evidence surrounding an individual's potential to relapse in the first five years of recovery, and provides a long-term socially-based solution.

Our supporting leaflet "mutual aid - make it part of your recovery" is a document to help you introduce the topic of mutual aid and to leave with your clients. It contains more information and sources of help.

If you know someone who may benefit from attending mutual aid meetings now or you wish to organise a free training session for you or your organisation please contact The Basement Recovery Project on 01422 383063.

The Basement Recovery Project, Basement House, 10 Carlton Street
Halifax, HX1 2AL, Telephone: 01422 383063
admin@thebasementproject.org.uk, www.thebasementproject.org.uk