

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 Recovery 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

Recovery Programme



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



The Programme

Pre-Recovery Phase

During this phase you will be supported to reduce your alcohol/drug 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 it's 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 group meetings as well as other Recovery activities.

One-to-one weekly meetings with your individual Recovery Coach are an opportunity to look at your particular issues in more depth and for us to assess your progress and readiness for detox and abstinence.

Detoxification

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

Recovery Phase

Is a twenty four session rolling programme which you enter following the Pre-Recovery or detoxification phase.

Now that the physical dependency of your addiction has been addressed we take an in-depth look at the mental and emotional aspects.

You must be abstinent from both alcohol and drugs by this stage and 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 'tool box' 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 groups.

You will continue to have weekly one-to-one meetings with your Recovery Coach, attend Here and Now groups, AA/NA, SMART Recovery and other Recovery activities.

Here and Now Groups

There are usually at least two or three Here and Now sessions per week available to those at all stages of the programme and to those who have completed it.

In the groups we are asked to identify our feelings and to share with our peers what is going on for us today. We relate our similar experiences and feelings to each other and thus realise that we are not alone and need not be ashamed.

Together, we then help each other plan how to deal with our issues. Groups are facilitated by a Recovery Coach or one of our volunteers in recovery.

Volunteers in Recovery

Throughout the programme you will be in contact with volunteers in recovery. These are people who have completed the programme and are in Recovery themselves. They 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.

Volunteers are involved with other Recovery activities at TBRP as well as the wider community; helping to reduce the stigma associated with drink and drug addiction, promoting TBRP and the Recovery 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.

Contact Details

The Basement Recovery Project:

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

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

Union House
29 Union Street
Dewsbury, WF13 1AS Tel: 01924 454167

email: admin@thebasementproject.org.uk