

Phoenix Futures



Ending dependency, transforming lives

Brighton Family Service

Specialist family service for parents overcoming drug and alcohol problems



Keeping Families Together



Phoenix Futures is the leading UK network of drug and alcohol treatment specialists. The charity provides a highly effective range of services in communities, prisons and residential centres that each year help thousands of people transform their lives.

Phoenix Futures runs two unique services, in Brighton and Sheffield, for families. Mothers and fathers can receive treatment for drug and alcohol misuse while continuing to care for their children aged up to 11 years old. Both services are OFSTED registered and offer a 6 month residential rehabilitative programme.

What is the Phoenix Futures Brighton Family Service?

The Brighton Family Service provides a residential drug and alcohol rehabilitation service for up to 17 adults and children, offering families spacious living and high quality accommodation and décor. The service is situated in a pleasant residential part of Brighton, one to two miles from the seafront. The building comprises of one self-contained flat and six bed sitting rooms with en suite, including shared cooking and laundry facilities. Communal areas include a resident's lounge, combined training and computer room, Ofsted registered under 5 crèche, garden and external soft play area for the children.



“Emphasis is placed on meeting children’s emotional needs and enabling adults to develop new parenting skills.”

What does the Brighton Family Service aim to achieve?

The Service caters for parents who wish to address their substance misuse problem whilst continuing to live with and care for their children. The stable and supportive environment enables:

- Individual family members to work towards identifying and addressing their own emotional needs/problems
- The family to work together, rebuilding relationships between individual members and the family as a whole
- Parents to become drug and/or alcohol free
- Parents to resolve outstanding legal practical and child protection issues

Parents do not have to be drug free on admission. A detoxification service is offered with monitoring and advice on gradual withdrawal programmes. This enables parents to become drug and alcohol free without separating families. Emphasis is placed on meeting children’s emotional needs and enabling adults to develop new parenting skills.



What kind of help and services can I expect?

The service offers a comprehensive health and social care package to meet the individual needs of parents and children within a semi-structured programme. Therapeutic approaches include psychodynamic and cognitive behavioural therapy and motivational interviewing.

Adult services include:

- Individual care plan
- Detoxification service
- Individual key work sessions
- Peer support and community groups
- Therapeutic groups focusing on specific issues e.g. Addiction, Parenting and Self Development.
- Educational/skills based groups
- Adults are encouraged to participate in voluntary work
- Practical advice e.g. housing and budgeting
- 10 and 20 week review reports including full written reports
- Liaison with external agencies to secure additional services
- Access to sporting/recreational activities
- Regular visits to local leisure centres
- Alternative and complementary therapies

Children services/ activity

- Individual care plan
- Regular monitoring
- Registered crèche for 0 – 5 year olds
- Child development work and therapeutic input
- Access to local schools, nursery or mother and toddler groups
- Supervised parent and child play activities
- Baby gym/play schemes
- Encouragement of outside sporting activities
- After school activities maybe held at the service
- Craft workshops
- Music groups
- Individual family key work sessions
- Regular link works, which include practical advice
- 10 and 20 week reviews held at the service including full written reports

Family services include:

- Regular progress reviews involving social services where appropriate
- Promotion of healthy living as a family
- Addressing family relationship issues
- Encouraging residents to further develop parenting skills whilst empowering them to introduce routines and boundaries in a family setting
- Discharge reports provided at the end of a placement
- Family outings to promote family relationships and parenting skills
- Onward referral to appropriate agencies when families leave

How is the service staffed?

The team offers 24 hour support, 7 days a week. All relevant criminal record, Local Authority and Department of Health checks are undertaken on staff engaged in family or children work; and all staff working with children under 5 hold recognised nursery nurse qualifications. All staff have achieved or are working towards NVQ Level 3.

How do parents and children spend their time at the Service?

Groupwork: The group programme enables parents to develop their communication and social skills. Educational and skills based groups and seminars cover topics such as Positive Parenting, Addiction, Self-Development and Health Issues. Individual attitudes and behaviour patterns are challenged and emphasis is placed on the development of self worth and personal responsibility.

Children: The child(ren)'s emotional and physical development is monitored, along with their interaction with the parent(s). The service runs a Positive Parenting Programme weekly, covering a range of topics to enable parents to develop their parenting skills. Children will attend playgroups, nurseries and schools in the local community depending on the age of the child. Parents will remain the primary providers of care for their children with guidance and support from staff.

Family & individual keywork sessions:

All residents including children are assigned their own individual or family key worker on admission. Individual care plans are discussed and devised on a one-to-one basis identifying goals and targets, which the resident will work

“all staff working with children under 5 hold recognised nursery nurse qualifications.”

to achieve during their stay. The care plan is regularly reviewed and revised allowing change and progress to be monitored.

This provides a continuation of Social Services Care Plans for individuals and the family. All parents and their children see their key workers for regular sessions together with couple key works as appropriate.

Medical: The local General Practitioner cares for the general health of all residents and provides medical input on issues around drug and alcohol use, overseeing client detoxification programmes. Parents are encouraged to make use of complimentary therapies available in the service to alleviate withdrawal symptoms.

“A comprehensive health and social care package to meet the individual needs of parents and children.”





What about contact with family and friends?

Contact with family and friends are limited during the first few weeks at the service. This is to give parents and children time to settle in and adapt to their new surroundings. Thereafter, visits can be organised in liaison with the family's key worker. Residents will not be allowed mobile phones, but will have access to two pay phones and can receive mail from family and friends.

Are there any rules?

To maintain a safe and positive environment, the Service has three rules:

- No illicit drug or alcohol use
- No violence or threats of violence
- No harassment of any kind (including racial or sexual harassment)

Residents are expected to participate and work to achieve the goals agreed in their care plan. Further expectations are outlined in the licence agreement, signed by all parents on admission.

Admission Criteria

- Parents must demonstrate motivation to address substance misuse issues and be committed to keeping their family together
- Applicants must be former drug users or receiving a prescription from a doctor
- Pregnant women may be considered for admission
- The children's welfare must not be adversely affected by placement in the project. The age range of children is from birth to ten years at time of entry

Persons convicted of a Schedule 1 offence will be automatically excluded.

How do you apply?

Referrals are accepted from the client or by the referring agency. For an application form and more information contact us by telephone, e-mail or post. See opposite for details.



How to find the Brighton Family Service



You can refer by calling:
01273 558 645

E-mail: brighton.family@phoenix-futures.org.uk

Website: www.phoenix-futures.org.uk

Or write to:

Business Manager
Brighton Family Service
160 Dyke Road, Brighton,
East Sussex
BN1 5PA

Directions:

By Road: Follow the M23/A23 towards Brighton. Approximately 5 miles from Brighton there is a roundabout signposted for the left for Hove/Worthing/Lewes. Take that turning and the road will wind round to the left with a filter lane continuing left for the A27 Worthing. Go onto the A27 and take the next exit off towards Hove. There is quite a steep hill up to the roundabout. At the roundabout, take the second exit, which is Dyke Road Avenue. Continue along Dyke Rd Avenue, which become Dyke Road. Brighton Family Service is on the left-hand side opposite Brighton, Hove and Sussex Sixth Form College.



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Our Mission

Phoenix Futures exists to give substance misusers the opportunity to rebuild their lives in a way that ends their dependence on drugs and alcohol.

We will work with people who seek our services, assisting them to gain self worth, independence and integration into society.

We will provide services that, while they maintain a clear structure, are adaptable to individual need.

We will value our staff, who enable us in this mission.

Refer to the Brighton Family Service

by calling: **01273 558645**

E-mail: brighton.family@phoenix-futures.org.uk

Website: www.phoenix-futures.org.uk

Fax: 01273 566919

Or write to:

Business Manager

Brighton Family Service

160 Dyke Road, Brighton

East Sussex

BN1 5PA

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