

## This is our vision

Every person who is dependent on drugs and alcohol has the potential to rebuild their life.

## We have a mission

Phoenix Futures brings positive change in the lives of individuals, families and communities affected by substance misuse. We reduce the impact of drug and alcohol related harm and enable our service users to rebuild their lives. Our purpose is achieved through the skills and dedication of our staff.

## What we do is informed by our values

Effective  
Caring  
Person focused  
Committed

**Call:** 020 7234 9740

**Email:** [info@phoenix-futures.org.uk](mailto:info@phoenix-futures.org.uk)

**View:** [www.phoenix-futures.org.uk](http://www.phoenix-futures.org.uk)



# Our Prison Services



Phoenix House (operating as Phoenix Futures) is a registered charity in England and Wales (No. 284880) and in Scotland (No. SCO39008); Company Limited by Guarantee Number 0626869; Registered Tenant Services Authority Number H3796; National Housing Federation Member; Patron HRH Prince of Wales

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## Who we are

Phoenix Futures is a leading provider of services for people with drug and alcohol problems. We offer services within community, prison and residential settings in England and Scotland.

## Our person focused approach

At Phoenix Futures we take pride in our ability to work with individuals from the street through to resettlement. Our skilled staff members provide effective and innovative interventions which enable our service users to address their problematic substance misuse. We believe that our service users are individuals and that the recovery process for each person is different.

## Our Prison Services

We are the largest not for profit provider of prison-based drug treatment in the UK, with services across England and Scotland. Working in partnership with Her Majesty's Prison Service and the Scottish Prison Service, we offer programmes including CARAT, PASRO, Short Duration Programme, Therapeutic Communities and the innovative Enhanced Addiction Casework Service.

Our dedicated and qualified staff work across the full range of establishments from high security estate to category D open estate, community prisons, youth offender's institutes and specialist institutions with high risk and sex offenders. We also provide continuity of care and support beyond the prison gates back into communities.

### **Counselling, Assessment, Referral Advice, Throughcare (CARAT)**

This service aims to take prisoners through the treatment process from start to finish, including through release from prison and back into the community.

The service establishes links with other internal prison departments, different establishments, courts and community agencies in order to ensure continuity of care for prisoners in their ongoing drug treatment. Prisoners can access support from CARAT services at different points in the criminal justice system including during remand or sentence, and whilst on conditional release.

### **Cognitive Behavioural Therapy (CBT)**

Cognitive Behavioural Therapy is based on the theory that psychological symptoms, such as substance dependency, are related to the interaction of thoughts, behaviours, and emotions. Our CBT programmes help prisoners to develop new ways of thinking and reacting to problems and situations, to reduce or end their dependency, avoid relapse and cope with difficult social situations.

We run three types of CBT programmes delivered over a period of between one and three months: Substance Treatment and Offending Programme (STOP), Prisoners Addressing Substance Related Offending (PASRO) and Short Duration Programme (SDP).

### **Therapeutic Community**

In our prison-based Therapeutic Communities, prisoners live separately from the rest of the prison population. Participation in the therapeutic programme helps to promote change by encouraging self-worth and personal responsibility, challenging individual attitudes and behaviour, and encouraging the development of life and social skills. Prisoners address their past behaviour patterns which have contributed to their chaotic substance misuse and life style and learn new coping strategies.

### **12 Step Programme**

The 12 Step Programme enables participants to learn and live the 12 steps with the programme focusing on steps one to five. Following completion of step five, participants are encouraged to take up one of the identified care pathways to continue their progression through the steps following release.

### **Enhanced Addiction Casework Service**

We run the innovative Enhanced Addiction Casework Service (EACS) in Scottish prisons, providing support for prisoners who wish to address their alcohol and drug use.

## How to find out more

For further information about our prison services please get in touch using our contact details overleaf.

