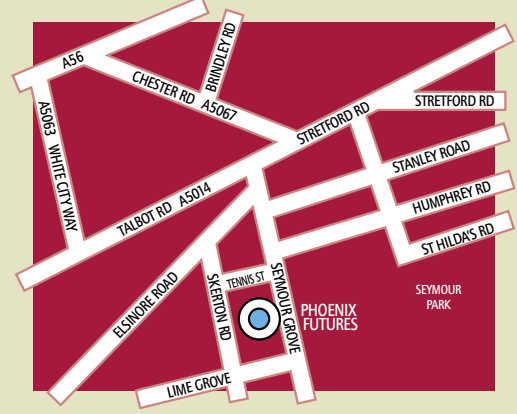


How to find the Trafford Structured Day Service



58 Seymour Grove
Old Trafford
Manchester
M16 0LN

Tel: 0161 873 7072
Fax: 0161 873 7073
Email: trafford.day@phoenix-futures.org.uk
Website: www.phoenix-futures.org.uk



Trafford Structured Day Service

Tackling drug dependency and strengthening communities

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.

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Phoenix Futures is the operating name for Phoenix House: Company Limited by Guarantee No. 1626869; Registered in England and Wales; Registered Charity No. 284880; Registered Housing Corporation No.H3795; Housing Federation Member. Patron: HRH Prince of Wales



Transforming Lives



The Trafford Structured Day Service is run by Phoenix Futures, commissioned by Safer Trafford Commissioning Team for people who wish to stabilize on prescribed medication, or become abstinent from prescribed or illicit drugs. The service offers men and women aged 18+ intensive community based support to deal effectively with their drug misuse in a safe and structured environment while remaining within their own community.

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.

What does the Trafford Structured Day Service aim to achieve?

The programme is developed around a treatment philosophy that recognises that through drug misuse individuals can encounter problems in *Physical, Social and Psychological Health*. The service is designed to enhance coping skills, empowering service users to address their substance misuse while at the same time enabling them to make positive choices, achieve personal growth, develop social skills, improve health and achieve an enhanced quality of life.

Who is the Service for?

The service works with individuals who have a desire to change their pattern of behaviour and drug use, addressing their lifestyle, health, social and criminal justice issues. We support and assist individuals to achieve stability. This may include achieving maintenance or stabilising on a prescription or total abstinence from illicit substances. In this respect, an individual's motivation to reduce or stop their drug use is the most important factor to accessing the service.

How is the service run?

The service runs five days a week, staffed by an experienced and professionally qualified team. The programme works in partnership and collaboration with other Trafford Treatment providers and agencies in an integrated approach to meet the needs of the "whole person".

What does the Service offer?

The Trafford Structured Day Service offers intensive community based support. The programme will vary according to the personal needs of the service user and will comprise of a 12-week structured treatment programme.

Recognising that each person is unique, a care package will be designed to cater for your individual needs. Your personal rehabilitation programme will provide realistic targets, enabling you to work towards your immediate and future goals. All participants will be required to attend all components of the programme as agreed with them in their personal rehabilitation plan.

Aspects of the programme may include:

- Group and individual work
- Counselling
- Relapse prevention
- Coping skills development
- Drug screening
- Women's/Men's Groups
- Cultural awareness/bonding groups
- Training & education opportunities
- Complementary therapies
- Health and physical fitness
- Art and Drama opportunities
- Welfare Clinics, e.g. Housing
- Employment advice and support
- Special Interest Groups

During the treatment programme, service users will be encouraged to establish sustainable community support networks to promote independence. Phoenix Futures is committed to working in partnership with other agencies for the benefit of its service users.



“We are committed to working in the best interest of the service users.”

Are there any rules?

To maintain a safe and positive environment, the service has rules. The main rules are:

- No person may attend the programme whilst under the influence of illicit drugs
- No substances on the premises
- No violence or threats of violence
- No harassment of any kind (including racial or sexual harassment).

On starting the programme service users will expect to sign an agreement and adhere to certain boundaries and behaviour to assist in the smooth running of the programme. These responsibilities will be explained before acceptance onto the programme.

Does the service consult with its users?

Service user consultation is central to the service's development and that of our programme. We encourage and support service users attending the programme to take part in service led groups in the area and attend regularly at service user meetings.

What about confidentiality?

As a service, we operate a code of confidentiality and this will be explained to all potential applicants. We are committed to working in the best interest of the service users and this means working in partnership with other agencies which enhances the service to offer a "Whole Person" approach to service users.

How do I refer?

Referral to the Trafford Structured Day Service can be made via your Social/Drugs Worker, DRR Teams and Trafford agencies working with drug dependent service users. Should you not have a worker, please telephone the service direct and we shall try and assist (Please see the page opposite).

Assessment will be based on the Trafford Integrated Single Assessment Document. This will be followed by an intake interview involving the service user, Phoenix Futures and the referring agency.