

# THE MUIRHEAD CARE HOME PROJECT

Residential Treatment Service

**OPENING AUTUMN 2024**

**PHOENIX  
FUTURES  
SCOTLAND**



# WHO ARE PHOENIX?

Phoenix Futures have been providing treatment and support for people with substance use and mental health problems for more than 50 years.

We are a charity registered in England and Wales regulated by the Charity Commission and by Scottish Charity Regulator OSCR in Scotland.

Phoenix supports more than 15,000 people per year to achieve happy, healthy futures.



The Scottish Government announced a new national mission to reduce drug related deaths and harms in January 2021.

The Residential Rehabilitation Rapid Capacity Programme made funds available to increase the number of residential treatment beds available across Scotland. The second round of funding provided Phoenix the opportunity to create 80 residential beds at any time.

27 beds to be provided at Muirhead. The remainder provided through a residential service located elsewhere.



# ADDRESSING DRUG AND ALCOHOL RELATED HARMS

Scotland has experienced a sharp increase in drug-related deaths over the past decade. The number of drug-related deaths in Scotland has reached record levels and is the highest rate in Europe.

Scotland has historically had higher rates of alcohol consumption compared to other parts of the United Kingdom and many other countries. The culture of heavy drinking has contributed to alcohol-related issues. In total 1,276 deaths were attributed to alcohol-specific causes last year, the highest number since 2008.

Excessive alcohol consumption is linked to a range of health problems, including liver disease, cardiovascular disease, various types of cancer, and mental health issues. These health consequences have placed a substantial burden on the healthcare system.

Addiction is a treatable condition and drug and alcohol deaths and wider harm are avoidable with the right treatment and support.

Phoenix's Residential Treatment Model is a Care Inspectorate registered service that provides for people seeking a drug and alcohol-free environment.

- The service is staffed 24/7 by a multi-disciplinary team.
- This services will offer 27 beds and will have a staff team of 24 professional therapeutic and care staff.
- All placements are on a pre-planned basis.

Care Inspectorate registered

Staffed 24/7

Provides Therapeutic Community Model

Trauma responsive psychosocial care

CBT counselling support

Abstinent based environment

121 Key-working and group programme

Multi-Disciplinary Staff Team

All placements on a pre-planned basis

Flexible treatment duration

Pre and post care provided

# WHAT IS A THERAPEUTIC COMMUNITY (TC)?

TCs create a supportive and therapeutic environment where people live and participate in an environment that focuses on personal growth, recovery, and positive change. The key features of a therapeutic community include:

- **Community Living:** Residents work together to create a supportive, respectful, and accountable community where they share responsibilities and experiences.
- **Structured and Therapeutic Activities:** Residents engage in a structured daily schedule of therapeutic activities, including group therapy, individual counselling, educational sessions, vocational training, and life skills development.
- **Therapeutic Relationships:** Staff members in TCs play an essential role in guiding and facilitating the therapeutic process.
- **Holistic Approach:** TCs address multiple aspects of an individual's life, including physical, emotional, social, and cognitive dimensions.
- **Personal Responsibility and Accountability:** Residents are expected to take responsibility for their actions and their recovery.



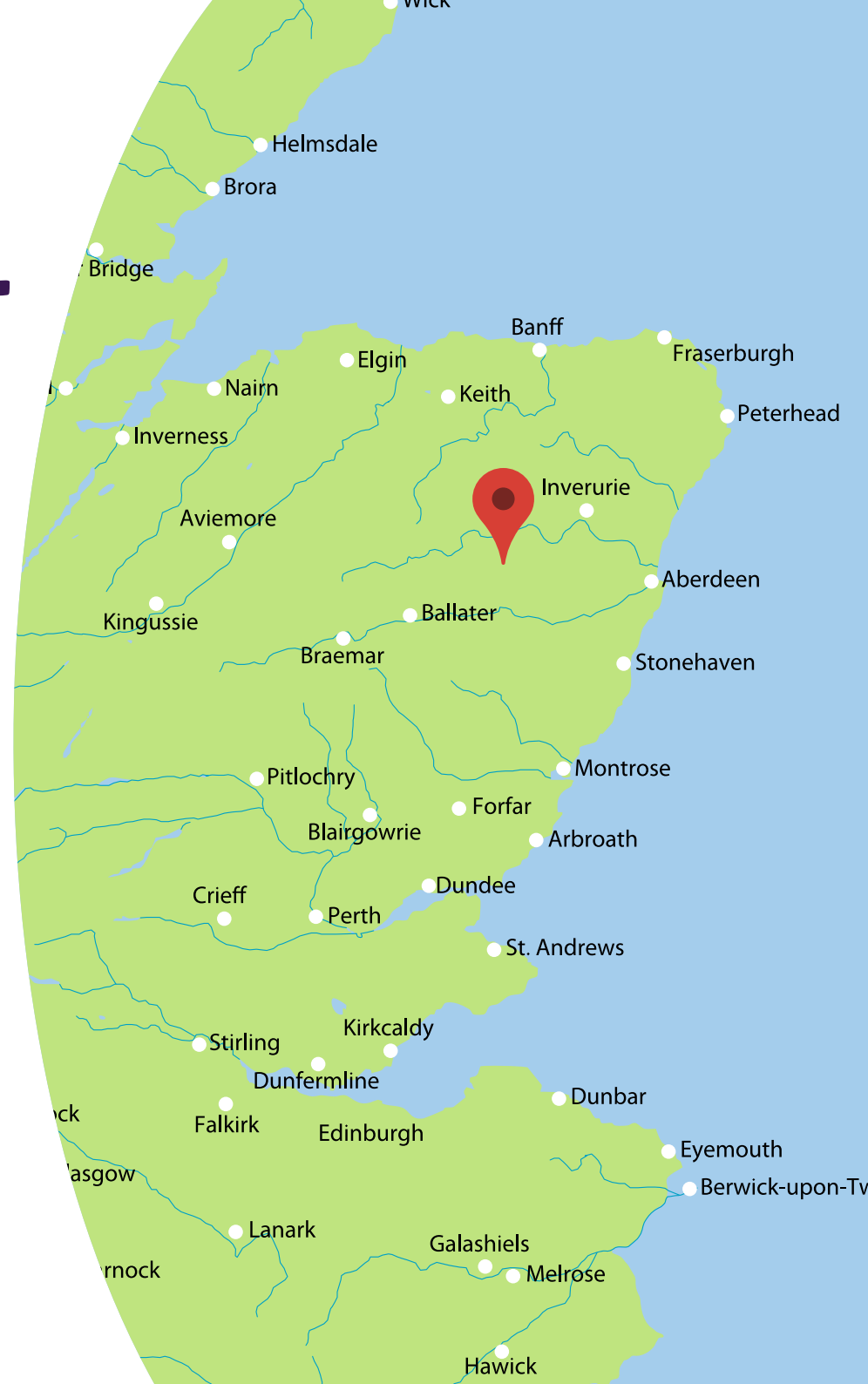
Phoenix is a founding member of the European Federation of Therapeutic Communities (EFTC). The EFTC host bi-annual conferences. In 2022 Phoenix hosted the 22nd EFTC conference in Glasgow welcoming academics and practitioners from across the world to share their knowledge.

# BRINGING TOGETHER OUR SPECIALISMS IN RESIDENTIAL CARE AND CONSERVATION THERAPY IN A BEAUTIFUL RURAL SETTING

Alford is an ideal rural setting for a centre that combines treatment for substance use and mental health needs with the therapeutic benefits of the natural environment

We offer support for people to address their health and social care needs, support for the rural economy and conservation of our shared natural environment

An ideal combination of sustainable personal and environmental growth and recovery



# WHO USES PHOENIX RESIDENTIAL SERVICES?

Addiction affects a wide range of people, and it does not discriminate based on factors such as age, gender, race, socioeconomic status, or background. It impacts people from all walks of life.

Addiction is a complex issue, and its impact is not limited to the person with the addiction. It ripples through relationships, families, communities, and society as a whole. Addressing addiction often involves not only providing treatment and support for individuals with substance use needs but also offering assistance and resources to those affected by their loved ones' struggles.

People who use Phoenix's Residential services tend to require more intensive and a wider range of support than they can access in their local community. Common barriers to accessing support in the community may be related to travel, work, childcare, stigma, the availability of local services or the need for specialist care. A residential setting brings all the support people need to one place where it is more easily accessible.

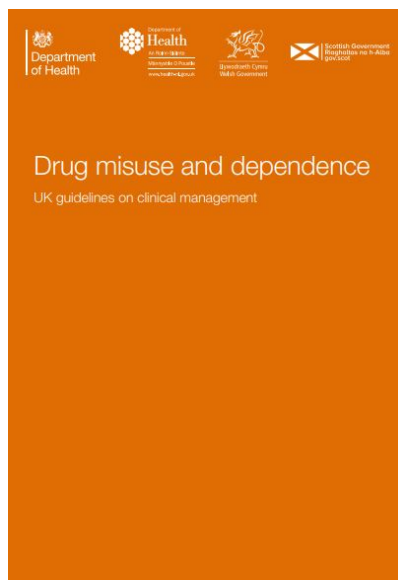
There are different types of residential care, but they all generally support people seeking enhanced care in early recovery.

The people who come to us are in early stages of recovery and seeking a drug and alcohol-free environment where they can learn how to sustain and improve their mental health and wellbeing in a comfortable and caring environment.

We do not provide emergency, or crisis access to the service and we do not provide personal care to residents. All residents are in relatively good health and able to live independently. All new residents attending the service are admitted on a planned basis in the daytime hours. All residents who leave the service will leave on a similarly planned basis in daytime hours.



# UK TREATMENT GUIDELINES - ENHANCED CARE IN EARLY RECOVERY



Within the UK Treatment Guidelines (Drug misuse and dependence: UK guidelines on clinical management) Residential Treatment is defined as a particularly suitable for people who “have not benefited from previous community-based psychosocial treatment” (NICE 2007).

“However, there will be some people who desire to go directly into residential treatment and some may benefit from doing so.”

Such decisions will need to rely on a best clinical judgement.

Layers	Phases			
	Assessment	Engagement	Behaviour Changes	Early Recovery
Cross-cutting issues	<p>Organisation: treatment review, outcome monitoring, treatment population segmentation, staff supervision.</p> <p>Process and delivery: therapeutic alliance, structure and goal directed, reinforcement of change, engage with and develop supportive social networks, develop confidence and resilience, integrate with use of medications</p>			
Standard care	<ul style="list-style-type: none"> <li>- Access substance use treatment needs including strengths and risks.</li> <li>- Harm reduction advice</li> <li>- Identify network support.</li> </ul>	<ul style="list-style-type: none"> <li>- Actively monitor engagement</li> <li>- Incentivise attendance.</li> <li>- Offer support to address social issues.</li> </ul>	<ul style="list-style-type: none"> <li>- Interventions to support service user goals, reduce risks, build support for and reinforce change, develop social networks, grow confidence and learn coping skills.</li> </ul>	<ul style="list-style-type: none"> <li>- Relapse prevention.</li> <li>- Active linkage to mutual aid.</li> <li>- Support to engage in community recovery and peer based recovery support</li> </ul>
Enhanced care	<ul style="list-style-type: none"> <li>- Identify service users at risk of dis-engagement including those with mental health problems</li> </ul>	<ul style="list-style-type: none"> <li>- Brief motivational interventions.</li> <li>- Contingency management</li> </ul>	<ul style="list-style-type: none"> <li>- Formal psychotherapy to address issues impending change.</li> <li>- Community reinforcement approach.</li> <li>- Specialist support to address social issues.</li> <li>- Vocational training.</li> </ul>	<ul style="list-style-type: none"> <li>- Community day programmes</li> <li>- Residential treatment</li> <li>- Therapeutic communities</li> </ul>

# HIGH QUALITY PSYCHOLOGICALLY INFORMED SERVICES



Phoenix designs services based on principles of Psychologically Informed Environments (PIEs). These are spaces that are intentionally designed and structured to consider and address the psychological and emotional well-being of the people who occupy them.

The goal is to create an environment that promotes healing, recovery, and personal growth by taking into account the psychological and emotional needs of the people they serve.

# INTERIOR DESIGN

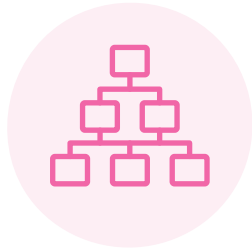
The service will feature an attractive contemporary design



**A**  
3 ELEVATION | FRONT FACE OF TEA PREP / BREAKFAST BAR  
SCALE 1:20

**B**  
4 ELEVATIONS | END OF BREAKFAST BAR | OPTION TWO - BLACK TIMBER SCREEN  
SCALE 1:20

# CENTRALISED SUPPORT FUNCTIONS



Operational  
management  
structure



People and  
Culture



Finance



Quality and  
Performance



Marketing and  
communications



Clinical  
Governance  
Structure

Phoenix's service delivery benefits from a full range of expert support functions. Providing directly for approx. 15,000 people per annum across the UK we have significant experience of providing services in all settings.

This new service will be supported by a range of experts. For example, our highly experienced People and Culture department will focus on recruitment and training of the staff team. Phoenix's Quality and Performance team work within a defined Clinical Governance Structure to support services to ensure that quality standards are maintained.

# THERAPEUTIC ACTIVITY - SUPPORTING PEOPLE TO CONNECT TO THE ENVIRONMENT

A key feature of this new service will be connection with the natural environment. We have long understood the value of connecting to our environment to support our mental health and wellbeing.

In 2001 we developed a therapeutic approach to support people in treatment for drug and alcohol issues to connect to nature and open spaces.

Over the last 20 years this work has contributed to the conservation and environmental regeneration of many areas across the UK.



# TREE PLANTING

In 2011 Phoenix embarked on a huge environmental project to inspire and celebrate recovery. The Phoenix Forest was invented by people in recovery committed to planting a tree to celebrate the recovery journey of every person who had completed treatment in one of our services.

Since then we have planted 11,504 trees in 2 sites in partnership with the Woodland Trust in England and our site in Scotland in partnership with the John Muir Trust.



# BRINGING RECOVERY THROUGH NATURE HOME

In 2018 we piloted a new approach to our RtN programme to help more people to take part. This new development is a fundamental part of Phoenix Futures' sustainability strategy and is designed to be led by people who use our services.

There are three guiding principles to our new approach;

1. Growing our own produce 'From seed to table'. Food is grown and eaten by people who use our services. Surplus produce is supplied to local food-share and food-bank projects
2. Carbon reducing conservation work located at surrounding habitats within the grounds of, and local to, our own properties
3. Conservation work for our RtN partners



# WHAT THE NHS SAYS ABOUT GREEN THERAPY

## Physical Health

- Gardening activities such as mowing the lawn, digging and weeding can help strengthen muscles to aid physical function and improve fitness and general health.
- Conservation projects such as path clearing, pond maintenance, and tree planting and trimming are often hefty and physically challenging. They require strength and vigour but some tasks can be modified to meet the needs of the individual's abilities.
- Animal Assisted Therapy (AAT) or Animal Assisted Activities (AAA) involves working with animals in a variety of settings. This could include livestock farming, equine activities, wildlife preservation as well as companion animal pursuits. Being around animals is a great way to keep us active and moving. It could be simply walking the dog or more challenging activities such as horse riding, grooming or mucking out stables, pens and hutches.
- Exercise such as this can even help prevent some illnesses such as heart disease, diabetes and arthritis and can ease flexibility in our muscles and joints.





# WHAT THE NHS SAYS ABOUT GREEN THERAPY

## Mental Health

- Conservation activity groups can offer the opportunity to connect with others, improving communication and social skills. Other benefits include reducing the feeling of isolation or exclusion which can often be the case with people who have a learning disability.
- Being outdoors and participating in Green Therapy activities has been known to reduce stress, anxiety and depression.
- Improved mental health through increased self-esteem, confidence and sense of achievement.
- Acquiring new skills to improve the chances of finding employment.
- Environmental Art projects can offer opportunities for self-expression, creativity and communication.
- Animal-assisted interventions involve being in spaces such as farms or come into contact with animals, spending time feeding, grooming or petting them. It is evidenced that contact with animals is beneficial in many ways including reducing stress, anxiety, grief and isolation.



# FAQS

If you want to know more there is a comprehensive set of frequently asked questions on the Phoenix website that cover issues such as business continuity, staffing, travel, access and much more

[tinyurl.com/2p94ufes](https://tinyurl.com/2p94ufes)