

COMMUNITY MEMBERS GUIDE

Information for people joining the
Specialist Family Service Scotland



WELCOME TO THE SPECIALIST FAMILY SERVICE SCOTLAND

The Specialist Family Service Scotland offers safe, structured support for the whole family to address their problematic drug and/or alcohol use, improve their mental health and quality of life.

Our residential services have been successfully supporting people across the UK to achieve long-term recovery for more than 50 years.

We offer a unique, family-focused programme of interventions which benefit each member of the family and the family unit as a whole. Families stay together at the service meaning that parents remain the carers of their children at the same time as taking part in the programme. Alongside this, Specialist childcare staff provide support to children and the family.

We are the only service of our kind across Scotland which welcomes dads as part of the programme as well as mums.

Located in Saltcoats situated near the North Ayrshire towns beautiful beach and promenade, and within reach of local amenities and a Nature Reserve.

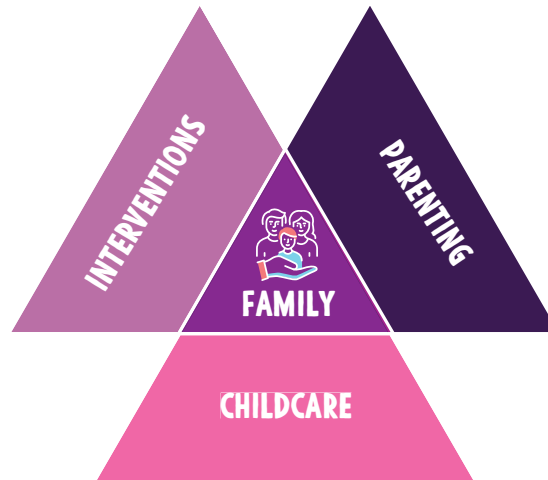
The spacious building, named Harper House is registered with the Care Inspectorate and provides for up to 20 families with children up to the age of 10



Our programmes at the Specialist Family Service Scotland are flexible between 12 and 26 weeks depending on need.

The programme brings together three main elements; therapeutic interventions, parenting and childcare each responsive to the individual needs of each family. The parenting element is underpinned by evidence based interventions which enhances the parents ability to manage their child's development.

Our staff team are highly skilled and experienced with a passion for helping people create brighter futures for themselves, their families and communities.



Our families benefit from each element of support in one place coordinated by our expert staff teams



THERAPEUTIC COMMUNITY

The Therapeutic Community approach is an evidence-based model. It is designed to encourage the development of life and social skills through engagement in daily work and activity routines.

All of the people who use our residential services are part of the Therapeutic Community and we call them Community Members.

Your needs will be met by a programme that embraces a range of therapeutic interventions including Cognitive Behavioural Therapy and play therapy.

The Therapeutic Community is designed to encourage the development of parenting, life and social skills through engagement in daily work and activity routines. Additionally, structured group work embraces Cognitive Behavioural Therapy methods, as well as including behavioural role play therapy.





FAMILY-FRIENDLY ENVIRONMENT



Set within spacious Harper House, the service provides an ideal environment for families to feel at home during their stay with us.

Each family has their own large family suite with access to a private kitchen and ensuite accessible bathroom facilities.

There are several communal lounges with TVs and multi-purpose spaces, including a children's lounge where children can play.

The rear of the Harper House has a private, enclosed dedicated play area for

the children to enjoy a range of outdoor activities and games.

Our large garden space features a dedicated area for our on-site Recovery through Nature activities as well as communal spaces perfect for BBQ's, and a climbing frame and slide for older children.

Children will have access to our Care Inspectorate registered day care centre whilst parents are in groups or taking part in activities.

Parents will take part in play-based sessions and parenting groups with our Childcare staff where they will work through various topics such as role modelling and healthy living.

CHILDCARE AND PARENTING

The Specialist Family Service Scotland provides care based on a comprehensive assessment of child development and well-being, as well as making observations around parenting. Our Community Members benefit from direct access to our highly experienced Childcare team who utilise bespoke specialist techniques developed through our unique experience, alongside accredited assessment and monitoring tools, in accordance with the Pre-birth to Three documents and Curriculum for Excellence.

Our children's day care centre is Care Inspectorate registered. We work in partnership with parents, social workers, speech and language therapists and a range of other specialists.

Our childcare centre has a ratio of three babies to one childcare worker under the age of 2, our registration allows us to care for up to 35 children of pre-school age with a maximum of 20 of those children under the age of 2.

The setting is stimulating and interesting for the children so that they are able to gain as much as they can from each day. Each child has their own Keyworker who will keep parents fully informed of

their children's progress through regular review meetings.

All parents are supported to enhance their parenting skills through PuP (Parents Under Pressure). The developments made by those staying with us are monitored through the use of the Family Star tool, which is designed to set realistic, measurable goals and identify progress in key areas.

The PuP Programme allows parents the opportunity to explore and identify areas of improvement in their parenting, establish rules and boundaries and enhance skills in managing children's behaviour.

A dedicated health visitor will also visit the site as required, with more regular visits for admissions with new-born babies.



A DAY IN THE SPECIALIST FAMILY SERVICE SCOTLAND

Your days at the family service will be structured. This is to help you establish a routine in both yours and your children's daily lives. To give an idea of how a day will be structured, here is an example timetable.

As you move through the programme, you will have more spare time during evenings and weekends, in preparation for leaving the residential service. However, there will still be regular groups which all parents are expected to attend. At the weekends we always arrange a community activity, this will normally be something family focused such as a trip to the local park or attractions.

10:00am - Morning meeting:

Everyone attends and the group is designed to set parents up for the day. They let each other know how they are feeling and if they need extra support. Plans are made for activities and the day ahead.

10:30am - Structured group session:

The groups run by the therapeutic team can include relapse prevention, stress management, anger management, managing anxiety and coping with grief. External providers may also deliver additional groups around healthy eating, exercise, sexual health, first aid and a range of parent and child



Setting goals in recovery is very important as it keeps Community Members focussed

11:30am – Free time: Community Members will prepare lunch and spend time with their children.

13:00pm – Activity: Two afternoons each week are set aside for computer time and written work. Wednesday afternoons are reserved for an activity which could include bowling, swimming, laser quest, cinema, coffee & cake or a country walk.

14:30pm – Sessions and appointments: During this time Community Members will have their 1:1 key session or attend appointments with solicitors, social workers or the local GP.

16:00pm – Free time: Community Members are able to use this time to complete domestic tasks such as washing, cleaning or shopping. This time will also be used to prepare their evening meal and spend time with their children before settling them for bed.

20:00pm – Evening group: This brings the community together for the final time of the day and supports parents to socialise and engage in productive activities and learning.

OUR PASSION FOR SUSTAINABILITY

Having achieved carbon-neutral status in 2020, our goal is to build upon this achievement and extend our sustainability strategy into all facets of the work we deliver. We aim to do

this by reducing carbon emissions, increasing carbon capture and enhancing our connection with the environment through our conservation initiative, Recovery through Nature.

AN INCLUSIVE ENVIRONMENT

We pride ourselves on being a safe, inclusive service committed to ensuring equality of access to treatment.

Everyone is welcome to join us at Harper House and become part of our supportive Therapeutic Community, our staff are culturally aware and sensitive to diverse needs.

People from all walks of life are affected by drug and alcohol use. We welcome adults of all ages, ethnicity, gender identity or expression and

sexual orientation and we seek to be as inclusive as possible to people with disabilities.

At the Specialist Family Service Scotland, we strive to be responsive to the requirements of people and families with accessibility needs, please contact us to discuss any adaptations you may require.

Should you require support to access a place of worship, Phoenix Futures have established links with local faith-based groups and Community Members often attend a diverse range of venues including Churches, Mosques and Temples.





RECOVERY THROUGH NATURE

Recovery through Nature connects our Community Members with the outdoors and provides opportunities to learn new skills, socialise and reflect on their progress in recovery amongst fresh air and inspiring views.

You will have the opportunity to go out to various settings across North Ayrshire learning about the environment, acquiring new skills, engaging in work on a variety of tasks including heathland clearance, planting trees and installation of benches and picnic tables. The Specialist Family Service Scotland is also in the process of transforming our own outdoor space into a therapeutic garden.

84%

of those who chose to join us in our Residential Services reported an improvement in their overall quality of life upon completion of treatment

IMPROVING MENTAL HEALTH AND WELLBEING

92% of people in residential treatment with Phoenix Futures have an emotional or mental health need and almost 70% had a diagnosed mental health condition.

With this in mind our programme and its interventions have a key focus on improving mental health utilising evidence based treatment including cognitive behavioural

therapy, psychosocial group work, and specialist support.

This has meant that those who come to Phoenix Futures have significant improvements in their mental health, reporting on average an improvement of 82%.

Individual needs are monitored via a personalised Care Plan agreed with each Community Member and tailored to meet individual needs. This helps us to ensure a placement with Phoenix Futures enables people to improve their well-being and get the support they need.





"I'm so thankful to all staff and peers for helping me find me again. Without Phoenix I don't know where I would be."

Community Member, Specialist Family Service England and Wales

TRAUMA INFORMED CARE

At Phoenix Futures we are conscious that many of the people that we support have had an experience with trauma in their lives.

All staff are trained in trauma-informed care to understand the widespread impact of these experiences, to recognise the signs of trauma and provide treatment which addresses the multi-faceted needs of people working towards recovery. Interventions, policies and procedures are specifically designed to provide a safe, supportive environment for people accessing our services. Focus is also placed upon supporting staff well-being when delivering trauma-informed care to help them provide the highest standards of care for people entering treatment.



SUPPORTING FAMILY AND FRIENDS ON YOUR RECOVERY JOURNEY

We recognise substance use not only affects the individual, but also their families and loved ones around them. All of our residential services will help facilitate families and loved ones to access mutual and emotional support.

Whether Community Members already have relationships with loved ones or wish to rebuild relationships, where appropriate we will support this. In addition to family members attending Community Members' care reviews, we offer family visits so that they have the opportunity to see the service and understand the programme. These visits

are subject to a thorough risk assessment, especially where children will be present. We realise that those who stay with us may come from a variety of areas across the country, some which would make travel difficult. In these circumstances we can offer the opportunity for virtual visits for loved-ones who cannot travel to the service.



PHOENIX FUTURES RESIDENTIAL SERVICES

The Specialist Family Service Scotland is one of Phoenix Futures residential services across the UK, each delivering a comprehensive, high-quality recovery programme enhanced by their individual specialism.

Scottish Residential

An accessible property located in Glasgow. Community Members will have an individual en-suite room, with a lift providing accessibility throughout the building to those with additional mobility needs.

Specialist Family Service England and Wales

Providing a safe, nurturing environment for parents to remain with their children throughout their recovery. The family service includes an on-site childcare unit, rated Outstanding by OFSTED.

New Oakwood Lodge

An enhanced Therapeutic Community based on borders of Derby and Derbyshire.

Wirral Residential

A picturesque Edwardian property in the tranquil suburban setting of the Wirral, close to Liverpool.

“...You not only gave us the opportunity to keep our children, but you gave our children the chance to see their parents grow and remain a family...”

Community Member, Specialist Family Service England and Wales





To find out more, make a referral or discuss how to fund your treatment get in touch by phone 01294 588 761 or email on Specialist.Family@phoenixfutures.org.uk

YOUR SUPPORT ENABLES US TO CREATE HOPE FOR A BRIGHTER FUTURE

Support us to make safer, healthier, happier communities across the UK

As a registered charity we've been helping make a positive change for individuals, families and communities across the UK for more than 50 years

If you'd like to support us we'd love to speak to you

Contact us at - marketing@phoenixfutures.org.uk



**PHOENIX FUTURES
SPECIALIST FAMILY SERVICE SCOTLAND**

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Help us speak out against stigma by liking, sharing
and following us on social media



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