

## RECOVERY STEPS

Calderdale Recovery Steps offers a range of free, confidential and non-judgemental services for individuals and their families whose lives are affected by drugs and/or alcohol, and who live in Calderdale.

Our aim is to support people to stay safe and live happy, healthy lives, free from drugs and alcohol.

### What happens when I get in touch?

Once you make contact with us and we have your details, you will have the opportunity to attend Choices. Following this, an assessment will be booked. This will typically take around 60-90 minutes and will usually be done within 2 weeks of you making contact. During your assessment, we will establish which elements of our programme are right for you or signpost you on to other services as appropriate.

We have experienced and professional teams who work with individuals on their journey to recovery from drugs and/or alcohol. You will be allocated a Recovery Navigator who will support you throughout this process and help you to develop a Recovery Plan that is built around you and your circumstances.

### Your support may include:

- One-to-one support and group therapy
- Health and wellbeing checks and screenings
- Therapeutic recovery programmes
- Support to reduce harm and prevent overdose
- Substitute medication
- Introduction to mutual aid meetings and a thriving recovery community
- Detox from alcohol and/or drugs
- Signposting to community services
- Employment, training and education support

## GETTING IN TOUCH

Please call our Single Point of Contact line on **01422 415550** to speak with one of our helpful team. You can also visit one of our 3 locations to find out more:

**Halifax:**  
Basement House, 10 Carlton Street, HX1 2AL

**Halifax:**  
8 Carlton Street, HX1 2AL

**Todmorden:**  
Kindness Hub, 36 Rochdale Road, OL14 7LD

Calderdale Recovery Steps is a partnership between Humankind and The Basement Recovery Project.



The **Basement Project**

## COMMUNITY

Calderdale in Recovery is an independent organisation that champions Recovery in Calderdale.

It is for everyone, not just those in service.

Their website has useful links and information that you may find helpful throughout your recovery journey. They have a Facebook Page and also run a private Facebook group where you can ask for help, find out what's going on within the recovery community and connect with like-minded people.

[www.calderdaleinrecovery.com](http://www.calderdaleinrecovery.com)

[www.facebook.com/calderdaleinrecovery](https://www.facebook.com/calderdaleinrecovery)

[www.facebook.com/groups/calderdaleinrecovery](https://www.facebook.com/groups/calderdaleinrecovery)

**CiR** CALDERDALE  
IN RECOVERY

**RECOVERYSTEPS**  
CALDERDALE

Drug & Alcohol Services

# CHOICES

A recovery system  
designed to help  
you help yourself.

# SUPPORT GROUPS

There is a structured work programme of groups, some of which are listed below:

## Weekly Check-In Groups

A peer support group to explore and discuss the events of the weekend, to look at what went well and what went not so well. It will also give you the opportunity to plan for the week ahead.

## First Steps Group

A peer support group which encourages you to identify and set goals, explore barriers to meeting goals and build motivation.

## Concerned Others Group

A support group for friends and relatives of those who use drink or drugs. The group offers peer support and is facilitated by a CRS worker, allowing for insight into recovery pathways and support services.

## SMART Recovery Group

Self Management And Recovery Training sessions that are educational and supportive, teaching skills to lead a meaningful and satisfying life.

## Here and Now Group

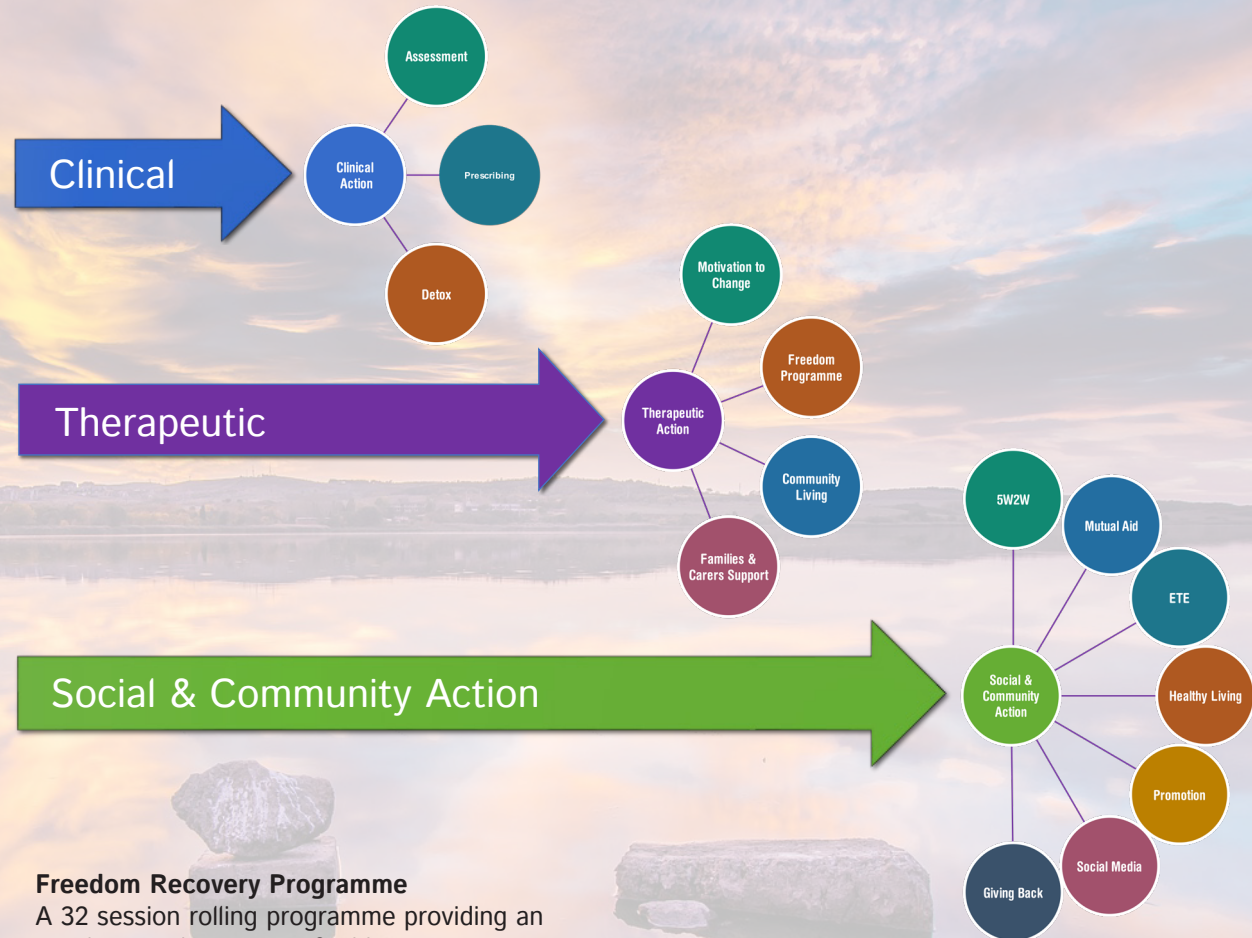
A facilitator-led peer support group to explore current feelings and how best to deal with them based on experiences from others in the group.

## Meditation Group

Meditation and mindful discussion group. Come along and experience mindfulness and connect with others.

## Criminal Justice Group

For those who have previous or current experience of the criminal justice system or at risk of becoming involved. The group is a 16-week rolling programme that explores substance misuse and offending behaviours along with practical sessions around issues such as housing and benefits and social activities.



## Freedom Recovery Programme

A 32 session rolling programme providing an insight into the nature of addiction, preparation for detox, the concepts of recovery and how to develop your own recovery 'toolbox'. This is a comprehensive programme aimed to equip you with strategies for a life without the desire to use drink or drugs.

## Process Group

The power of process groups lies in the unique opportunity to receive multiple perspectives, support, encouragement and feedback from other individuals in a safe and confidential environment. These interpersonal interactions can allow you an opportunity to deepen your level of self-awareness and to learn how they relate to others.

## 5WTW Group

Group to help you to build on your personal strengths and to increase your individual wellbeing and recovery capital. The Five Ways to Wellbeing are a set of realistic, achievable actions we can incorporate into our day-to-day activities to feel happier and more content with our lives.

## Weekly Check-Out Groups

A peer support group to plan for the weekend ahead, to support and maintain positive changes that have been made.