

The Growing Recovery Community in Newcastle

Eileen Ronan
Assistant Director



Filling the gaps

The Cyrenians worked with a group of Recovering People and Identified the following:

- People were trapped in the system
- No local community based abstinence treatment
- Success stories were imported
- Local people recovering away from home
- Clients had low ambitions
- Lack of sober housing
- Lack of routes into work

Oaktrees

- Action on Addiction – SHARP Model
- Abstinent based day treatment
- 12 Step approach to Recovery adopted
- 12 Programme includes
 - Workshop, Group Therapy, One to One Counselling, Peer Support.
- Attendance at Alcoholics or Narcotics Anonymous Required
- Aftercare provided through our Continuing Care Group
- Abstinent Based Housing

Oaktrees today

- Established within the treatment system
- Nearing 100 graduates of the programme
- 10 AA and NA meeting held within the building
- 43% of clients accessing are women
- Links to employment
- Recovery Rocks
- Community of Recovering People growing
- Development of NewcastleGateshead Recovery Centre

The Recovery Centre

The Newcastle Gateshead Recovery Centre is based on the CCAR model of Recovery Centres.

- A safe place to continue to recover and give back
- A place where recovery is visible
- Develop positive social networks
- Telephone Recovery Support (TRS)
- All Recovery Groups
- Recovery Orientated Employment Support
- Recovery Coaching

Telephone Recovery Support

"When I was drinking, my phone never rang and I wanted it to. I remember just sitting there, staring at the phone wishing someone would call me, talk to me, possibly help me."

- Volunteer led service
- Weekly scripted Recovery Phone Calls made
- Reduce Social Isolation
- Increase Recovery Capital

Recovery is Contagious!



The next steps

- Recovery from addiction needs to be promoted as a real and achievable goal.
- Recovery doesn't happen in isolation, the whole community is needed.
- Power given back to the individual – they are the experts in their journey.
- Individuals directed to the Recovering Community – it really is contagious!
- Celebrate!