

## **Co-production and Innovation fund 12-month report – TBRP & WY-FI**

### **Introduction to Freedom House**

Over the last 12 months we have been successfully developing a 24/7 peer-led model sober-living house in the Kirklees area which is now fully occupied and delivered some outstanding outcomes. We have achieved our main objective of offering a comprehensive programme of support for individuals (for whom housing would be a barrier) to continue their recovery journey in their natural environment.

The last 12 months has seen Freedom House offer all of the predicted interventions listed below plus an assortment of unexpected outcomes:

- Relapse prevention
- Planned completion of treatment
- Reduction in harm associated with drug and/or alcohol use
- Reduction in re-offending and anti-social behaviour
- Referrals made to appropriate treatment services or for legal or specialist help and advice
- Independent living established and maintained
- Enhancement of Community Safety
- Reduction in homelessness and incidences of repeat homelessness
- Maximised income through welfare benefit and debt advice, and through improved money management skills
- Increased participation in their local communities
- Stronger links with other agencies
- Better use of resources through co-ordinated access to housing and complementary support
- Opportunities for new life choices explored, for example return to education, training or employment.
- Offering a localised alternative to in-patient rehabilitation
- Impact – The broader and more holistic differences that you will make to the community and other services in the community.

### **The story at 12 months**

At the beginning of the project we identified a particular gap in provision in the Kirklees area which was around female specific recovery housing. Initially three local women came forward who were at the beginning of their recovery journey and were currently living in unstable housing.

After spending weeks identifying a building which was in keeping with our values we then set about renovating the property to our high standards before developing a standard programme of activities for potential residents. Residential support worker positions were then advertised and fortunately one of the successful applicants was a Female WYFI navigator who had previously come through our recovery programme some years ago and was looking to move back to the area. In addition to this, regular meetings were convened

with Emma Hanley who is a contracts Manager for Kirklees council. With Emma's support we managed to quickly acquire enhanced housing benefit rates for residents which has made the project sustainable in Year 2.

### **Referral / Assessment Process and ongoing support**

Closer working with the WYFI team has seen the original assessment process modified and adapted to address some of the issues that were encountered during the first 6 months of delivery. The end product is a coproduced client centred responsive referral and assessment process that responds effectively to the needs of our client group

All residents of Freedom House have attended or completed TBRP's recovery day programme which consists of group activities held in our Town centre based hub every day. In addition, all residents have pro-actively volunteered across both our recovery hubs adding an element of continuity, structure and warmth to the environment.

All residents have passionately engaged in their self-written person centered support plans achieving many planned and unplanned personal goals along the way. An average support plan includes but is not exclusive to some of the below:

- Random alcohol/drug testing
- Weekly key worker sessions including support plan updates
- Attend weekly resident meetings/activities
- Attend TBRP structured group programme
- Attend minimum of 3 Here and Now / alternative therapy meetings per week
- Attend 6 mutual aid meetings per week
- Encouraged to take on service positions in local mutual aid meetings
- Volunteer in breakfast club
- Complete DBS
- Adhere to weekly house rota
- Complete food shopping together weekly
- Complete housing application form
- Referral to other external support services (CVS, college, Fusion housing etc.)
- Receive support in Liaising with relatives and significant others involved in support network including children
- Encouraged to meet your own aspirations for employment, education, training, social and leisure activities.
- Provided with relevant information to help you access other appropriate services, such as counselling, advocacy or mediation.
- Offered advice with issues around home maintenance and self-care.

- Developing confidence around budgeting and domestic skills.
- Assistance with securing Housing Benefit and maximising welfare benefits income.
- Assistance with reducing rent arrears and debts.
- Weekly house meetings to discuss and air any potential issues
- Assistance with finding and moving into permanent accommodation.
- Identifying appropriate agencies to provide specialist support or health care, and assisting with access to these to prevent admission to hospital or other residential establishments.
- Provided with basic life skills i.e. cooking, cleaning and general budgeting skills

All clients are assigned their own key worker. Each resident is expected to work towards agreed goals and show motivation and commitment to their recovery and tenancy with us. Staff devise individually tailored plans in agreement with clients. These will meet their needs as agreed in 1-1 sessions. Staff will focus on following this plan as a structure for client support and as a guide to evaluating progress made. It is important that residents participate in planning their support. You can also involve other people in drawing up your support plan if you want to - for example a family member or another worker you are involved with.

Key working sessions are conducted once per week but there is support 24/7 to assist with clients needs. All key workers are in long term recovery which clients past and present have found to be of great benefit. Key working sessions are an opportunity for the client and their key worker to discuss matters which underlie their drug and/or alcohol problems. Matters relating to welfare, resettlement, health, family, indeed anything at all can also be flagged up for action. Clients are encouraged to develop a rapport with their key worker and vice versa.

The house has a living room, kitchen, bathroom and each individual has their own bedroom. The house is fully furnished and equipped but residents can bring their own belongings and personalise their room. However, access to television in individual's rooms is prohibited to avoid 'isolating' behaviour and all residents are encouraged to cook and eat communally in the evenings during their stay.

By working alongside the local navigators all clients are also part of the system that is supported through the Multi Agency Review Board (MARB) made up of representatives from Mental Health, Substance Misuse services, Housing and Probation. At the time of producing this report seven individuals have currently benefited from the support the house provides.

## Output Measures

### Initial assessment scores - Chaos, outcome star, number of bed nights stayed

Client Initials	Chaos index at point of assessment	Chaos index currently or at point of moving on	Homelessness outcome star at assessment	Outcomes star at point currently or at point of moving on	Number of nights stayed
KM	21	8	45	90	90
LW	16	2	71	91	307
SV	18	9	54	91	136
GB	14	10	53	77	78
AR	8	4	72	89	97
JG	10	4	47	74	111

**\*JRW stayed 34 nights but left before this could be completed**

Updated chaos index scores demonstrate a significant reduction in harm as do the outcome star scores.

### Relapse prevention and planned completion of treatment

All six of the first years beneficiaries have completed all 32 sessions of the TBRP abstinence focused recovery programme.

As promised all 6 are embedded into local mutual aid and fellowship based community groups external to services. All but one has a sponsor (mentor) and are working through the 12 step programme. Community based mutual aid is mostly peer led and is free to attend and self-sustaining. (add some evidence around attendance at mutual aid and relapse prevention).

## **Update on where women are now (continuing from 6-month report)**

**LW** is our longest resident, she has been abstinent for 10 months and is lead peer in Freedom House, supporting her housemates to attend appointments and mutual aid meetings. She has completed WYFI's peer mentor training and now has a placement at foundation housing in Halifax where she supports their WYFI team drop in facilities one day per week and has achieved many of the goals set out in her support plan.

She is steadily moving forward at a rate that she feels comfortable with and has been successful in gaining funding from the WY-FI personalisation fund to help finance the legal fees for her divorce from her estranged ex-husband. Something she has avoided doing for some years but now feels she has the courage and correct support in place to face. She has aspirations to gain some part time employment in and around the substance misuse field as helping others is something she is passionate about. She is currently working a 12-step program with an AA sponsor and is attending 5-6 mutual aid meetings per week and has now gained the confidence to chair meetings and support newcomers.

LW would like to say a heartfelt thank you to all at WF-FI and TBRP for helping her to believe in herself again and find the courage to face adversity head on with faith.

**KM** has moved into supported accommodation with our partner agency Horton Housing. KM is living independently in her own accommodation whilst engaging in unstructured groups at TBRP alongside the WYFI peer mentoring programme. The overlap of housing benefit allowed for this move to more independent living to be transitional. She is currently a WYFI peer mentor placement at Foundation in Halifax, is regularly engaged in mutual aid and has regular contact with her teenage son

**GB** has been in SLP for around 10 weeks having successfully reduced and stopped using cocaine whilst attending the structured programme at TBRP. She was living with her auntie as the relationship with her partner and two young children had broken down due to her drug use. Gemma is now embedded into the abstinence phase of her support plan and is attending 5 - 6 mutual aid meetings per week whilst actively looking for an NA sponsor to guide her through the twelve-step program.

She has applied for a place on the WYFI peer mentor training and can't wait to learn some new skills that will help her become even more supportive to females that are new into recovery. She has stated that she is in a much better place mentally, physically and spiritually than she has been in a long time she has reconnected with her children and now has regular supervised contact which she cherishes. GB picked up her 90 day clean time key ring at a mutual aid meeting recently and feels that she is now getting to grips with the programme.

A referral has been made to fusion housing for GB where she hopes to receive ongoing support and eventually rent one of their properties and have unsupervised visits with her children. Gemma said "The welcome I received from my peers when I first arrived at Freedom house was so helpful to me. Us girls really stick together, and I have made some very dear friends" Thank you so much TBRP and WY-FI I could never have got this far without you all.

**JG** arrived in Freedom house having been admitted into hospital several times for alcohol related health conditions. JG has now completed the 13 weeks that had been funded through DHP due to her already receiving housing benefit for her own property in Dewsbury. She stated that she felt very anxious about going back to her own property as she has now made many friends in the recovery community in Huddersfield. She decided that it would be beneficial to her recovery to give up her previous local authority owned property and has signed up for a 6-month period at SLP, this will be followed by support from Fusion housing to relocate to the Huddersfield area and eventually her own home and secure tenancy.

She is now working with an AA sponsor and has completed the abstinence program and has also applied for a place on the WYFI peer mentor course. She is due to start volunteering with the Locala led hospital alcohol service with in-reach provision. Janet has spent many nights on gastro wards as an inpatient and feels she could be of benefit to anyone that was in the same place as her carrying the message of hope and recovery to those that are stuck. Janet is currently spending 3 hours a week volunteering in the Priestly inpatient mental health unit in Dewsbury where she helps with the cook and eat groups they run with the residents. Janet said, "at my age it felt impossible to climb out of the lonely hole I'd been living in for so long, make new friends and completely turn my life around" I cannot thank Sue and the team enough for all their support and encouragement"

**SV** left Freedom house in July after 4 months as she had been offered a property by KNH in her home town Dewsbury and aspired to reconnect with her family and three children. SV had an aftercare plan in place that included continuing to engage at TBRP as a volunteer and regular attendance at mutual aid meetings. Unfortunately, we began to see less and less of SV and despite the efforts to reengage her she started to drink again in October and SV went downhill very quickly. She was eventually contacted by her peers in early December and her recovery community very quickly mobilised around her preventing any further decline in her mental health. SV reengaged with TBRP and WY-FI and is now back in SLP for a 6 month stay. SV has completed the WYFI peer mentor course and will be signing up for a placement when she is more stable in her recovery. She has regular contact with her three children and is now looking to relocate to the Huddersfield area and move into supported accommodation offered by our partners in Fusion Housing to enable a longer-term offer of support. SV has also been closed successfully as a Chart client and is now receiving support in Tier 2.

SV told her support worker “I thought I’d messed everything up this time and let everyone down. I soon learnt that everybody just wanted me to get well and welcomed me back with open arms. I was so humbled by everyone’s concern. Thank you WY-FI and Basement for seeing in me what I could not see in myself”

**AR** is no longer residing at Freedom House although she had originally signed up for 6 months midway through her support plan and against advice decided to return to her own home and rebuild the relationship with her ex-partner. AR began to prioritise her new relationship over her recovery and slowly started to disengage from her support network. Despite several efforts the relationship with her ex-partner could not be rekindled and the strain of this caused AR to turn once again to alcohol to help her cope. With the hindsight she’d gained in our recovery programme AR very quickly became aware of the seriousness of her situation and has since re-engaged at TBRP and her support network. AR is now fully integrated back into her regular mutual aid meetings and spends much of her time with the ladies from Freedom house.

### **Outcomes and Beneficiary satisfaction**

Three case studies have been completed (**see Appendix 1**).

Brief Interview questions (**see appendix 2**)

Exit questionnaire (**see Appendix 3**)

### **Learning**

Many of the early issues surrounding the implementation of processes and pathways were ironed out in the first 6 months of the project. Initially there were a few teething problems with regards to procedures around assessment and case finding between TBRP’s staff team and the WYFI team needing to be more robust. In a project of this nature this is perhaps to be expected as working practices can clash. Through improved communication this issue was dealt with swiftly and protocols put in place going forward. Changes made include a joint assessment approach from WYFI and TBRP a more thorough case finding process and confirmed discharge address to be documented at point of assessment. Specifically, when WYFI launched the idea of a ‘passport scheme’ for clients was muted so previous client history was available to all partners. In terms of learning it is our belief that the above teething problems could have been avoided should this have been initiated.

In terms of housing benefits, it has become apparent that this is a ‘postcode lottery’ in terms of grace periods (grace periods being an overlap of housing benefit across two properties. i.e. When an individual is in prison or rehab). To give up a property to move into sober living accommodation can be a huge decision in an individual’s journey and a potential barrier to accessing the most appropriate care. At the start of this project it appeared that grace periods were subjective but for this specific scheme we have now attained a 12 week overlap for

individuals meaning they have security and choice. However, this overlap is subject to a separate discretionary payment application and we are informed that the discretionary payments budget is not exhaustive.

Although this has been absolutely priceless for those we work with and has allowed clients to try before committing meaning there is a safety net for those that don't feel the property is for them.

TBRP are currently in discussions with the Kirklees housing service Fusion Housing to help create a viable and safe alternative in the event that overlap housing benefit is refused. The hope is that Fusion will offer suitable temporary accommodation close by to our current property, so clients can initiate the therapeutic programmes on offer alongside the current residents of Freedom house regardless of their entitlement to benefits.

### **Future sustainability and plans**

It is fair to say that the first twelve months of Freedom house have been a huge success with the project being at full capacity throughout. The right structures are now in place to support the project and we have created a solid foundation on which to build its future. The project will sustain in future by utilising a peer lead in the house supported part time by a housing support worker,

The project has been well received by the local council and the housing team are keen to support us in our next stage of development. As stated at 6 months a further piece of good news came when the fact that the project has been gifted a vehicle which is now attached to the sober living scheme. Alongside this our current landlord is a qualified driving instructor has promised to offer subsidised driving lessons to the residents of Freedom house to help them pass obtain a driving licence. This is a real asset to the project and its residents, offering accessibility to more opportunities around mutual aid and social integration more widely as well as improving future employment prospects and confidence.

After discussions with the housing benefit department at Kirklees council they have agreed to pay a higher rate of housing benefit to TBRP whilst also paying the rent for a client's current property for a period of up to 12 weeks. This process would allow clients that have current tenancies to access our programmes of support whilst maintaining their current home. This would open the door to more Kirklees female clients being able to access the support available at Freedom House. Four of the beneficiaries were originally aiming for inpatient rehabilitation but opted to attend out community model when it became available. This represents a 32K saving from an already over stretched T4 budget and this has been recognised by local commissioners who have expressed an interest in utilising our approach to release monies previously spent outside of the Kirklees area by investing it with ourselves.

As with any project of this nature the most difficult part is to create traction and gain buy in from local providers. In the middle of the year one unfortunate piece of news is that the incumbent drug and alcohol provider in Kirklees was liquidated bringing large scale disruption to the local system. We are happy to report that after a period of remodelling we have worked alongside our colleagues at CGL to find a way forward and they have shown a real interest in our housing model being expanded.

Due to the risks in sustainability we decided against taking on a second property as local landlord's costs were prohibitive. More sensibly we have now started to compile a waiting list and plan to use supported properties at Fusion housing as a feeder into our sober living model. Fusion housing will also support the long-term sustainability of the model by offering and taking over the management of more affordable multiple occupancy housing in and around the Huddersfield recovery hub. Clients on the therapeutic community living programme will also be able to access the bond bank scheme run by Fusion housing which has been identified as a barrier to individuals obtaining suitable housing which will enable our residents to move into independent living while still receiving low level support in the Huddersfield area, hopefully this will prevent them from feeling isolated and keep them around their newfound recovery community and friends.

Long term it's hoped that TBRP will continue to contribute to and attend the monthly Kirklees MARB meetings. This forum has proved most effective in bringing together local expertise working collaboratively to share best practice, manage and minimise risk as well as identifying possible referrals into the community living project. Over the period of this coproduced project, our dedicated housing worker has found the support of the MARB and its open lines of communication and information sharing a valuable source of support and guidance.

With the advances made in developing a peer-led model, strong working relationships with the local authority and the inclusion of Fusion housing, the next 12 months promises to be as buoyant and productive as our first year. The added social value of Freedom house cannot be underestimated and finding a more effective way to measure this added value presents a challenge that we plan to work alongside the Kirklees WY-FI and wider Disc service to overcome. Special recognition needs to go to Michelle Monkman (lead navigator WY-FI) for her tireless support in helping to achieve the absolute best outcomes for our residents. Michelle's warm approach and extensive knowledge of local provision has further enhanced client experience promoting more choices and opportunities for all.

TBRP would like to personally thank all at WY-FI including Mark Crowe, firstly for the opportunity to work alongside such a dynamic and client focused organisation as Disc and secondly for helping to launch and design a friendly, caring, safe and responsive model of housing support that promises to serve the citizens of Kirklees long into the future.

**Income** **01/01/2017-31/03/2018**

**Revenue**

WYFI	£100,000.00
Housing Benefits/ S Charges	£24,450.00

**Total** **£124,450.00**

**Expenditure**

Initial Costs (Inc rents/refurb)	
Property Rent inc. void allow	£14,500.00
Decoration	£2,822.00
White Goods	£1,650.00
Electrical Goods (Kitchen)	£2,199.00
Other Kitchen Equipment	£775.00
Electrical Goods (Communal)	£1,050.00
Lounge	£3,400.00
Beds x 6 (inc. storage, bedding)	£5,600.00
Dining Room	£650.00
Blinds	£950.00
Carpets/Floorcoverings	£3,950.00

**Sub Total** **£37,546.00**

**Revenue**

Salaries/Pensions & NICS	£57,885.00
Vol Exp/Rec Champ	£3,955.00
Activities	£3,455.00
Training	£1,100.00
Legal Expenses	£375.00
Repairs/Renewals	£450.00
Insurance	£1,500.00
Utilities	£7,517.00
Office Costs inc phone	£620.00
Ind. Exam & Payroll	£225.00

**Overheads/Supervision & Management**

Salaries & NICS	£7,455.00
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**Sub Total** **£84,537.00**

**Total Expenditure** **£122,083.00**

**c/f 2018/19** **£2,367.00**

## **Appendix 1.**

### **Case study 1**

**JG. Female. Aged 59**

**Alcohol dependant with mental health needs**

**Chaos Index Score 10**

**Homeless Outcome Star Score 74**

**Risk Score 7**

#### **Homelessness:**

When we first met JG she was at immediate high risk of eviction due to a large amount of rent arrears accumulated whilst binge drinking. JG had been on the sick from work and fallen behind with rent payments, this was affecting Janet's mental health and her amplified her addiction to alcohol.

#### **Addiction:**

At the point of accessing The Basement project JG was dependently drinking 1 bottle of Vodka daily. During the Pre-Recovery course Janet completed a community reduction/detox and managed to stop drinking but struggled to stay abstinent. JG was assessed as suitable for Freedom house soon after.

#### **Offending History:**

None

#### **Mental Health**

Janet suffers with diagnosed depression and anxiety for which she is prescribed Citalopram and Propranolol. Both of these medications are conducive with someone who is living an abstinence based recovery lifestyle.

The pressures of returning to work of the thought of her every increasing housing benefit arrears compounded JG's anxiety and depression and she fell into an ever-increasing cycle of relapse. After assessing JG for the SLP we applied for dual housing benefit which was initially refused, TBRP then made an application to DHP (Discretionary Housing Payments) and were successful in gaining a discretionary rent payment to cover for a 13 weeks of therapeutic intervention. Since moving into the Sober Living House Janet has remained abstinent and has become a valued and very energetic volunteer at TBRP supporting the breakfast clubs across both sites and the Friday social in our Huddersfield recovery hub.

JG recently met with her employers and a union representative and has now ended her employment which she found a great relief. TBRP and WY-FI have also supported JG to set up a payment plan to pay off her rent arrears at a manageable rate which she now pays by direct debit each fortnight.

JG is attending groups at TBRP and also mutual aid meetings that include NA and AA where she is looking for a sponsor to take her through the 12 Step program. She has been abstinent from alcohol for over 2 months now and is visibly becoming more socially active as her confidence increases and anxiety

decreases. JG will soon be supporting the Chart hospital alcohol service with Locala attending the alcohol wards across Huddersfield and Dewsbury hospitals to carry a message of hope and recovery to the patients struggling with the same kind of issues she did herself only a few months ago.

## **Case Study 2**

**SV Female aged 34**

**Alcohol dependant with mental health needs**

**Chaos Index Score 9**

**Homeless Outcome Star Score 91**

**Risk Score 6**

### **Homelessness:**

At the point of assessment SV was sofa surfing with friends and family in Dewsbury as her dependant drinking had caused huge issues at the family home. Further risk was identified because all of SV's friends at that time were heavy drinkers further exasperating her condition.

### **Addiction:**

When we assessed **SV** for Freedom House TBTCP (The Basement Therapeutic Community Project) she was drinking heavily on a daily basis, **SV** had reduced her drinking while attending the pre-recovery program at TBRP and was ready to go to detox.

### **Mental Health:**

**SV** has a history of self-harming, cutting her arms and burning herself with lighters, she has had one suicide attempt when she took an overdose in January 2017 using her mother's prescription painkillers, and as a result **SV** was admitted to Dewsbury Hospital overnight where she engaged with Mental Health Services.

### **Offending history:**

None

**SV** has 3 children, her 13-year-old daughter lives with her grandmother with whom **SV** has a good relationship and is able to have regular contact with her daughter, **SV** also has two son's under 5 years old who live with their father, **SV** has contact with the boys at weekends.

Since moving into Freedom House on 03/04/2017 **SV** has remained abstinent, she has successfully completed our abstinence program, she attends recovery focussed groups and volunteers at both Dewsbury and Huddersfield TBRP Hubs, **SV** also attends 5 Mutual Aid meetings each week which is part of her support plan, these include NA (narcotics anonymous and SMART Recovery) SV is now working with an NA sponsor

**SV** has recently buried her Father who had a fall only days before **SV** entered Smithfield's detox centre, We at TBRP supported **SV** to visit her Father at Leeds General Infirmary on many occasions while he was life support, through all this **SV** did not turn to alcohol and has now been sober for 4 months.

Michelle Monkman (WYFI Lead Navigator) has met **SV** on several occasions and has successfully applied to the personalisation fund for hotel accommodation for the Narcotics Anonymous Convention in Bradford in August 2017, this is something that all the ladies in Freedom House will be going to and are looking forward to, it will give them the opportunity to further build their recovery network.

**SV** says, "I would encourage anyone to give it a go at Freedom House, without it I am not sure that I would be where I am today"

**SV's** message for Commissioners is "Thank You! I have been given a new lease of life"

**SV** is now looking forward to living independently again without alcohol and feels she has been given a fresh start, **SV** has expressed that she feels safe knowing that WYFI are in here for her if she needs help.

### **Case Study 3**

**LW Female Aged 40**

**Alcohol dependant isolated with low self esteem**

**Chaos Index Score 2**

**Homeless Outcome Star Score 91**

**Risk Score 5**

#### **Addiction:**

**LW** was assessed for the Sober Living Accommodation on 03/03/2017 and had at that time been abstinent for 2 weeks and was attending the pre-recovery program at The Basement Recovery Project to address her binge drinking. **LW** had been drinking for approximately 20 years; her drinking had become problematic 8 years ago.

#### **Homelessness:**

**LW** had been living with her parents following her marriage breakdown, **LW's** estranged husband is currently living in the home that they jointly own and **LW's** parents have had enough of her binge drinking episodes and her behaviour which was affecting the whole family.

#### **Mental Health:**

**LW** has been prescribed medication for depression and anxiety for approximately 10 years and is currently prescribed 40mg of Citalopram daily. **LW** shared that she'd been having thoughts of suicide at the point of walking into The Basement Recovery Project for help.

Since moving into the sober living accommodation **LW** has completed the abstinence program and has taken part in all groups held at TBRP which she continues to do daily. **LW** is an active volunteer and a reliable member of Kirklees in Recovery.

**LW** attends 5 mutual aid meetings each week which is part of her support plan and now has an AA (alcoholics anonymous) sponsor who will guide her through the 12-step programme.

**LW** has now been abstinent for almost 6 months and has been supporting her housemates with confidence.

**LW** has identified that she has things coming up in the near future that may cause her to struggle emotionally and feels that she still needs the support that she has at TBRP and the sober living house and has stated that she would benefit from signing up for a further 6 months.

**LW** has completed an expression of interest form for WYFI peer mentor course and has been invited to an interview on 4 August 2017. She has also expressed an interest in Level 2 Health and Social Care through TBRP.

**LW** will be attending the NA (narcotics anonymous) convention in Bradford which has been funded by WYFI Personalisation fund via Michelle Monkman WYFI Lead Navigator.

### **Hopes for the future:**

**LW's** hopes for the future are: -

To remain abstinent

To study and become work ready

To get through what she hopes will be an amicable divorce and to sell the property belonging to her and her estranged husband to enable her to move forward.

### **LW's message to others:**

Grab the opportunity while you can it has helped me enormously. I don't know where I would be physically and spiritually had I not been given this chance.

### **Message to commissioners:**

Thank you for this opportunity to sort out my life and helping me work towards becoming an independent and productive member of society.

## **Appendix 2.**

## **Brief Interview Questions**

### **1. What are the challenges of living in sober living accommodation?**

**KM:** Coming to live away at first and living with 2 people I did not know. Through the weeks we have formed really good friendships which I am truly blessed for. I did struggle initially to live with other people but it all worked out and I have really enjoyed my time at the house.

**LW:** Living with people I didn't know at first, not having my own headspace. The days are long sometimes and am feeling exhausted. At first having to take on other people's problems and emotions on top of my own but through staff support I now know how to deal with this.

**SV:** To adapt myself to a busy timetable. Living with people who are not family and living away from my family. Having to do things that I wasn't used to doing.

**GB:** Being away from my children and living with 3 other women which I have never done before.

**JG:** In the beginning it was hard being in constant contact with others which isn't an issue anymore.

**AR:** Being separated from my daughter and closer family was really difficult for me. The love and warmth I felt from my peers and Sue the worker soon filled the void of emptiness enabling me to make it through the early weeks.

### **2. What are the benefits of living in Sober Living Accommodation?**

**KM:** The support and structure in the house and forming good friendships with Sharon and Lisa, and most of all how it has really helped me to turn my life around and to stay clean and focussed on my recovery, I cannot really put into words how much it has changed my life and how happy and well I have become in the time I have lived in the Sober Living House. I am grateful and blessed to have had this experience in the house and all the support of the staff at TBRP.

**LW:** The ongoing support, the structure, everything really but especially the friendships formed with my housemates' SV and KM. The house is a lovely, relaxing environment to come home to at the end of the busy days, it really feels like home. I have grown so much as a person, I'm more independent now and best of all I'm almost 6 months clean.

**SV:** I have grown as a person and gained confidence with a lot of support around me. I have gained new friends in Lisa and Kelly. If I had not gone into the house straight from leaving the detox centre I think I would have gone back to my old ways, sofa surfing and using. I have gained trust, confidence and friendships. The Sober Living House has helped me to get my children back in my life on a regular basis.

**GB:** It gives me really good support and has finally stopped me from relapsing back to drugs. Something that I've been unable to do for a long long time.

**JG** Being around likeminded people, reconnecting with everyone, gaining confidence and contributing to the recovery community.

**AR:** Although I've now moved on from the house, I am still socialising with my recovery friends and volunteering at The Basement. This connection to others is helping me to stay sober as I can confide any problems or issues I'm facing to friends that I trust.

### **3. Additional comments**

**KM:** Staying at the house has helped me grow in confidence and ability. I have become able to socialise more effectively and this has helped me grow my support network of friends. The house is a very homely and welcoming place that anyone would want to live in. The staff are always on hand to help me to help myself. I struggled a little with the routine and structure at first but once I adapted I really began to enjoy the experience.

**LW:** The house has given me a real good base to build on going forward and I have made some good friends in the house that are really supportive of my recovery. I would like to say a big thank you to everybody, everything I have learnt and done has made a tremendous change to my life all for the better I am really proud how far I have come thank you

**SV:** Thank you to everyone at the basement for helping me get this far in my recovery journey. I can now look forward to my future and be in my son's life.

**GB:** I'd definitely recommend it to anyone, I think without it I'd be back to square one.

**JG:** It has been a life changing experience.

**AR:** I cannot thank you all enough I promise to stick around the ladies in the house offering my support to anyone that needs it

## **The Basement Recovery Project and WY-FI final report April 2018**

- **Overview**
- **Partner feedback**
- **Problems and issues**
- **Lessons learnt**
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### **Overview**

TBRP's therapeutic community living programme in conjunction with WY-FI continues to go from strength to strength, supporting women to achieve and maintain abstinence-based recovery in their own community. Alongside WY-FI, the previous twelve months has seen TBRP successfully deliver on and complete a 12-month pilot scheme to support the provision of abstinent based therapeutic community living for females in Kirklees.

Freedom house has been fully occupied for the past five months with four female residents currently engaging fully in their respective support plans and achieving individual recovery focused goals. All residents to date have been referred into the WY-FI peer mentoring training programmes and have benefited greatly from the support offered by our partner service. An application for funding was made to the WY-FI personalisation fund to enable the residents of Freedom house to take themselves and their children for a fun day out at Flamingo Land in Warrington. This application was successful, and funds were made available for the four ladies and 6 young children to join the prearranged fun day.

Due to the influx of women engaging in our Huddersfield service, a waiting list for stage one accommodation has been created which we feel further evidences the need for abstinent based therapeutic housing locally.

The new financial year will see TBRP co produce our Therapeutic community living model alongside the well-established Kirklees housing provider Fusion Housing. Fusion Housing will help add some local knowledge and experience of housing related issues, ensuring the model has an opportunity to embed itself within the Kirklees community allowing for further growth and sustainability.

The introduction of a 'stage two' house in partnership with Fusion housing has allowed us to expand our offer to even more individuals whilst creating a safe move through process that will support our tenants to acquire and maintain their own tenancies in affordable and appropriate local housing. Our new partners will support our clients to further enhance their budgeting skills whilst engaging them in back to work focused training education and employment opportunities.

The stage two house has been fully decorated and equipped to the same high specification as our stage one and further work will be carried out on the garden and patio area to help make the stage two house a home to be proud of.

## **Kirsty McMorrow team leader at Fusion housing said:**

*The Fusion Homes Team (Fusion Housing Ltd) and the Basement Project have recently begun working together to accommodate and support clients in their recovery.*

*So far this has been a positive and beneficial experience for both the Clients and Staff. We believe that this is because both organisations have taken the time to understand the aims and needs of each other's service. Between our two teams we are fortunate to have a wonderful melting pot of experience, knowledge and skills. From this we have been able to maintain an impressive level of communication and utilise our resources to holistically support our Clients.*

*We have worked together to complete introductory workshops with the Basement Projects that has given individuals the confidence to access the service independently. Further to this we have worked reactively to Clients needs within their recovery to ensure they have meaningful support and appropriate housing.*

*We look forward to developing our relationship with The Basement Project in the future.*

## **Problems and issues**

In the last 8 weeks, two of our stage one residents graduated to the new stage two house and for the first week all was well. During the second week one of the ladies disclosed to our housing worker that alongside some family problems and the change in routine she had used alcohol whilst in the stage two house. A prearranged contingency plan was actioned that saw Fusion housing provide our resident with safe accommodation until such a time as she was ready to move back into an abstinent environment. In less than 48 hours alongside the support from peers and staff the lady in question was completely abstinent and back in the stage one house fully engaging in recovery activities and mutual aid groups.

## **Lessons learnt**

Some lessons were learnt during this process including the need for a pre-agreed contingency plan that manages the accumulated risk of relapse and the potential for homelessness for residents living in an abstinent environment. It was noted that the recovery community played a significant role (out of hours contact etc) in the reengagement of our resident and this factor will be implemented into all future risk management plans. This episode has also highlighted the need for a "Safe Bed" to be available at short notice to provide safe accommodation for any future resident that may have relapsed back to substance use. With this in mind, we are now having conversations with our partners at Fusion about creating this safe space and making it available 24 hours a day 7 days a week. Early conversations have highlighted that a void room could be created at a cost of £50 each week and having this available 24/7 would generate an annual cost of £2600. TBRP are currently in negotiations with The National Citizens Service with a view to us supporting their Social Action campaign raising at least 2k towards the sum required. We hope to form good co-productive relations with NCS supporting their various community initiatives on a yearly basis accumulating funds annually to add sustainability and continuity to the provision of this safe bed.

The past 12 months working alongside WY-FI have proven to be beneficial for all. None more so than the 8 ladies that have spent time at Freedom house. This 12-month pilot scheme has achieved

all its aims (including some unexpected ones) and now sits ready to become part of the therapeutic pathway for women entering treatment for substance misuse in Kirklees. The first year has helped save over £10k from the tier 4 budget for residential rehabilitation treatment currently being held with the mental health commissioning team at Kirklees public health. We have approached the commissioner for mental health and it's hoped that a percentage of the savings made in the coming year will be forwarded on to support the Freedom house project to expand further.

**Appendix 1 resident testimonials**

**JG client that was moved back into stage one following a relapse wrote:**

I went from the lady's house in Paddock to the stage to house in Newsome where within a week I relapsed for approximately 2 days. I was going through a very upsetting time as my daughter had recently had major surgery and I was trying to care for her and look after my recovery at the same time. After my relapse I spent time in a safe house and was very quickly transferred back into the house in Paddock. I am now back in an environment which I feel is best for me and I feel safe again. I realise now that I was not ready for the next step in my recovery despite reassuring everybody around me that I was. I am now more determined than ever, and I feel that since the relapse something has changed. I realise now that I should have spoken up about my worries, anxieties and struggles but feel that I have now found my voice and feel much more confident to share this should I ever be in the same position again. I cannot thank enough all at WY-FI and Basement for their continued love and support.

**SV ready to move into stage two next week**

I have really enjoyed living at the female house. It has given me an opportunity to get on with my recovery and has opened so many doors for me. I know for sure that if I hadn't spent this time in Freedom house I would still be in the community using alcohol not caring for my children and drinking my life away. During my time in the house I am now having regular contact with my children and for the first time in a long while, social services are no longer involved. I have now started a course with Kirklees college and have a placement peer mentoring with WY-FI which I really enjoy.

I have been given the opportunity to move on into the stage two house and I honestly cannot wait for this next new step in my journey to start. I feel this move will help me discover who Sharon is and what Sharon enjoys doing when she has some free time. I'm grateful for the trust that's been placed in me and I'm looking forward to living more independently. I'm hoping that very soon my children will be able to come to tea and eventually sleep over in my new home.

**Appendix 3.**

**Exit Questionnaires**

<b>Client name</b>	KM		
<b>Marital status</b>	Single	X	
	Married		

	Divorced		
	Partner		
	Widowed		
<b>Age group</b>	18 - 30		
	31 - 40	X	
	41 - 50		
	51 - 60		
	60+		
<b>Substance receiving treatment for</b>	Main	Secondary	Third
	Heroin	Crack cocaine	Cannabis
<b>Did you successfully complete treatment</b>	Yes	X	
	No		
<b>Have you ever been to any other treatment centres/supported housing models?</b>	No	Which one	
<b>In general how did you find the treatment/support here?</b>	Very good	<input checked="" type="checkbox"/>	
	Good	<input type="checkbox"/>	
	Fair	<input type="checkbox"/>	
	Poor	<input type="checkbox"/>	
	Very poor	<input type="checkbox"/>	
<b>How involved were you in your treatment/support?</b>	Very involved	<input checked="" type="checkbox"/>	
	<i>Involved</i>	<input type="checkbox"/>	
	Neutral	<input type="checkbox"/>	

	Not very involved Not at all involved	<input type="checkbox"/> <input type="checkbox"/>
<b>Did you give consent to the support you received?</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Were your needs met through the agreed support plan?</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Did you meet your goals?</b>	I met all my goals I met some of my goals I met none of my goals	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Did we communicate effectively with others involved in your care</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Were you treated in a safe way?</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Were you treated with respect?</b>	Always	<input checked="" type="checkbox"/>

	Often Sometimes Rarely Never	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Were you using any prescribed medication during your stay?</b>		
	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>If yes did you receive, or were you prompted to take these medications at appropriate times and in a safe manner</b>		
	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>I was well informed of the service before my arrival</b>		
	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>Did you have any negative experience while you were here with us?</b>		
	Yes No	<input type="checkbox"/> <input checked="" type="checkbox"/> <b>Give details</b>
<b>How would you rate the support staff?</b>		
	Very Good Good Fair Poor Very poor	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>How would you rate the therapeutic programme scope?</b>		
	Very good Good Fair Poor Very Poor	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<b>How would you rate the accommodation?</b>	Very good	<input checked="" type="checkbox"/>
	Good	<input type="checkbox"/>
	Fair	<input type="checkbox"/>
	Poor	<input type="checkbox"/>
	Very poor	<input type="checkbox"/>
<b>Did you pay for your treatment privately?</b>	Yes	<input type="checkbox"/>
	No	<input checked="" type="checkbox"/>
<b>Can you comment on how you feel overall?</b>	Very satisfied	<input checked="" type="checkbox"/>
	Satisfied	<input type="checkbox"/>
	Neutral	<input type="checkbox"/>
	Unsatisfied	<input type="checkbox"/>
	Very unsatisfied	<input type="checkbox"/>
<b>Would you recommend us to someone else?</b>	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<b>What is the next stage of your recovery?</b>	Return home	<input type="checkbox"/>
	Independent living	<input type="checkbox"/>
	Supported living	<input type="checkbox"/>
		<input checked="" type="checkbox"/> Other Give details
<b>Are all arrangements are in place?</b>	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<b>How prepared do you feel for the next stage of your recovery</b>	Very well	<input checked="" type="checkbox"/>
	Well	<input type="checkbox"/>
	Fair	<input type="checkbox"/>

	Not very	<input type="checkbox"/>
	Not at all	<input type="checkbox"/>
<hr/>		
<b>Prior to your time at TBTCP did you have problems with panic attacks?</b>	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
	<b>Has this improved?</b>	
	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<hr/>		
<b>Prior to your time at TBTCP did you suffer from anxiety?</b>	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
	<b>Has this improved?</b>	
	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<hr/>		
<b>Prior to time at TBTCP did you have problems with depression?</b>	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
	<b>Has this improved?</b>	
	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<hr/>		
<b>Prior to time at TBTCP did you have problems with relationships?</b>	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<hr/>		
<b>Prior to treatment did you have problems with debt?</b>	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
	<b>Has this improved?</b>	
	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>

		Please give details
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<b>Client name</b>	SV		
<b>Marital status</b>	Single	x	
	Married		
	Divorced		
	Partner		
	Widowed		
<b>Age group</b>	18 - 30		
	31 - 40	X	
	41 - 50		
	51 - 60		
	60+		
<b>Substance receiving treatment for</b>	Main	Secondary	Third
	Alcohol		
<b>Did you successfully complete treatment</b>	Yes	x	
	No		
<b>Have you ever been to any other treatment centres/supported housing models?</b>	No	Which one NA	

<b>In general how did you find the treatment/support here?</b>	Very good Good Fair Poor Very poor	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>How involved were you in your treatment/support?</b>	Very involved <i>Involved</i> Neutral Not very involved Not at all involved	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Did you give consent to the support you received?</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Were your needs met through the agreed support plan?</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Did you meet your goals?</b>	I met all my goals I met some of my goals I met none of my goals	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Did we communicate effectively with others involved in your care</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<b>Were you treated in a safe way?</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Were you treated with respect?</b>	Always Often Sometimes Rarely Never	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Were you using any prescribed medication during your stay?</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>If yes did you receive, or were you prompted to take these medications at appropriate times and in a safe manner</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>I was well informed of the service before my arrival</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>Did you have any negative experience while you were here with us?</b>	Yes No	<input type="checkbox"/> <input checked="" type="checkbox"/> <b>Give details</b> <b>It was a lovely experience to have</b> <b>And learn from all the things I have learnt</b>
<b>How would you rate the support staff?</b>	Very Good	<input checked="" type="checkbox"/>

	Good Fair Poor Very poor	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>How would you rate the therapeutic programme scope?</b>		
	Very good Good Fair Poor Very Poor	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>How would you rate the accommodation?</b>		
	Very good Good Fair Poor Very poor	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Did you pay for your treatment privately?</b>		
	Yes No	<input type="checkbox"/> <input checked="" type="checkbox"/>
<b>Can you comment on how you feel overall?</b>		
	Very satisfied Satisfied Neutral Unsatisfied Very unsatisfied	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Would you recommend us to someone else?</b>		
	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>What is the next stage of your recovery?</b>		
	Return home Independent living	<input type="checkbox"/> <input checked="" type="checkbox"/>

	Supported living	<input type="checkbox"/> <input type="checkbox"/> Other Give details Living independently in a council property
<hr/>		
<b>Are all arrangements in place?</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<hr/>		
<b>How prepared do you feel for the next stage of your recovery</b>	Very well Well Fair Not very Not at all	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<hr/>		
<b>Prior to your time at TBTCP did you have problems with panic attacks?</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>Has this improved?</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<hr/>		
<b>Prior to your time at TBTCP did you suffer from anxiety?</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>Has this improved?</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<hr/>		
<b>Prior to time at TBTCP did you have problems with depression?</b>	Yes No	<input checked="" type="checkbox"/> <input type="checkbox"/>
<b>Has this improved?</b>		

	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<b>Prior to time at TBTCP did you have problems with relationships?</b>		
	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<b>Prior to treatment did you have problems with debt/managing finances?</b>		
	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
<b>Has this improved?</b>		
	Yes	<input checked="" type="checkbox"/>
	No	<input type="checkbox"/>
		Please give details
		Yes i handle money a lot better
		I am no longer in debt and I know how to budget properly now