

## MISSION STATEMENT

**St. James Priory Project offers support and treatment for people with addictions.**

We aim to provide high quality, abstinence based, treatment and support to enable individuals to obtain and maintain recovery from their addiction and achieve a quality of life which would otherwise be denied.

We also aim to provide advice, information and support for carers and family members of those with a drug or alcohol problem.

**St. James Priory Project believes that :-**

- Addiction is a chronic, progressive, primary illness;
- Abstinence is essential for recovery;
- Each individual has a right to life, respect and acceptance;
- Our staff and volunteers are a valuable asset in supporting individuals against their addiction and we are committed to their support & development;;
- Partnership with residents is an essential element of successful treatment;
- Supporting carers and family members is an important element of our work;
- Close liaison with other agencies and organisations is a pre-requisite for our involvement;
- Our services are accessible, responsive and reliable;
- Our priority at all times is to protect individuals' rights to make decisions for themselves;
- Our staff are aware of the presence of discrimination in all its forms and its possible effects.
- All staff are committed to anti-discriminatory practice.

**SUPPORTED.....  
STRUCTURED.....  
CARING.....**

**CITY CENTRE  
SUPPORT &  
TREATMENT.....**

**WORKS!!**

Please contact for more information:

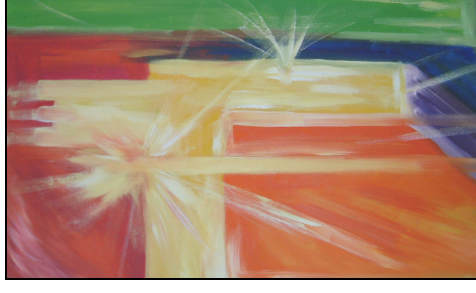
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**Winners of the Queen's  
Golden Jubilee Award  
2003**

**June 2008**

**ST JAMES PRIORY PROJECT  
BRISTOL**



**SUPPORT FOR CARERS  
OF PEOPLE WITH A  
DRUG OR ALCOHOL  
PROBLEM**



INVESTOR IN PEOPLE

[www.stjamesprioryproject.org.uk](http://www.stjamesprioryproject.org.uk)

Registered Charity No: 1104408  
Registered Company No: 4730515

## **FAMILY SUPPORT**

The purpose of the Carers/Family Support Programme is to begin to heal the many wounds caused by drug or alcohol problems and to improve the client's recovery support systems.

No-one can grow up in a family affected by substance dependence, or live in one, without it changing them. People in a substance dependent home live in a whirlwind. They grasp at anything that will help them to regain control. Their environment has been totally out of control for a long time. They don't know what is going to happen next. They can't predict anything or trust anyone. They desire, more than anything, to achieve stability in the family.

There are many issues which need attention, including:

- Codependency;
- Guilt;
- Shame;
- Loss of control;
- Caretaking;
- Enabling;
- Inability to feelings;
- Inability to know wants
- Lack of trust;
- People pleasing;
- Feeling of worthlessness;
- Dependency;
- Poor communication skills.

## **OBJECTIVES**

Our aim is to help and empower families and family members to manage, at least some of these issues, in a healthy and appropriate way - as well as the individual in treatment.

Our residential programme is very intensive, follows a clear and structured framework and operates every day, including weekends. It is delivered by a team of counsellors qualified and experienced in addiction work. Evening and waking night staff and volunteers back up this team. One to one counselling, group therapy, educational and relapse prevention workshops form the basis of the treatment which lasts 12 weeks. Most of those who complete treatment here will move on to secondary treatment before moving back into the community.

The aim is to empower individuals to break the cycle of addiction, to challenge the thoughts, feelings and behaviours, which fuel their addiction, and to establish and develop self worth and a healthy self concept. The treatment programme promotes a way of life for an individual which emphasises honesty, trust, responsibility, respect and self worth and, at the same time, abstinence from all mood-altering substances.

Working with Carers and Family members is an important element of the overall support and treatment.

## **CARERS GROUP:**

We are committed to providing support for anyone affected by someone with a drug or alcohol problem.

**There does not need to be a previous connection with the St James' Priory Project.**

We can provide individual support and advice but our preferred method of support is via a Group.

This Group is open to anyone who has a family member, or who is caring for someone, who has had a drug or alcohol problem.

**The group is free and open to all.**

- **It runs every Tuesday evening from 7pm until 9pm.**
- **It is run by a qualified and experienced counsellor.**
- **You do not have to attend every session but regular attendance has been found to be most beneficial.**

We also maintain links with other forums and organisations which provide support for Families and Carers.

The Group has been operating now for over 2 years and has developed a reputation for being a strong and supportive group.

Please contact us for further information.

**TEL: 0117 9299100**