

## Walsingham House

Part of the St. James Priory Project in Bristol, Walsingham House is a 16 bed 'first stage' residential support and treatment resource for people with a substance dependency. Comprehensive Treatment, which lasts 12 weeks, is based on an Abstinence Model.

Walsingham House offers fast access to help.

### Mission Statement:

Walsingham House believes that:

- Addiction is a chronic, progressive 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;
- Partnership with residents is an essential element of successful treatment;
- Close liaison with other agencies and organisations is a pre-requisite for our involvement;
- Our service is 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.

## Substance Dependency

Treatment is based on the acceptance of the goal of complete abstinence from all mood-altering substances.

Most of our residents will already have tried, unsuccessfully, to control their addiction and find that controlled use does not help. Abstinence, combined with gaining insight to the full implications of the addiction on self and others, will enable an individual to make the changes necessary to return to a normal, healthy and fulfilling life.

Self help and self responsibility are important elements of recovery. Individuals must take some responsibility for doing what they can to improve their health. In an appropriate therapeutic environment individuals can change and become healthier. The therapeutic setting at Walsingham House includes the elements of acceptance, compassion, care, honesty, trust, respect, and understanding.

### Approach to Treatment

Treatment is based on the 12 Step philosophy.

The approach is geared towards total abstinence from all mood altering substances and involves:

- group therapy;
- one to one counselling;
- education, lectures, audio/visual material, reading and assignment work;
- relaxation / stress management;
- attendance at support groups (alcoholics anonymous, narcotics anonymous).

## Residents

Residents are encouraged to talk with each other about their experiences and problems both in and out of group therapy. This sharing is the major therapeutic tool in the process of recovery. Individuals will be challenged about the thoughts, feelings and behaviours which led them into their addiction and which maintains them in it.

The programme is very structured and operates 365 days per year. The daily schedule is organised so that the resident is wholly occupied throughout.

This aims to bring manageability to previously unmanageable lives.

### Referrals

Referrals are made by other agencies who take responsibility for Care Management and funding. There is a charge for treatment costs of £257.50 per week.

It is crucial that Care Pathways are clearly mapped.

### Assessment

An Assessment is required in the first instance to determine commitment, motivation and the appropriateness of residential treatment. An individual does not need to be detoxed before coming for an assessment.

Advice can be given about options for detoxification. We attempt to work closely with all agencies to co-ordinate detox and admission to Walsingham House.

## Admission

Walsingham House does not have detoxification facilities and all individuals must be detoxed before admission. We may be able to admit someone who is on the last few days of detox medication.

Admissions take place on Monday, Tuesday and Wednesday to enable an individual to settle in by the weekend.

Updated information is required on admission from the referring agency.

After admission at Walsingham House, arrangements are made for a resident to register with a local GP.

## Housing /Benefit Support

We also provide help, advice and support with housing, benefits and debts issues. Our aim is to ensure that all people who complete the treatment programme are able to access appropriate accommodation.

## Follow-on Support

Treatment for a substance dependency is a process and not an event. Research and our own experience shows that individuals need ongoing support following their period at Walsingham House. We liaise closely with the Care Manager and other Agencies to ensure that appropriate and supportive move on accommodation is available for those who complete treatment.

## Staffing

Walsingham House is staffed by an experienced and qualified team of 10 staff who provide 24 hour cover with the support of voluntary workers.

Voluntary Workers, all of whom have received training, provide support for the ancillary services - cooking, cleaning, laundry and administration.

WALSINGHAM HOUSE IS A MEMBER OF EATA(UK) AND FDAP AND IS COMMITTED TO ACHIEVING THE HIGHEST STANDARDS. WE SUPPORT THE QUADS ORGANIZATIONAL STANDARDS FOR ALCOHOL AND DRUG TREATMENT SERVICES

**HOUSING AND SUPPORT COSTS ARE MET BY CLAIMING HOUSING BENEFIT AND THROUGH A SUPPORTING PEOPLE CONTRACT WITH BRISTOL.  
THERE IS A CHARGE FOR TREATMENT OF £257.50 PER WEEK.**

## For further information contact:

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The Queen's Golden  
Jubilee Award 2003

July 2004

## **ST JAMES PRIORY PROJECT BRISTOL**

## **WALSINGHAM HOUSE**



**THE STEPS TO RECOVERY**

## **SUPPORT & TREATMENT FOR PEOPLE WITH ADDICTIONS**



INVESTOR IN PEOPLE

**(REGISTERED CHARITY NO: 1003362)**