

Adult Drug and Alcohol Services - CGL West Kent Recovery Service



Change Grow Live (CGL) are a charity that supports people to change their lives for the better.

In West Kent CGL deliver an open access, recovery-orientated drug and alcohol treatment and harm reduction service for adults aged 18+. Areas include Maidstone, Tunbridge Wells, Gravesend, Tonbridge & Malling, Sevenoaks and surrounding areas.

- There are several referrals pathways including Self referral, GP, Criminal Justice, and Psychiatry Services.

The Service aims to support individuals sustain change to their drug or alcohol use through:

- **Screening and detailed assessment** of individuals who have a drug or alcohol treatment need, this includes assessment for community and in patient detox.
- **Recovery planning** including access to evidence based pharmacological and psychosocial interventions. These include group-based work and 1-1 structured support.
- **Harm minimisation** interventions including access to needle and syringe exchange programmes, Blood borne virus testing, Hepatitis B vaccinations and referral for specialist Hep C treatment.

For more information call 0330 128 11133 or visit <https://www.changegrowlive.org/>

"I love my life now and am so thankful to have been given a second chance. I have learnt so my different ways of coping with my issues and feel that I am in full control of my life now." Zoe, Service User.

Adult Drug and Alcohol Services- East Kent The Forward Trust



- The Forward Trust are a charity that empowers people to break the often interlinked cycles of crime and addiction to move forward with their lives.
- In East Kent, Forward deliver open access drug and alcohol treatment and harm reduction services for adults aged 18+. Areas include Ashford, Canterbury, Dover, Folkestone, Thanet and Sittingbourne and the surrounding areas.
- There are a number of referrals pathways including Self referral, GP, Criminal Justice, and Psychiatry Services.

The service supports individuals through a range of interventions including:

- **Screening and detailed assessment** of individuals who have a drug or alcohol treatment need, this includes assessment for community and in patient detox. .
- **Structured Support** through pharmacological and psychosocial interventions. These include substitute prescribing, clinical care and structured recovery pathways and programmes.
- **Harm Reduction** interventions including needle exchange, blood borne virus testing, vaccinations and referral for Hepatitis C treatment.

For more information visit www.eastkentdrugandalcohol.org.uk for each local office number.

Young Person's Drug and Alcohol Services – We Are With You

The logo for 'we are withyou' is located in the top right corner. It consists of a blue square containing the text 'we are' in a light blue font and 'withyou' in a white font, with the 'y' in 'withyou' being lowercase and the 'o' being lowercase.

We Are With You offers a specialist substance misuse treatment service to young people.

They offer information, advice and support to a core group of 11-18 year olds, and targeted support for individuals aged 18-24.

There are a number of referrals pathways including Integrated Children's Services, Youth Justice, CAMHs and Self or Family/friends referral.

The Service aims to support individuals sustain change to their drug or alcohol use through:

- **Peripatetic working** – meeting service users in locations which suit their needs.
- Offering **brief interventions, 1-1 structured support** or **early intervention group work** based on the level of need.
- Delivering the **RisKit** programme in schools, to young people who are vulnerable to risk taking behaviour.
- Offering the **KYDIS** programme to reduce the number of young people becoming criminalised for low level drug offences.

More Information at: <https://www.wearewithyou.org.uk/services/kent-for-young-people/>

"The help I've had has literally been life changing. I've had help with my anger issues and I've realised what the drugs were doing to me. I've been able to encourage my friends to stop too. My relationship with my parents is now much better and they're starting to trust me again. I'm reapplying for sixth-form and have a couple of job interviews lined up to keep me busy until then." Service user

Adult Drug and Alcohol Services - East Kent Residential Recovery Housing



CGL also deliver the Residential Recovery Housing service in East Kent.

This service is across 2 sites:

- Shepherd House in **Folkestone**- 11 Flats
- The Cedars in **Canterbury**- 7 Flats

The referral criteria for the service is to be abstinent and in recovery from drug or alcohol misuse and to have an accommodation need. There are several referral pathways including self referral, community drug and alcohol services, prison and residential rehab.

The Service supports individuals with:

Accommodation individuals will reside in self contained flats, with access to communal living space and 1-1 housing related including move on accommodation.

Structured Support the service provide a 3-stage structured program with psychosocial intervention and recovery support designed to support individuals to sustain their abstinence from drugs and alcohol. This includes group-based work and 1-1 structured support.

Life Skills including maintaining a tenancy, managing finances and filling life with meaningful activities including attending college, volunteering and working towards gaining employment.

For more information call 01303 220719 or visit www.changegrowlive.org/content/shepherd-house



LOWER MY DRINKING
Get Healthier, Feel Better



Digital App – Lower My Drinking

The digital interventions provided by Breaking Free Online deliver confidential and highly personalised support 24 hours a day. All residents with a Kent postcode over the age of 18 will have access to the Lower My Drinking triage site and application free of charge.

There are several referral pathways including self-referral, GP, Healthcare Professional, Hospital, One You Kent and Specialist Alcohol Services. Lower My Drinking can be used in conjunction with other services such as face-to-face interventions or as stand-alone support.

Lower My Drinking is a comprehensive digital platform for preventing alcohol-related harm and will:

- Increase awareness amongst Kent residents who engage with the interventions about the impact alcohol is having on their lives.
- Provide advice and support to Kent residents who are drinking above lower risk amounts in order to facilitate a reduction in consumption.
- Increase awareness of local services for those requiring a referral to services as they have identified as being potentially alcohol dependent.
- Provide a self-referral mechanism via the self-assessment and triage site to local services.

For more information visit <https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/drink-less>