

Expression of Interest for The Bridges

Please complete the following form in BLOCK CAPITALS

Where are you? (Please tick) In Prison In the Community

Name:

Date of Birth: Have you completed a RAPT treatment programme?: Yes No

If yes, where? And when?:

Current Prison:

Prison Number:

Name/s of your Drug and Alcohol Practitioner:

Home Probation Area:

Earliest date of release: Is this: EDR HDC PED

Address prior to custody (or your current address if not residing in custody):

How long did you/have you lived there?

Signed: Date:

Please return this to our Freepost address: RAPT Aftercare – The Bridges, FREEPOST RRLX-ALSB-HJLL, 27 – 29 Vauxhall Grove, London, SW8 1SY.

Please note: this form is to express an interest in The Bridges. A formal application will need to be completed by your Drug and Alcohol Practitioner when you are within 6 months of release or parole date.

The Bridges

Residential drug and alcohol rehabilitation
for criminal justice clients



Helping you

ON THE ROAD TO RECOVERY

RAPT

THE REHABILITATION FOR ADDICTED PRISONERS TRUST

stopping addiction. stopping crime.

Who are RApT

RApT (The Rehabilitation for Addicted Prisoners Trust) are a charity. We believe that addiction can, with the right support, be overcome, and provide a range of programmes, both in and out of prison, which help people to live crime and drug free lives. This includes The Bridges, a residential rehab in Kingston-Upon-Hull for men who have substance misuse and addiction issues.

In 1992, RApT founded the first drug treatment facility in a UK prison. Today, we are the leading provider of intensive, abstinence-based drug and alcohol rehabilitation programmes in UK prisons. We provide high-quality drug and alcohol services to over 20,000 people every year within the criminal justice system and in the community.

We also know that completing a RApT programme is only the beginning, and that people often need further support and guidance. As such, an Aftercare service is available to everyone who completes treatment at The Bridges.



**Craig,
Senior Counsellor
at The Bridges**



RApT

What is The Bridges?

The Bridges is a residential rehab for men who have substance misuse and addiction issues. It is run by RAPt, and specialises in supporting men who have been involved in the criminal justice system.

We help men to explore and understand their addictions in conjunction with their offending behaviour. We understand the needs of people who are newly released from prison into the community, and offer tailor made support and treatment.

Our treatment programme meets the requirements of DRR* and ATR* orders. It is also considered an acceptable address, in many cases, for HDC* and licence conditions.

*DRR = Drug Rehabilitation Requirement

*ATR = Alcohol Treatment Requirement

*HDC = Home Detention Curfew





What can you expect?

- **A safe place:** where you can explore and begin to understand your addiction.
- **Therapy:** both in one-to-one counselling and in a group setting.
- **Support:** from people who really understand addiction.
- **Education:** about addiction and drug related health issues, both in discussion groups and in workshops. Support towards education, training and employment is also available once you have commenced Phase 2 of your treatment.
- **Frequent drug testing:** to support you during your treatment and to ensure The Bridges is a safe place for everyone.
- **Links:** to local NA and AA fellowships.
- **Resettlement:** advice and help to move back into the community after treatment.

What we do

Our treatment programme is based on the 12-Step model of recovery. The Bridges breaks the steps down into 2 phases. Phase 1 covers the first five of the 12-Steps, whilst Phase 2 takes you through the remaining seven.

Depending on where you're at in your recovery journey, you may start your treatment at The Bridges at either Phase 1 or Phase 2.



Phase 1

Phase 1 is for men who have some knowledge of the recovery journey. This includes those who have completed short duration programmes whilst in custody, or those who have completed abstinence based treatment and experienced relapse, who are keen to revisit their primary treatment. It includes:

- **Group work, including individual and group assignments and a weekly community meeting.**
- **One-to-one counselling.**
- **Access to 12-Step fellowship meetings in the community.**
- **Full-board accommodation in single rooms, including meals – specific dietary needs can be catered for.**
- **Client 'meet and greet' service – new admissions can be met directly at the prison gates and brought safely to The Bridges.**
- **Regular group outings and social activities.**
- **Access to GPs, dentists, opticians and other health services.**
- **Access to local gym.**
- **24/7 staff cover including on-call counsellor support.**



Phase 2

Phase 2 is for men who have completed primary 12-Step treatment and remained abstinent and connected to the recovery community. In addition to continuing with Steps 6 – 12, this treatment also provides a rolling programme of workshops, ongoing support groups and one-to-one counselling. It includes:

- **Group work, including individual and group assignments and a weekly community meeting.**
- **One-to-one counselling**
- **Access to 12-Step fellowship meetings in the community.**
- **Support with financial and legal issues, including tenancy management, budgeting, nutrition, education/vocational, housing and resettlement needs (both in-house and via links with specialised external agencies).**
- **Client 'meet and greet' service – new admissions can be met directly at the prison gates and brought safely to The Bridges.**
- **Regular group outings and social activities.**
- **Access to GPs, dentists, opticians and other health services.**
- **Access to local gym.**
- **24/7 staff cover including on-call counsellor support.**



Accommodation

The main building contains 9 single-occupancy bedsits for clients in Phase 1 treatment. Bedsit accommodation is spacious, containing a single bed, drawers, sink area and ample wardrobe space. Bedding, linen and towels are also provided. Facilities in the main building consist of two communal TV lounges, communal bathrooms, shower rooms and toilets, communal dining area and laundry. The TV lounges contain digital televisions, as well as tea and coffee making facilities. A selection of board games are available on request.

Attached to the main building are 8 self-contained flats for clients in Phase 2 treatment. Each flat comprises of a bedroom, bathroom, kitchen and lounge. Flats are fully furnished and include all bedroom and lounge furniture, kitchenware and appliances.



Aftercare

An Aftercare service is available to all clients who complete their treatment at The Bridges. Support is tailored to the needs of the individual client, but typically involves the opportunity to continue attendance at group sessions, one-to-one sessions, relapse prevention, recovery planning and continued resettlement support.

Education, Training and Employment (ETE)

Tailored support to access education, training and employment is also offered to clients once they have commenced Phase 2 treatment. Regular workshops on CV's, how to apply for a job and the rules surrounding the disclosure of criminal records are run by a dedicated ETE Worker, who is also available for one-to-one sessions.

“The Bridges was a home for me I never had”



Who can apply

Places at The Bridges are available to men aged 18-65 who are committed to abstinence from all mood-altering chemicals and offending behaviour. Applicants with Schedule 1 offences, convictions for arson or violent offences, or those with a dual-diagnosis (including those on medications for mental health conditions) are not automatically excluded. However, further information regarding any such issues will be required during the application process before a final decision is made.

The Bridges has established a good relationship with Humberside Probation Trust and is an ideal approved address for clients being released on HDC. It has also links with Hull City Council Housing and other external support agencies, taking into account the full range of every client's needs.

Eligibility

All offers of treatment at The Bridges are subject to approval by Humberside Probation Trust and written confirmation of funding.

Clients entering treatment should have received suitable detoxification and should submit a negative drug/alcohol test on admission.

Clients in custody can fill out an expression of interest form (located at the back of this booklet) at any time. A formal application will need to be completed through your Drug and Alcohol Practitioner when you are within six months of a release or parole date.

Clients in the community will need their application completed by a community agency such as DIP or DAAT.

How do I apply?

If you're in prison:

Step 1: Fill in the expression of interest form at the back of this booklet

Step 2: Post your expression of interest form to this address

FREEPOST RRLX-ALSB-HJLL RAPt Aftercare Team
Riverside House, 27-29 Vauxhall Grove, London, SW8 1SY

Step 3: Contact your Drug and Alcohol Practitioner and tell them you would like to go to The Bridges.

If you're in the community:

Step 1: Fill in the expression of interest form at the back of this booklet

Step 2: Post your expression of interest to this address

FREEPOST RRLX-ALSB-HJLL RAPt Aftercare Team
Riverside House, 27-29 Vauxhall Grove, London, SW8 1SY

Step 3: Contact your local DIP worker and tell them you would like to go to The Bridges.

Fill in expression of interest form at back of booklet



Then post



OR

Speak to Drug / Alcohol Practitioner or DIP worker



Assessment and Admission process

Once an application has been processed, a member of the treatment team will be in contact to arrange an assessment. In most circumstances, assessments take place with a counsellor over the telephone. The process usually takes around 45 minutes to complete and provides plenty of opportunity for questions about the treatment process.

Each assessment is then reviewed by the treatment team, during which a decision regarding suitability is reached. Offers of treatment are usually made in writing within two weeks of the assessment. Successful applicants arriving from custody will usually be collected from prison on the day of release and brought to The Bridges for admission.

In some circumstances, an offer of treatment followed by immediate admission may be possible.

If you would like to ask us a question about our treatment programme, please contact us:

Tel: **01482 588 454**

Fax: **01482 588 455**

By Post: **The Bridges,**
128 Holderness Road,
Hull, HU9 1JP