

Next steps...

If you are interested in finding out more about The Bridges, would like to refer a client or request an application form, please contact the team.

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RAPt

THE REHABILITATION FOR ADDICTED PRISONERS TRUST

stopping addiction. stopping crime.



The Bridges

Residential drug and alcohol rehabilitation
for criminal justice clients



Helping men

ON THE ROAD TO RECOVERY

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What is The Bridges?

The Bridges is a residential Tier 4 substance misuse treatment centre for men. It was established in 2004 and is run by RAPt (The Rehabilitation for Addicted Prisoners Trust), a registered charity and the leading provider of intensive, abstinence-based drug and alcohol rehabilitation programmes in UK prisons.

The Bridges is the only residential drug and alcohol treatment facility in the UK specifically designed for ex-offenders and we have developed working practices and partnerships that are unique in this field. We have successfully treated men from all parts of the country, many with complex needs. All treatment episodes are tailored to the individual and we work collaboratively with the probation service to best deliver a structured programme of treatment with a clear pathway to rehabilitation and community re-integration.

The Bridges is CQC (Care Quality Commission) registered and our multi-disciplinary team of fully-trained staff delivers high quality services within a robust therapeutic environment that more than meets the requirements of the 'Essential standards of quality and safety'. Our team does not include medical staff or mental health professionals, therefore detoxification services are not provided. Clients with a dual-diagnosis will need to undergo further assessment prior to a placement being offered.



What we do

The Bridges is a full-time, structured residential treatment programme, consisting of both group and individual interventions. It is based around the 12-Step model of recovery, which promotes recovery based on abstinence from all mood-altering chemicals. It also incorporates elements of Cognitive Behaviour Therapy (CBT) and Motivational Interviewing (MI).



Treatment Programme

The programme is divided into two distinct phases:

Phase 1

This phase is accessible to clients with no previous treatment experience. It is suitable for those that have completed short duration programmes whilst in custody or men who have completed abstinence based treatment and experienced relapse. It may also be accessed by people who've had a lengthy period in custody following abstinence based treatment who are keen to revisit their primary treatment. Phase 1 includes:

- A full time programme of group work including workshops on addiction, recovery and related topics, group therapy, daily client-led meditation, weekly client-led goals group, 12-Step lectures and study group, individual assignment groups and a weekly community meeting.
- One-to-one counselling sessions focused around the client's individual treatment plan (amount and frequency dependent on individual needs).
- Access to 12-Step fellowship meetings in the community.
- Monthly progress reporting to care managers, funders, probation officers and regular multi-agency review meetings.
- 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 GP, dentists, opticians and other health services.
- Access to local gym.
- 24/7 counselling staff cover.



Phase 2

This phase is for individuals who have completed abstinence based treatment whilst in custody and have remained abstinent and connected to the recovery community. In addition to engaging in a full-time treatment programme focused around steps six to twelve, phase 2 treatment also has a resettlement component which will begin to address areas such as housing and tenancy management, education and employment, financial management, health and nutrition. Phase 2 includes:

- A full time programme of group work including workshops on addiction, recovery and related topics, group therapy, daily client-led meditation, weekly client-led goals group, 12-Step lectures and study group, individual assignment groups and a weekly community meeting.
- One-to-one counselling sessions focussed around the client's individual treatment plan (amount and frequency dependent on individual needs).
- Access to 12-Step fellowship meetings in the community.
- Support with financial/legal issues, tenancy management, budgeting, nutrition, education/vocational, housing and resettlement needs (both in-house and via links with specialised external agencies).
- Monthly progress reporting to care managers, funders, probation officers and regular multi-agency review meetings.
- 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 GP, dentists, opticians and other health services.
- Access to local gym.
- 24/7 counselling staff cover.

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.

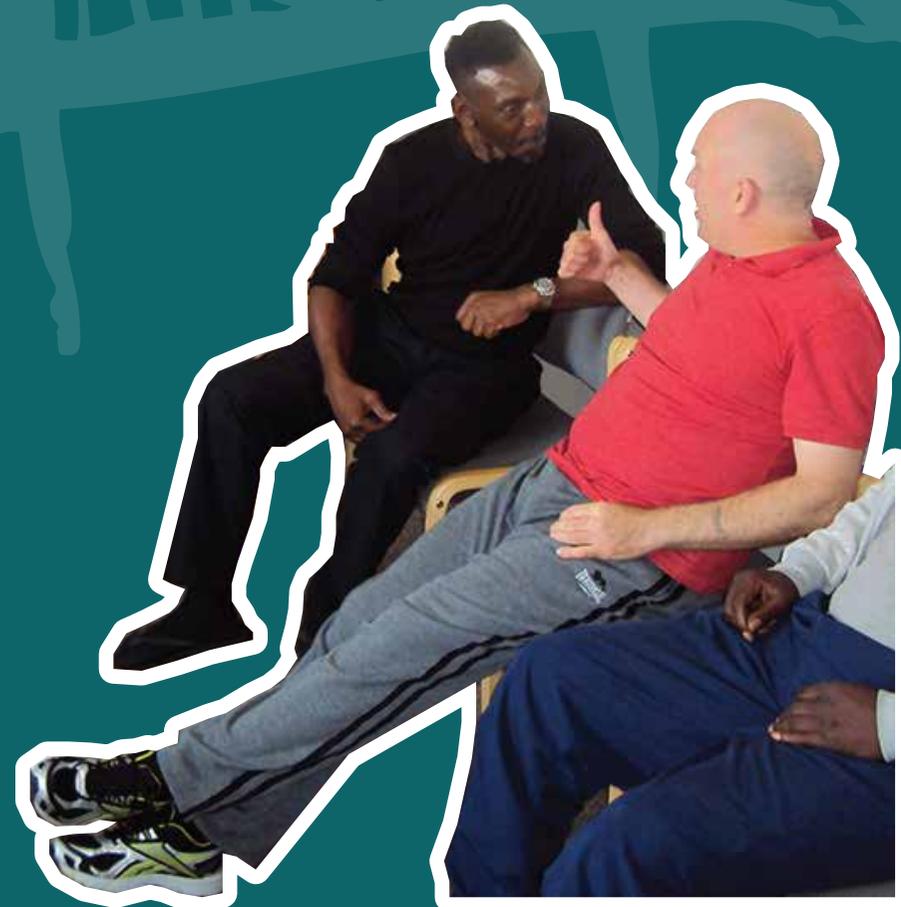
Attached to the main building are 8 self-contained flats for clients in Phase 2 treatment. Each flat comprises of a bedroom, bathroom, kitchen and lounge. Flats are fully furnished and include all bedroom and lounge furniture, kitchenware and appliances.



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.

Since opening in 2004, 95% of clients who graduated from The Bridges have moved onto independent accommodation - the remaining 5% successfully moving onto appropriate third stage accommodation as the next step in their ongoing recovery.



Education, Training and Employment (ETE)

Tailored support in education, training and employment is also offered to all clients. 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.



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 an established joint-working protocol with Humberside Probation Trust and is an ideal approved address for clients being released on HDC. The Bridges also has links with Hull City Council Housing and other external support agencies. This ensures a holistic approach to treatment planning that takes into account the full range of each individual 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 the client facing booklet) at any time. A formal application will need to be completed through their Drug and Alcohol Practitioner when clients 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 can clients apply?

The Bridges accepts referrals from both prison and community based sources. In some circumstances, individuals may self-refer or may be referred by a family member. The prison and community referral processes are outlined below:

From prison

1. Client expresses interest in The Bridges (via the Client Expression of Interest Form, contained at the back of The Bridges booklet aimed at potential clients).
2. Drug and Alcohol Practitioner contacts the applicants' home probation officers (if applicable) to inform them that their client wishes to access treatment at The Bridges. For complex cases (such as Lifers, IPP or MAPPA clients) this should be done up to 6 months prior to release. For other cases this should be done 3 months prior to release.
3. The Drug and Alcohol Practitioner will then apply for funding, usually from the client's DAAT of residence, up to 3 months prior to release.
4. The Drug and Alcohol Practitioner will make a referral to The Bridges. A member of the treatment team will then arrange a telephone assessment.
5. Provided Humberside Probation accepts the transfer of the client and funding has been secured, The Bridges will then confirm the outcome of the assessment within 2 weeks.

From the community

The role of the Drug and Alcohol Practitioner is completed by a community agency such as DIP or DAAT. The rest of the process remains as above.

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 facilitated. Again, the treatment team will be happy to discuss your specific needs.

If you have a query relating to referrals, please feel free to contact the Admissions Team on 01482 588 454, who will be happy to assist.

