



## PHASE 3 APPLICATION 18-24 WEEKS

Phase 3 equips residents to implement their newly acquired skills in a semi-independent living environment (The Lodge) which is still situated on the Yeldall estate. Phase 3 allows them to acclimatise to the pressures of independence whilst remaining abstinent in a safe and supporting environment. It also enables each resident to build their own recovery support network in the local area and attend work based placements and training courses to equip them for future employment.

The Lodge is an abstinence-based, 18 to 24 week programme that is designed for those who have already completed Phases 1 & 2 (including being clean for at least three months). The Lodge provides a safe environment where newly-acquired skills can be put into practice.

- One-to-one key working and individual support plans
- Interactive groups – a chance to discuss various issues in addition to being responsible and accountable to each other
- Group topics include relapse prevention, life skills, healthy eating, appropriate attitudes, budgeting and relationships
- Voluntary work placements within local businesses
- Training opportunities, which may include help with literacy, numeracy and IT, as well as personal and professional development
- Support in finding work and housing



## PHASE 4 RE-INTEGRATION 6-12 MONTHS

Phase 4 provides residents with a safe and supported environment away from the Yeldall estate. It is a necessary step from Phase 3 and prepares the resident for full independent living. Yeldall Manor has a number of move-on houses in the suburbs of Reading and residents completing Phase 3 have the option to move to one of these properties locally if they wish.

These recovery houses are 'clean and dry' and provide a secure and safe place for men to pursue their work, training and social lives. During the week there are groups, key-working and other formal/informal events.

This is an opportunity for the men to pursue their recovery for 6 to 12 months in an environment that promotes good practice and enables them to put into action all that they have learned in the earlier phases of the programme.

## COMMUNITY AFTERCARE SUPPORT

Once our residents have completed the four Phases of the Yeldall Programme, we assist them in finding safe accommodation, which will facilitate their on-going recovery, living independently in the community. We offer regular support and accountability, along with help for them to access any local services that they would benefit from.

In addition we run external support groups, and we have regular events, open to ex-residents, here at Yeldall Manor.

We are committed to giving regular support for at least twelve months following treatment. However, we are pleased to help any ex-resident, no matter when they left our programmes.

# THE ESSENCE OF YELDALL MANOR



A Christian response to addiction

## 4 PHASE PROGRAMME

GROUNDING

GROWTH

APPLICATION

RE-INTEGRATION

WITH DETOX & COMMUNITY AFTERCARE SUPPORT

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## DETOX

Yeldall offers an holistic detox that not only helps residents overcome their physical dependency, but also helps them to recover mentally and emotionally. Alongside the detox medication there is counselling, groups, work, activities and an opportunity to relax and build relationships with their peers. The detoxification programme runs in partnership with our local pharmacy and is monitored by two medical doctors. The detoxification programme runs seamlessly into Phase 1.

- Detoxification and rehabilitation under one roof
- Experience a supportive environment with the opportunity to build healthy relationships and begin to address issues whilst going through detoxification
- Seamless continuation onto the Yeldall Manor Phase 1 rehabilitation programme upon completion of detoxification
- Alcohol detoxification normally seven to ten days
- Usual maximum length of drug detoxification programme is four weeks



“A community of like-minded men determined to turn their lives around”



## PHASE 1 GROUNDING 12 WEEKS

Phase 1 enables residents to stabilise physically, mentally and emotionally. They can return to physical health in a supported environment, whilst starting to build relationships, regain a clarity of mind and the ability to start self-reflecting in order to identify needs and start to set goals for the future. Each resident will reflect on their past and identify harm, taking ownership for their addiction, and start to explore the driving factors of addiction in a supportive community of like-minded men.

- Supportive and structured environment to explore addiction
- Qualified counsellors and group facilitators
- Seamless continuation onto the Yeldall Manor Phase 2 programme
- Training groups on the fundamentals of addiction and process groups to become aware of emotions and behaviours



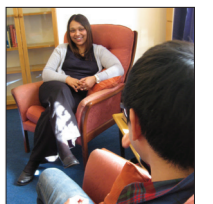
“There is unconditional acceptance... an opportunity to turn your life around without fear of judgement. You can make mistakes and not feel like anyone will turn their back on you. Yeldall is a community... a family.”



## PHASE 2 GROWTH 12 WEEKS

Phase 2 empowers residents to advance in recovery skills and grow in physical health. Each resident becomes aware of human functioning, emotional wellbeing, core needs, cognitive/behavioural patterns and develops an understanding of the personal drivers underpinning their addiction, along with an awareness of their own relapse triggers.

- High level of support
- One-to-one counselling with a trained counsellor looking at past and current issues as well as plans for the future
- Teaching groups on life skills, attitudes, ethics, relationships and relapse prevention
- Interactive groups - a chance for each individual to contribute to their own and others' recovery by becoming responsible and accountable to each other in sharing openly and honestly
- Work in the house or grounds - a chance to learn new skills
- Training opportunities that may include literacy, numeracy and IT
- Recreation, e.g. swimming, football, gym, shopping
- Opportunity to join the 18 to 24 week Phase 3 programme living semi-independently on-site



“A family away from family, and new friends that can last a lifetime. Yeldall loves and cares for you, and helps you gain a better life!”