

Family & Friends Pack

Information about Somewhere House:

Somewhere House is a rehabilitation centre catering for people in addiction. We are situated in Somerset (Burnham-on-Sea) in a 14 bedded house which provides a safe and caring environment to create a family atmosphere. Therapy is a key part in rehabilitation we offer various therapies which include:

- Family Therapy
- Group Therapy
- One to one sessions
- Couples therapy
- Art, alexander, dance, cognitive, TA, and many more

If you are interested in doing family based therapy this will be discussed with the client and their counsellor to decide whether this is beneficial for the individual and their family/partner.

Somewhere House provides a 3-6 months placement, based on client's individual needs. After the agreed period the client may decide to continue onto one of our move on houses where they will receive after care and a 24 hour support network. This decision is made by the client themselves and discussed in therapy. After care is

Somewhere House

Rehabilitation Centre for Drug & Alcohol Addiction

available for all of our client's and clients are welcome to keep in contact with us after treatment has been completed.

So what is treatment?

It is where an individual comes to look at themselves and explore why they have ended up in the situation they have. Why do they use drugs or alcohol and what the impact has had on themselves and those around them. How they need to change and the emotional, physical and psychological impact it has had on life generally. Why do it in a residential setting you may ask? This is generally because it is a reasonably safe setting but also because all of those behaviours that have manifested over the years that have led to the addiction come out in a residential setting and can be challenged on a daily basis. Going home every night doesn't allow for that and things get missed.

As a family member we still need your help. You are a vital part of someone's recovery, if you like you are the glue that sticks the whole thing together. So anything that may concern you, for example any home sickness, anything at all just call the office.

A letter of how it was living with the addiction is really helpful for your family member as they easily forget. This can be sent directly to the office for the attention of the addictions worker or manager.

Keeping in touch:

Via Telephone:

All clients have the use of the telephone at the same time. It is important that contact is only made during these times (please see below). If there is an emergency or you would like to chat to a member of staff please call the office number during

office hours.

For those who have young children it can be a difficult time for all; parents, carers and the children. Therefore we can discuss with all parties on an individual basis, other ways of communicating in the week, e.g in the evening via the office.

To give all clients the opportunity to use the telephone, time slots are limited to 15 minutes maximum, and there is a maximum of 6 calls per week in or out (total.)

It is a client's choice to give this phone number to family and friends, so please ask them for the number we do not give the number out from the office.

Telephone times are as follows:

Monday – Thursday: 16:00 – 22.00

Friday: 16.00 – 22.30

Saturday: 12.00 – 22.30

Sunday: 12.00 – 22.00

Via Post

Out going post is monitored through the office, however client's are free to write to whoever they choose, challenges are made if inappropriate or excessive letters are being written or received (from the same person). Incoming post and parcels are opened by the clients in the office for the safety of everyone. You are free to send parcels and letters but again this will be monitored and if excessive it will be discussed with the client.

Via Email

Clients have internet access so you can email them as usual and they can check their facebook via the office in the afternoon during the week not at the weekends.

Contacting us!!!

You are welcome to contact the office for updates but we will only be able to give this with the permission from the client. If you have any concerns or questions please ring we are a 24 hour service. Our number is 01278 795236.

Visiting:

All visits are discussed initially between the client and their addiction worker. An itinerary is then drawn up by the client and taken to the whole team and checked.

The itinerary must be adhered to and if any changes are to be made they need to be checked and cleared with the office.

Client's are not to be taken into any licensed premises whilst out on a visit and also visitors not to be using drugs or alcohol at any time before or during the visit.

Arrival and return times are written on the itinerary and these need to be adhered to, please contact the office and speak to a member of staff ASAP if there is a problem.

All family and friends are more than welcome to come and look around Somewhere House. However we ask that you do not enter other client's rooms, to respect their privacy. You may be invited to stay for dinner by the client's, this is your choice and we welcome this, however we do ask that you leave by 22.00.

Visits are usually on Saturdays and/or Sundays, if there is problems with this please speak to a staff member, as we can be flexible.

If you want to come and visit before your family member comes to stay please call the office and make arrangements it's a great way to help the transition for children to find out where mum or dad are staying and reassure them they are safe.

SOMEWHERE HOUSE TIMETABLE

8am: Wake up.

8.30-9am: Breakfast/ weekends 9.30am

9-9.30am: Jobs.

9.30-10.00am: Choice of Exercise.

10-10.15am: Get ready for group.

10.15-10.30am: Tea/Coffee

10.30am-12.15pm: Group.
(10.30-10.45: Daily Goals.)

12.30pm-1.30pm: Lunch.

1.45pm-3.15pm: Group.

3.15-3.30: Relaxation.

3.30-4pm: Tea/Time Out.

4-6.30pm: Prepare meal/dining room, chores outstanding, recovery studies, relax.

6.30pm: Dinner.

9.00pm: Supper.

10.45 (weekdays) 11.15 (weekends): T.V. off.

11.00pm (weekdays) 11.30 (weekends):

Other Support:

Here at Somewhere House we support and donate to ADFAM who are a charity that offer help to families affected by drugs and alcohol. On their website you can find lots of information about what you can do, local support groups, useful organisations and other ways to make a difference. If you visit their website <http://www.adfam.org.uk> you can find all the information on that.

Suggested Reading

Counselling for Toads – Robert De Board

Co dependent no More – Melody Beatty

Addictive thinking – Abraham Twerski

8 Step recovery – Valerie Mason John & Dr Paramandhu Groves

Victim mentality – Donna Lively

Directions to get to Somewhere House:

M5

Burnham-on-Sea TA9 4, UK

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|---|--------|
| 1. Head southwest on M5 | 3.4 mi |
| 2. At junction 23 , take the A39 exit to Bridgwater/A38/Glastonbury/Wells | 0.2 mi |
| 3. At the roundabout, take the 4th exit onto the M5 ramp to London/Bristol | 0.4 mi |
| 4. Merge onto M5 | 4.6 mi |
| 5. At junction 22 , exit toward Weston-S-Mare/Burnham-on-sea/Bristol (South)/A38 | 0.2 mi |
| 6. Continue straight | 472 ft |
| 7. At the roundabout, take the 2nd exit onto B3140 heading to Burnham-on-sea
Go through 2 roundabouts | 2.5 mi |
| 8. Turn left
Destination will be on the left | 66 ft |

Reviewed October 2022
