



Tom Harrison House

“Honour, Hope, Healing”

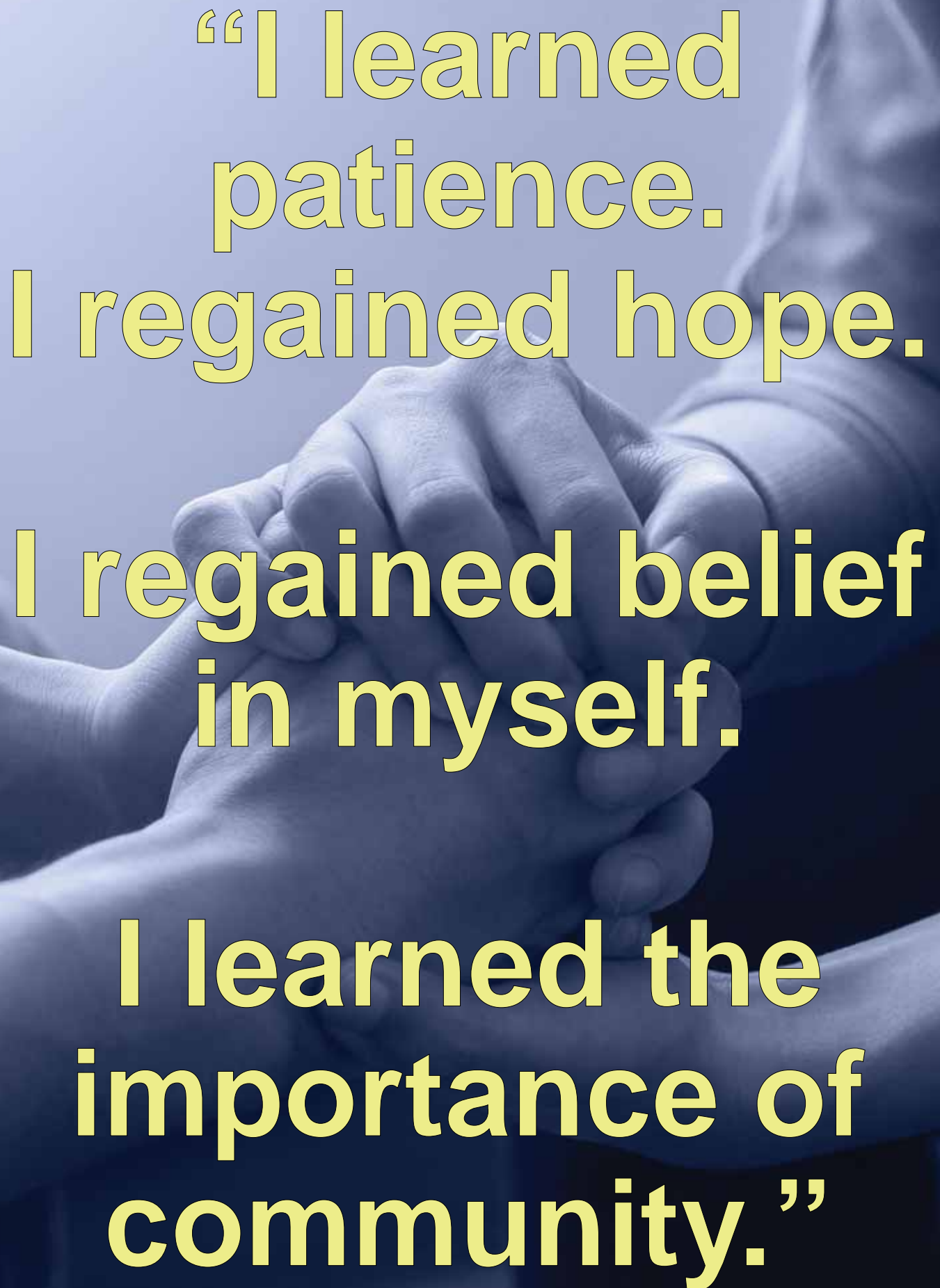
Tom Harrison House

A guide to our service

Addiction recovery programme for UK armed forces veterans, reservists, emergency services personnel and their families.

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**“I learned
patience.
I regained hope.
I regained belief
in myself.
I learned the
importance of
community.”**

Gary, THH Graduate

Who We Are

Tom Harrison House is an addiction recovery centre for ex-forces personnel.

We support veterans from across the UK and from all three services - The Army, Royal Navy and Royal Air Force - as well as reservists, still-serving soldiers, and those in the emergency services.

We also offer support to the family members of those who access our programme.

Based in Liverpool, our centre was opened in 2014 as a response to the fact that there were no military-specific addiction services in the UK, especially for veterans struggling to access mainstream, civilian services or who found these services were inappropriate for them.

We work in close partnership with statutory and community organisations to provide a trauma-informed, residential addiction treatment programme across three key stages:

- **Open Access Referral & Mentor Support**
- **12-Week Residential Recovery Programme**
- **Aftercare and Resettlement Support**

If you're interested in the services we offer, please read on.

This booklet will tell you all you need to know - as a potential beneficiary, a family

member, a referral agency or a supporter of Tom Harrison House.

Our team of addiction specialists comprises both civilian and ex-forces personnel. We are supported by our dedicated team of volunteers, all of whom have been through the programme themselves and have subsequently completed a course in volunteering and peer mentorship.

Our live-in support team are also on hand outside of programme hours to make sure that all beneficiaries have round-the-clock access to the support and assistance of the team.

How To Apply

Anyone can make a referral to Tom Harrison House. We primarily take self-referrals but your GP, keyworker or other professional can make a referral on your behalf, as can your friends or family.

To get in touch, you can contact our team by phone on 0151 909 8481 or by email via info@tomharrisonhouse.org.uk.

Once you've made initial contact, our Open Access service is designed to give you the chance to connect with the support of our community. It acts as a hub for referral, signposting, interaction, engagement and support.

We host several open sessions each week which are available to veterans who need help with an addiction problem. These include:

Community Breakfast Drop-In Sessions

These offer a chance to access support, advice and guidance from the team, as well as to interact with, and be inspired by, our vibrant recovery community.

5-a-side Football Sessions

Our football sessions are an opportunity to get out and get moving in an informal setting where you can interact with those further along in their recovery journey.

Guest Speaker Meal Sessions

Enjoy some great food and good company,

and hear an inspirational, motivating talk from someone who's been in a similar situation and has changed their life for the better.

During this period of initial engagement, we'll complete your full assessment and begin work on your admission to the main programme.

While you wait for a start date, you'll be able to make use of our Graduate Mentor Support service, connecting you with a dedicated volunteer who has been through the programme themselves and can help you to prepare to join our community.

In the pre-admission stage, we work with all beneficiaries to achieve abstinence prior to embarking on the programme. We'll assist you with organising detoxification (if required), help you to relocate for the duration of your stay and, if necessary, help to source funding for your treatment.

Waiting times can vary, but the team will work with you during this time to make sure that you're well prepared to begin the programme and have everything in place to fully focus on your first steps into recovery.

We may also refer you to other services who can support you until you're ready to begin your recovery journey at Tom Harrison House.

Open Access and Mentor Support Service

Instant access to our veteran recovery community and remote support
Resources, information, engagement, signposting and referral
Pre-engagement opportunities ahead of intensive support

THH Recovery Programme

Full 12-week tailored recovery programme
Military ethos and abstinent recovery focus
Variety of therapies, groups and activities
Comprehensive, holistic approach
Residential veteran community
Individualised recovery planning
Trauma-informed service

Referral On

Appropriate referral to other services
Connections with military and addiction recovery support

Family Support

Individual and group support available for spouses, parents and adult children

Aftercare, Peer Support and Skill-Building

Staged aftercare tailored to your needs
Continued engagement and proactive support and resettlement planning
Volunteering and training opportunities

Supported Accommodation

Mixed veteran and civilian community
Reintegration and resettlement advice
Recovery-focused at every stage
Health and wellbeing sessions
Training and life-skills courses

Resettlement and Return

Resettlement to area of origin and family
Pre-engagement with local support
Ongoing remote support and aftercare

Our Programme

The core of our service is a residential 12-week programme of therapies, education and activities.

The programme, designed and developed in consultation with veterans in recovery, is the only one of its kind in the UK and is one in which the balance between emotional, physical and mental recovery is paramount.

In a typical week, the community will take part in a wide variety of sessions and activities - therapeutic and educational groups, recovery assignments, mindfulness meditation, 5-a-side football, fitness training, workshops, art therapy and equine therapy, amongst other activities. We build each week around three interpersonal group therapy sessions for all clients, as well as individual counselling sessions for each client every week.

Alongside these regular sessions, there are also opportunities for the community to attend retreats and residentials in the natural environment of the nearby Lake District, and to take part in a wide range of other outdoor pursuits.

The team work closely with partners such as Mersey Care, The Royal British Legion, Liverpool Veterans' HQ, BNENC, Everton in the Community, Shy Lowen Horse Sanctuary, Brathay, Rydal Hall and a host of others to make sure that the programme remains rich and varied and

provides experiences that foster openness, exploration and connection.

We work with each individual to begin to develop and embed the mindset, resilience and resources, or more generally the "recovery capital", necessary to build a strong, stable and robust ongoing recovery.

By providing a supportive community, education, therapies and opportunities for real self-development, the programme works as a foundation for a new life, and not just a way to overcome the immediate issue of physical dependence on drugs or alcohol.

It is through this bespoke model, with an emphasis on the role of co-occurring trauma, safety, confidentiality, and camaraderie, as well as reintegration into "civilian" communities, that we have built a community of people who possess shared experiences, perspectives, and resources.

On successful completion of the programme, you'll be armed with the knowledge, resources and ongoing support you need to build on the foundations you've established during the programme.

For those wishing to remain in Liverpool for the long or short-term, we can arrange seamless transition to supported accommodation at our partner service, The Bridge House Project.

A man with short dark hair and a beard, wearing a white long-sleeved shirt, is shown in profile from the chest up. He is smiling and gently touching the forehead of a dark-colored horse with his right hand. The background is a soft, out-of-focus landscape under a blue sky. The text is overlaid in a large, yellow, sans-serif font with a thin black outline.

**“The military-
specific nature of
the programme
helped me.**

**I immediately had
something
in common with
my peers.”**

Eddie, THH Graduate

Aftercare

After completing the Tom Harrison House programme, you'll be in the best possible position to take your next steps into a life of recovery.

Recovery is an ongoing process - there is no "quick fix" and the end of your treatment episode is just the beginning of a new way of life in which you'll need to put all you've learned and experienced into action.

To support you at this important stage, we offer a range of ways for you to continue to make use of the support our community has to offer.

As you approach graduation, you'll work with the team on your transition out of the programme and into the next phase.

That could mean moving back to your area of origin and reconnecting with family and friends, or, for some, it could mean staying near to our community by moving into our "second stage" of supported accommodation at The Bridge House Project.

Whatever you choose, there is support available.

We host a weekly **Graduates' Group**, held online so that you'll be able to attend whatever your location. This takes place in the evening, so that those who have returned to work can still connect with the

community and continue to develop their recovery.

For those who remain in Liverpool, there are more opportunities for connection - our thriving community of graduate volunteers each typically spend one day per week at the project to help the team and our beneficiaries.

Peer Mentoring is an area that many graduates are keen to get involved in, and so we offer a full 12-session training course so that they can learn to better support those at the beginning of their journey.

The course is delivered to provide a range of learning opportunities including process modelling, supporting development of the graduates' own recovery as well teaching the basic skills of supporting others ethically and effectively.

We provide graduates with resources and continued support, and are currently developing an online **Relapse Prevention** course which graduates can fit around other commitments such as work and family life.

Post-programme support is also on offer to your family members. For more information about our families programme, please read on.

For Families

On offer to the family members of all our beneficiaries is an additional layer of family support, through our **MFARE** (Military Families Addiction Recovery Experience) programme.

The programme was developed with support from the Royal British Legion.

The aim of the families support programme at Tom Harrison House is to engage with and involve the family members of the addicted veteran in the recovery process and to improve the understanding, wellbeing and resilience of families of veterans recovering from addiction.

MFARE provides family members the opportunity, with both education and support, to begin their own journey of healing and recovery from the impact of alcohol or drug addiction.

By including those closest to the client in the recovery process, we aim to ensure that, post-programme, the family can work together in support of their whole-family recovery.

Our dedicated Families Therapist delivers weekly individual family meetings, monthly family groups, and quarterly residential sessions.

Working as part of the main Tom Harrison House therapeutic team, the Families

Therapist is able to provide insight into the clients' wider recovery process and to highlight additional needs from the broader family perspective.

The service also offers access to a set of relevant resources specifically designed for the family, an online support group to ensure consistent out-of-hours support, and several short family-specific retreats each year.

A group of people, including a woman in the center and others around her, are shown in a meeting or support group setting. The image is overlaid with large yellow text.

“The support from the family group has been incredible.

After years of struggling in isolation, I finally feel understood.”

Laura, Family Member

Supporting Us

Tom Harrison House would like to gratefully acknowledge the support of the many organisations and individuals who have partnered with us to support our work.

If you'd like to support us in making a difference to the lives of our clients, you can find information about how to get involved in our fundraising events and activities, or to make a donation, via our website at www.tomharrisonhouse.org.uk.

We're extremely grateful to the following organisations who have supported us in a variety of projects.





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