

Aftercare

The expectation is that following discharge from the service the client / you will:

- Engage immediately with FIRST's Community Rehabilitation Service

and/or attend

- SMART Meetings
- Peer Support Groups,
- Alcoholics Anonymous (AA)
- Narcotics Anonymous (NA)



Fife Alcohol & Drug Partnership

Contact Us

You can contact us via the following routes:

Telephone:
01592 585960

Internet: www.firstforfife.co.uk

Email:
enquiries@firstforfife.co.uk

In Person to:

Main Office

3 South Fergus Place

Kirkcaldy

KY1 1YA

Complaints

If you are unhappy with the service, you can raise your concerns with the Service Manager in the first instance.

If you feel that your complaint hasn't been resolved to your satisfaction, you can contact our regulatory body, the Care Inspectorate as follows:

Care Inspectorate, Central East Region
South Suite, Ground Floor, Largo House,
Carnegie Avenue, Dunfermline, KY11 8PE
Telephone: 01383 841100



Registered with the Care Inspectorate

First

Fife Intensive Rehabilitation
& Substance Misuse Team

Residential Rehabilitation Service

A guide for Clients & Referrers

About the Residential Rehabilitation Service

Fife's Residential Rehabilitation Pilot for individuals with substance misuse issues commenced in April 2014. FIRST is funded to provide assessment, preparatory work and ongoing support to clients whilst in residential rehabilitation. Funding for residential places is held by Fife Council. This service covers the whole of Fife.

Referral Process

Clients / you can be referred by: -

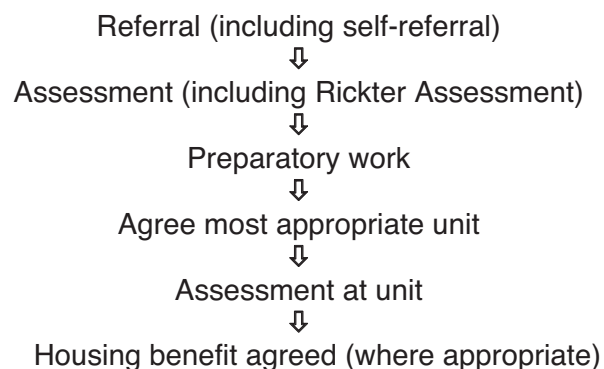
- Attending a Triage Drop-in Clinic (for self referrals)
- Drug and Alcohol Services
- NHS Fife Addiction Services
- Social Work Services
- G.P.'s

Referral Criteria

To meet the criteria for this service the client / you must have: -

- Had a drug and/or alcohol issue for a considerable period of time (years rather than months).
- Previously tried and exhausted drug and alcohol services in the community.
- Not benefited from previous formal community based detoxification.
- Evidence of a willingness to change and to see change as a personal responsibility.
- A commitment to engage in a structured and intense programme of preparatory work prior to detoxification followed by residential rehabilitation.
- A willingness and understanding of the need to continue to engage with services after returning to the community.
- Been assessed as capable of achieving abstinence and is / are prepared to do so.

Assessment / Preparatory Stage



There are three elements to this service

- ⇒ Assessment and preparatory stage where FIRST will look at current and historic drug and alcohol use, criminal activity, housing issues, social circumstances, family networks and support, involvement with other services and assess motivation for change. An Action Plan will be agreed between the client / the FIRST member of staff as well as carrying out a Rickter Scale Baseline Assessment.
- ⇒ Inpatient residential detoxification for **six weeks** followed by a **twenty week** residential rehabilitation programme with places purchased from a range of external providers selected on the particular needs of the individual. The FIRST Worker will liaise with the client / you and family members, if appropriate.

- ⇒ Structured community based rehabilitation with suitable housing and housing support as key components as well as a comprehensive package of aftercare services and continuing follow up for a sustained period of time will follow after this 26 week period. During the time in residency the Action Plan and Rickter Scale Baseline Assessment will be reviewed on a regular basis.

During these three elements FIRST Staff will also liaise with family members and arrange, in conjunction with the Unit, for visits to take place over this 26 week period.

On completion of the Programme the client / you will receive ongoing support from one of FIRST's Rehabilitation Workers and have access to a range of Aftercare

The "Journey"

Entry into unit for a) detoxification and rehabilitation or b) rehabilitation only

