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Wakefield
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Helpline: 0845 146 0002

www.gasped.org.uk

Our services include:-

Counselling

One to one support

Community based support groups

Community rehab project

24 hour helpline

Complimentary therapies

Wellbeing workshops

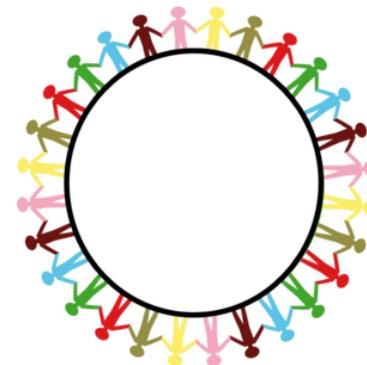
Charity number—1072174

Company Limited by Guarantee Number 03580793

The logo for GASPED features the word "GASPED" in a stylized, green, hand-drawn font. The letters are slightly shadowed and appear to be floating above a light green background. Behind the text, there are faint, grey silhouettes of several people standing in a line, suggesting a community or group of individuals.

Greater Awareness and Support for People Encountering Drugs

Community Rehab Programme Supporting the whole family



What is it?

The most notable difference between residential rehab and community rehab is it allows you to stay at home, in an environment you are familiar with, close to family and friends. The community rehab programme, unlike residential, involves your loved ones in the treatment process, supporting everyone involved, which will help give you the long term, lasting support you will need for the future.

Gasped works alongside treatment services offering the highest quality therapeutic treatment in a relaxed and social environment.

Our staff consist of therapists and counsellors who are here to help you on your Recovery journey.

The programme:-

Our programme includes a 12 week group that brings your peers and families together. The aim of the group is to arm you and your loved ones with different strategies and coping mechanisms on your road to recovery, including preventative measures, positive thinking and mindfulness, giving you an awareness of yourself and allowing you to take back control.

Running alongside the groups we expect you and your loved ones to access as much as support as you need including one to one sessions, counselling, and emotional freedom technique. These sessions will give you additional support and coping techniques.

Our programme only uses therapies that we know work, with already proven results, so we can help you achieve your recovery goal, however we need you to be fully ready to commit, this gives you the greatest chance of lasting sobriety.

On-going Support (after treatment):-

We know, going forward, that there will be temptations to turn back to drug or alcohol use. This is why we involve your loved ones in your journey. Your family/ friends are your greatest supporters and giving them the tools to help and support you is your greatest weapon.

100% Expected Attendance

We do expect you and your loved ones to commit fully to the 12 week programme. This is for your benefit, giving you the greatest opportunity for a full recovery.

What Next?

If you feel that the community rehab programme is for you then please speak to your key worker at Inspiring Recovery, a member of the Gasped team or the service you are currently engaging with.

There are minimum requirements for you to meet to gain access to the program so even if you do not meet them **now then it** is something for you to work towards.

The groups will run throughout the year!

The Minimum Requirements are:-

- If on prescribed medications—we would want you be actively already reducing your intake.
- Commitment from you and your loved ones to attend the 12 week program, therefore no holidays can be booked in that period.

We can only allow up to 5 service users and a maximum of 2 loved ones per person onto each program. Once we have recruited everyone, the program will run as a closed group ensuring that the dynamic of the group will not change for you and will help you and your loved ones build trust and gain mutual support from and within the group.

Once you have expressed your interest then a visit will be arranged for you to meet members of the community rehab team at Gasped. The team will then decide if you are ready to access the program or you need support to meet the requirements. If this is the case then you will be accessed for the next available programme