

## What is rehab?

Residential Rehabilitation (rehab for short) describes a drug/alcohol treatment programme that is provided in a residential setting.

Rehabs are usually abstinence based and provide an intensive programme of care and support. There are a large number of rehabs each following a range of approaches/philosophies such as 12 Steps (Minnesota Model), therapeutic community, and faith based, etc.

It is important when selecting a rehab that you consider the right environment and approach to meet your individual needs.

Rehabs offer a journey of treatment from detox to primary, secondary and third stage support.

### 1. Residential Detox

Involves a clinical package of medical care to remove drugs and alcohol from the body, whilst managing symptoms of withdrawal.

The majority of residential detoxes will be undertaken locally at Fulbourn Hospital. In some cases detox and rehab placements may be combined.

### 2. Primary Stage

A short stay programme or the initial stage of a longer programme (approximately 10 weeks).

It focuses on intensive therapeutic interventions and the immediate responses to becoming drug free.

### 3. Secondary Stage

Is the later stage of a longer rehab programme – focusing on the development of essential life skills that are required to sustain a drug/alcohol free lifestyle.

### 4. Third Stage

Is offered by a minority of organisations that promotes independent living through supported housing.

Cambridgeshire Tier 4 Panel does not fund 3<sup>rd</sup> Stage Treatment.

## Funding

Rehab treatment is either funded privately through direct contact between the client and rehab, or the receipt of funding from the local authority.

### Local Authority Funded Rehab Placements

Eligibility:

- ❖ a Cambridgeshire resident
- ❖ over the age of 18yrs
- ❖ engaged with community drug & alcohol services for at least 3months

If you meet the above – a community care assessment will be carried out by specialist social workers to ensure you meet the eligibility criteria for local authority funded care.

The assessment will look at how an individual's care and support needs should be met, very much concentrating on the "wellbeing" principles.

## Funding Decision

Once an assessment has been undertaken the application is taken to the Countywide "Tier 4 Panel".

The Tier 4 panel meets monthly and is made up of a group of representatives from the treatment services, a service user, and the DAAT Team.

The panel will discuss each application in great depth and will take the following into account as part of the decision making process.

- ❖ Your current /past engagement with treatment services in Cambridgeshire
- ❖ Motivation for change
- ❖ Clinical/social care needs
- ❖ Support networks
- ❖ Current 'using' status
- ❖ Long term plans for the future
- ❖ Special needs/requirements
- ❖ Preparation work for rehab

The panel can agree initial funding costs for a rehab placement (up to 10 weeks) within a specified budget.

If secondary support is required an additional application for funding is taken to panel at the review point (mid-way) in primary treatment.

## How do I apply for rehab?

Speak to your recovery worker at Inclusion they will discuss the options available and decide whether you meet the funding criteria.

If you do, you will work together to make an application.

If you don't meet the criteria don't worry, an alternative community treatment option will be offered.

Matching a rehab placement to meet your own personal 'need' is essential and a worker will assist you with the options available. Visits to rehabs are also encouraged.

All applicants are encouraged to attend a pre-rehab group 'PRG' which helps prepare individuals for the demands of rehab and allows you to meet graduates who have experienced placements and ask a variety of questions.

## When will I find out the outcome of my application?

If successful, a confirmation letter will be sent on behalf of the panel to your recovery worker.

If unsuccessful, your recovery worker will advise you as to the reasons why and advise you of further options available to you. You have the opportunity to appeal the decision or raise a complaint.

## Do I have to attend Groups?

Your drug and alcohol treatment service offers a number of group work sessions. Your involvement in group sessions and other complementary activities are generally part of your preparation towards residential rehab treatment.

## Complaints procedure

Complaints regarding the conduct or processes of the funding panel will be dealt with by the DAAT through the Cambridgeshire County Council complaints procedure.

Complaints regarding the conduct or provision of drug or alcohol treatment services in the county will be dealt with by the relevant agencies complaints processes.



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CASTLE PARK, CAMBRIDGE, CB3 0AT

If you have any further questions that are not covered within this leaflet please contact your recovery worker.

# A Service User Guide to Residential Rehab (Tier 4)

