

Touchstones12 rebuilding lives

Male Client:

"I've been to the lowest depths of existence. So much so I believed it would be better for everybody in my life that I were dead. I tried that and failed. Something happened amidst all this insanity. I was given a phone number to ring. It was Touchstones12. This organization saved my life. Now I'm healthy, happy, with good relationships. I now have hope and direction in my life, through the help and support afforded to me from Touchstones12.

Call us today - !

01492 534090



Example of the basis for 12-Step Programme, residents have the option to work through the steps on their own terms

Step 1:

Honesty – recognition and admission – powerless/no control – trusted chemicals more than anything/one.

Step 2:

Hope –recognising need for help – higher power as you understand it (individual view – this does not necessarily mean God).

Step 3:

Recovery of spirit – making choices.

Step 4:

Honest, moral inventory – know yourself! - rights, wrongs of behaviour – recognise need for balance – no one is perfect (but that's OK).

Step 5:

Face up to the wrongs and share them – develop conscience – take responsibility

Step 6:

Examine behaviour patterns – accept self without pity/shame – readiness to change!

Step 7:

Humility – asking for help – discard false pride.

Step 8:

List those harmed – willingness developed to make amends – give up resentments.

Step 9:

Rebuilding relationships – make amends – right past wrongs – regarding trust.

Step 10:

Maintenance – check character defects
e. g. self-centred – admit failings and correct promptly.

Step 11:

Spiritual maintenance – meditation – self discipline.

Step 12:

Moving on – spiritual-awakening – help in others recovery – practice the principles.

Touchstones12

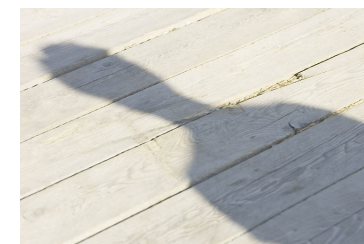
*Registered Charity:
Charity No: 1097244
Company No: 3902827*

Rebuilding Lives



Abstinence!

**stop the misery
substance misuse**



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RISK AND TRUST!



Welcome to Touchstones12

Touchstones12 provide an abstinence based recovery programme for individuals who are homeless – or - are at risk of becoming homeless as a result of being chemically dependent. Touchstones12 is not a clinically based project. Individuals wanting to enter the project must have a motivation to change their life in order to do well. The main aims of our particular programme of recovery are to provide in depth help with the many problems surrounding drug and/or alcohol addiction. Further, our aim is to give individuals the time and space to explore some of the underlying issues that often go hand-in-hand with chemically dependent individuals.

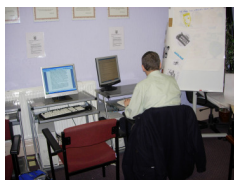
The project aims to help individuals develop order in their lives and further teach them about taking responsibility and the importance of self-respect. Although we do not exclusively run a twelve step programme, we believe that a 12-Step recovery programme is one of the most plausibly structured frameworks for recovery. Therefore, residents have the option to work through a 12-step programme as a structured foundation to parallel their own personal recovery programme.



Honesty and Morality

A sound basis of honesty and morality is addressed mainly through personal commitment and key sessions. The main aims of our particular programme of recovery are to help individuals develop order in their lives and further teach them about taking responsibility and the importance of self-respect.

The project is increasingly overlaid with critical aspects of pre-tenancy/resettlement work. The programme in general aims to empower and enable individuals so they can re-integrate back into community life. Many complex and mundane life issues are addressed in one-to-one key working sessions; and further addressed through the medium of group workshops. In key-working sessions staff will help individuals to work out their personal primary needs, such as move-on accommodation, personal life goals and supportive relationships/networks (such issues are numerous).



Starting A New Life

Resettling back into the community is essential, to aid both recovery and future success. An important aspect of the programme is aiming towards resettlement and re-integration back into the community. Please note, Touchstones12 do not provide move-on accommodation and further acknowledge that the local authority have no obligation to house residents who may choose come from other areas to attend our recovery programme.

Reintegration is a process of actively encouraging individuals to become involved in social activities on a daily basis (social functioning). Resettlement is more about longer-term preparation for life in the community. Resettlement and reintegration are forged together and remain crucial aspects of the Project.

Over the course of their stay, individuals are actively encouraged to be pro-active about reintegration, resettlement and subsequent move-on issues. For obvious reasons, individuals must consider all of the following: (a) Move-on accommodation (b) Developing new supporting networks (c) Supportive relationships (d) Set realistic and achievable goals for future living (e) Education, employment, training (f) Budgeting and finances (g) Actively prepare and review a SUPPORT PLAN (plus many other issues).

Whilst at the project, all clients work on both mental and practical aspects of their own personal support plan. Clients are much encouraged to re-develop social, living and assertiveness skills in order to rebuild their self-esteem and confidence.

A key aspect of resettlement practice is to work with individuals, to encourage them to take responsibility for their own words, thoughts and actions. To this end clients are both encouraged and helped to be responsible for their own affairs. In practice we encourage and further help clients to take personal responsibility in all areas of life and recovery. Essentially, practice is highly focused on encouraging clients to establish realistic short-term and long-term goals for the purpose of structuring a new way of community based living.



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