

Starting your Recovery Journey

There are two simple steps:

- **Get in touch**

- Directly by phone or in person
This helps us get to know you and understand your needs better from the beginning
- By referral through a GP or another agency such as an alcohol, drug, prisons, probation or social service

- **Assessment**

- If Safe as Houses will work best for you, we will offer you a telephone, video call or in person appointment and then work with you on your personalised recovery care plan
- If not, we will refer you to a more suitable service

Funding

A place at Safe as Houses can be funded privately, by your local Alcohol and Drug Partnership (ADP) or social work and care service. We can keep your funder informed about your progress if required.

"Safe as Houses gave me the opportunity to regain stability and structure from my chaotic lifestyle. As I move through my recovery journey, my confidence is growing every day. Not every day is perfect but the support from staff and peers has always got me through. Safe as Houses has turned my life around."

Community-Based Recovery

Dumbarton Office
1/3 Quay Street
Dumbarton G82 1LG
T: 01389 734 500

Clydebank Office
34 Alexander Street
Clydebank G81 1RZ
T: 0141 951 2420

E: info@alternativeswd.org
www.alternativeswd.org

Concerned About Someone Else?

Support is available at:

- **Samaritans** 116 123
- **NHS24** 111
- **Narcotics Anonymous Helpline**
07071 22344 or 0300 999 1212
www.ukna.org
- **Cocaine Anonymous Helpline**
0141 959 6363 or 0800 612 0225
www.cascotland.org.uk
- **Alcoholics Anonymous Helpline**
0800 9177650
www.alcoholics-anonymous.org.uk
- **Alcohol & Drug Recovery Service**
Dumbarton: 01389 812018
Clydebank: 0141 562 2311

Client Leaflet



Alternatives
Safe as Houses Project



Specialist Adult Residential Rehabilitation

Clydebank, West Dunbartonshire



Registered Charity No. SCO24540
Company No. SC253868



West Dunbartonshire
Health & Social Care Partnership





Your Recovery Journey

Alternatives Community-based Recovery Service provides support for people across Scotland who want help with problematic drug and/or alcohol use within a safe and therapeutic setting.

Your recovery journey begins in 'Safe as Houses', our specialist residential rehabilitation centre in Clydebank, West Dunbartonshire.

Here, our highly skilled and experienced staff support you through three treatment phases. Each phase can be adapted to suit your needs and pace.

Whilst the full programme runs seven days a week, weekends are more relaxed with recreation and family visits.



Respite and Stability

We begin by reducing chaos, achieving a stable footing and, where appropriate, preparing you for a drug-free intervention in the next phase.

Recovery and Abstinence

We recognise life's complexity and the many factors which can lead to addiction so now we work on trauma and your physical and/or social settings. We look at developing self-awareness and changing behaviour.

Sustainability and Reintegration

Safe as Houses is much more than a residential rehabilitation service. We know the strong, therapeutic value of getting in touch with nature, heritage and community. Now time spent at our innovative horticulture, wildlife, catering, boatbuilding and upcycling projects gives you the opportunity to grow in confidence, gain skills and embrace active citizenship.



Alternatives
Safe as Houses Project



Reconnecting with Family and Establishing your Support Network

Alternatives was established in 1995 and our experience has shown that recovery is only sustainable if you also work hard on building a support network of positive relationships, with family, partners and friends.

During your stay, we will help you:

- Reconnect with family, friends and, if appropriate, partner
- Develop positive new friendships through
 - our Peer/Buddy system
 - self-help groups which we work with

To support your successful return home, we will also:

- Link you into local recovery networks
- Help identify purposeful activities

