

Referrals Process

We welcome referrals for adults 18 years and over and all genders from professionals across the health, social care and prison services*.

Rapid Assessment

Screening: We respond to referrals within 24 hours, Monday – Friday.

Medical Assessment and Detoxification:

Once accepted, we carry out a comprehensive telephone, video call or in person assessment within 48 hours.

- This includes identifying any substitute prescribing requirements
- If Opiate or Benzodiazepine treatment is required, individuals are referred to our local ADRS to begin any prescription prior to admission
- If an individual is already on prescription for treatment of substance misuse, we arrange transfer to our local ADRS team
- We do not recommend any reduction to a resident's OST prescription in the first four weeks of the first phase
- Individuals who require an alcohol detox should undergo this prior to admission

Costs: £850 per week. Please note, there is a minimum 4 week charge to access this facility.

*At present, we cannot accommodate couples.

"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."

To refer an individual or request a Referrals Pack, please contact us at:

Alternatives Safe as Houses Residential Service
1/3 Quay Street, Dumbarton G82 1LG
T: 01389 734 500
E: referral@alternativeswd.org

About Us

Established in 1995, Alternatives provides a fully integrated recovery service within a safe, therapeutic community setting.

Our highly skilled, experienced team includes a Clinical Nurse Manager and support workers trained in Trauma Informed work, Vicarious Trauma, Motivational Interviewing, Child Protection, Suicide Intervention, Naloxone and basic counselling.

As well as the 16 bed Safe as Houses unit, we offer stepped down support in eight 'scatterflats' and an extensive training and employability programme.

Our Funders

We have Scottish Charitable status and currently receive funding through the Alcohol and Drugs Partnership (ADP) and Corra Foundation. We also participate in the Scottish Government funded Prison to Rehab Pathway.

www.alternativeswd.org



Registered Charity No. SCO24540
Company No. SC253868



Agency Leaflet
Alternatives
Safe as Houses Project



Specialist Adult Residential Rehabilitation

Clydebank, West Dunbartonshire



West Dunbartonshire
Health & Social Care Partnership





Alternatives' 'Safe as Houses', our specialist adult residential rehabilitation unit in Clydebank, West Dunbartonshire, provides support for people across Scotland who want help with problematic drug and/or alcohol use.

The Programme

We take an evidence-based behavioural approach incorporating the pharmacological effects of drugs, the individual's attitude or 'set' and the influence of the physical and social setting of the drug use.

There are three phases, each following the individual's personalised recovery care plan and the stage in their recovery at which they join the programme.



Respite and Stability

This first phase focuses on reducing chaos, stabilising the individual and, where appropriate, preparing them for a drug-free intervention.

Recovery through Abstinence

Next, we work on behavioural change, insight into self-awareness, trauma-informed interventions, self-advocacy, right living and early sustainability in preparation for reintegration into the local community.

Sustainability and Reintegration

Lastly, residents develop confidence, skills and citizenship through educational and vocational placements at our innovative horticulture, wildlife, catering, boatbuilding and upcycling social enterprises.

We advocate purposeful and meaningful activity as a core element of ongoing sustainable recovery. Prior to the programme end, we identify and refer residents into their local services, mutual aid and recovery networks and support them in reconnecting and developing positive relationships with family, partners and friends.

Throughout the programme, we carry out four weekly reviews and use recovery outcome Web to measure progress. We also operate a Buddy/Peer-led recovery system.



Alternatives
Safe as Houses Project



Support with other Health Needs

We can also assist residents with:

- BBV screening and vaccination
- Overdose awareness and access to Naloxone
- HCV treatment
- Optometry
- Sexual health/family planning services (if appropriate)
- General health

Unplanned Discharges

Although we work hard to help individuals complete the full programme, we have seen that those who cannot can still benefit from significant positive outcomes, including reduction in illicit drug use, injecting and criminal behaviour.

