

EXODUS

THE ROAD OUT

About us:

Exodus is a Coventry-based supported housing provider for vulnerable adults with multiple and complex needs. Our dedicated staff helps men and women between 18-65 years old who primarily suffer from alcohol and drug-related issues. Although we are midlands based, we will consider any referral nationwide. All our staff have 'lived experience' of addiction and related issues, with many years in recovery.

We became aware of a lack of specialist supported accommodation and rehabilitation within the Coventry area. More so, the continuous funding cuts for drug and alcohol treatment nationwide have created a growing demographic of addicts and alcoholics who fall into the gap of either not meeting the criteria for local authority-funded treatment or can't access private residential rehabilitation due to a lack of financial support. This gap identified a need that inspired the development of our project.

We are an end-to-end service provider that caters for all stages of the addiction to recovery process using higher rate LHA. We will encourage and support our residents from dependent living to independent living. More importantly, we will be able to accommodate anyone who doesn't get it right the first time, using the 'step down procedure', of our 6-stage process of behavioural change, instead of evicting.

Our 6-stage process explained:

- 1 Pre-prep-house (pre-contemplation/contemplation)
- 2 Prep-house (contemplation/preparation)
- 3 Reduction and detox house (preparation/action)
- 4 Outpatient rehab centre (action/maintenance)
- 5 Dry-house (maintenance/independence)
- 6 Move on flat (independence)

Stage 1

Sometimes this is referred to as a 'wet house' as they are still deeply entrenched in their addiction and still using drugs or alcohol. Residents suitable for our pre-prep houses may not even consider their behaviour an issue. Perhaps, they have either not yet experienced negative consequences or, possibly, due to their denial, they are unaware of the severity of their problem. People at this stage are often not interested in hearing advice to quit or may feel that recovery isn't possible for them. The truth is that anyone can recover from any stage. They may still, at times, find their addiction to be a positive or pleasant experience. However, the contrast of engagement with our friendly and supportive staff whilst experiencing the negative consequences addiction brings can be the catalyst to push the individual toward the "contemplation" stage.

Stage 2

Unlike the previous stage, residents suitable for our prep houses know the pros of becoming drug/alcohol-free. They are typically open to receiving change information consisting of learning about strategies for reducing or quitting without committing to a specific approach or even promising to make a change. Our staff members use a non-judgmental information-giving and motivational approach to assist the transition, rather than confrontational methods, helping our residents build the groundwork necessary to move forward toward their recovery journey.

Stage 3

Residents suitable for our reduction/detox houses have sought help to become substance-free. They generally follow the advice given and are ready to attempt a reduction or complete detoxification. Our local community drug and alcohol service medically assists the detox process. This house offers a more intense support structure from our staff members, who will introduce residents to local support groups. After the necessary preparations, a person is typically ready to move on to the action stage.

Stage 4

Here we offer a rehabilitation day program for residents using a holistic approach, focusing on mind, body and spirit. We offer group therapy, recovery workshops, relapse prevention sessions, meditation classes, auricular acupuncture, and physical exercise activities. During the action stage, the person will have made significant changes and is now committed to a process of change. Stage 4; is characterized by a period of abstinence and an inclination to seek help before relapse occurs. The action stage can be hard work and emotionally stressful. It may feel strange and empty to live without a substance. It takes time to get used to life without relying on a crutch, even if your support is good. On the other hand, it can also be an exciting time that gives way to new opportunities. Our staff members are always on hand to provide the necessary support through the early phases of abstinent recovery, allowing you to effectively move on to the maintenance stage without having to experience relapse and the 'step down procedure'.

Stage 5

While living in a dry house (maintenance stage), the individual works hard to prevent relapse. They're also keeping up with their lifestyle changes, like regular exercise, recreational activities, staying clean/sober, paying attention to self-care, and attending support groups. They may even want to volunteer in their community and feel the need to do positive things with their newfound freedom. Someone at this stage typically won't feel the urge to use/drink as frequently, their confidence and self-worth have improved, and they believe maintaining long-term sustained recovery is achievable. A resident ready to move into our dry-house would have completed our rehabilitation program or treatment elsewhere. We expect substantial changes in the individuals' outlook on life, active participation and engagement with our program. They display a significant behaviour change and appear hopeful of their future possibilities.

Stage 6

Typically, a person looking to move to our independent living stage would have spent considerable time in our dry house. They will have learnt how to maintain their recovery, engage in all support offered, attend regular recovery meetings, and actively participate. They may have even completed a college course and are ready to re-enter the workforce, no longer relying on our support.

Step down procedure

We are under no illusion of the difficulties of the recovery process and the possibility of relapse at any stage, even with substantial years in recovery/sobriety. The feelings of failure accompanying a relapse can spiral a person out of control, reaffirming their beliefs of low self-worth and self-loathing. In some cases, relapse can lead to death due to a reduced tolerance to the substance. Because of this awareness, we felt it was vital to be able to care for people going through their relapse by keeping them housed, safe and supported instead of evicting them back into unstable temporary accommodation or even homelessness. In reality, a person may even have multiple recovery attempts before maintaining abstinence.

Our aim:

Our fully staffed, supported living environment assists residents at any stage of their recovery, offering a safe space where they can experience, identify, and learn to regulate any feelings and emotions they face while confronting life issues and difficulties—the support we provide bolsters with the transition from deeply entrenched addiction to long term sustained recovery.

The primary objective of what we do is that the residents can free themselves from the chains of addiction, become substance-free, begin to recover and find hope for their future. Eventually, they establish themselves back within their community, no longer reliant on public services, to become fully independent and contribute positively towards society.

Our houses:

- Fully furnished accommodation maintained to a high standard
- Safe and supportive living environment
- Own bedroom
- Easy access to local amenities
- Wi-Fi and computer access
- Responsive maintenance person
- Staff support 24 hrs a day
- Separate houses for males and females
- Weekly 1:1 sessions with helpful and friendly staff
- Individually tailored care plans
- Weekly house groups, ensuring the household continue to run problem free

Support staff can advise and assist with the following:

- Introduction to local mutual aid support groups
- Access to complementary and holistic therapies
- Signposting to mental health services
- Benefits, budgeting, and debt management
- Developing hobbies, interests, and aspirations
- Establishing social contacts and sourcing activities
- Access to training and volunteering opportunities
- Time management and planning
- Developing and maintaining domestic skills for independent living
- Information on local religious and cultural agencies
- Securing a tenancy

Note:
Housing operates via local housing allowance funding. We would prefer you to have an active claim for Universal Credit, JSA, ESA or similar state benefit upon referral. However, this is optional.

Your housing benefit claim will cover all housing-related costs. Apart from a weekly service charge for additional support needs, not covered by housing benefits.
We accept male or female residents from 18-65 years of age.

Referrals Considered From:

- Detox/Rehabilitation clinics
- Community-level/front-line drug and alcohol services
- Doctors
- Churches
- Prisons
- Probation
- Social services
- Acute trust and mental health trust
- Local or distant community service providers
- Self-referrals are also accepted

Acceptance Criteria:

- Seeking to recover from substance misuse, including alcohol
- Willing to not use/drink at their accommodation
- Willing to consent to random drink/drug tests when clean/sober
- Inclined to agree to and be present during random room checks
- Ready to engage in all 1:1 support sessions provided
- Willing to participate in weekly house groups
- Prepared to attend group activities
- Willing to engage in all mutual aid recovery groups
- Ready to help create a respectful community living environment.

If you or someone you know is struggling with addiction issues, seeking ongoing support after a detox, or looking for a dry house, don't hesitate to contact us.

For referrals contact:

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