

Silkworth GROUP

A FUTURE WITH HOPE

Information for individuals
and families struggling with
substance misuse and
dependency issues.



Guidance
& Support

TOGETHER WE WILL OVERCOME ADDICTION

It's likely you're holding this booklet because you or a loved one is struggling with alcohol and/or drug dependency.



Silkworth can give healing and hope to anyone affected by drink or drug addiction.

The only Residential Treatment Centre in the Channel Islands, we offer a range of services to support you and your family back to a healthy quality of life.

Find out about the different kinds of support we offer:

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COMPASSION
UNDERSTANDING
SUPPORT

Our Mission

We are a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs

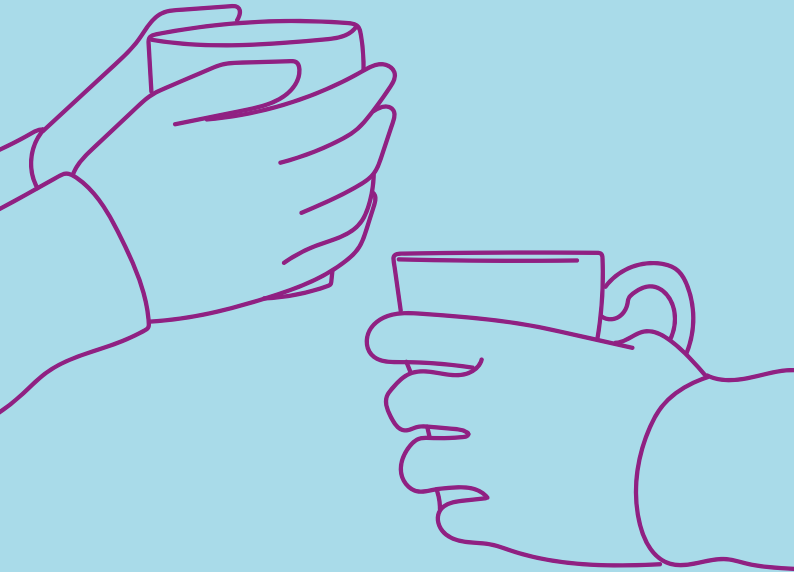
Our Vision

Together we will overcome addiction

Our Values

- Treat each person as an individual
- Treat every person with dignity and respect
- To provide tailor-made treatment to allow long term recovery
- To remain open to innovation

An honest look at substance misuse / dependency



This may be the first time you're really acknowledging that you cannot carry on the way you are. If so, you've taken an important step in helping yourself towards a new way of living.

It's important to understand that chemical dependency is an illness, and not the result of life events or problems.

It's a complex illness affecting the mind, body and spirit. It damages you from the inside, extending out to family and other loved ones.

We offer a complete treatment pathway, offering you hope to be able to live with a realistic solution to your illness. We help you regain self-esteem and rebuild relationships by giving you the ability to manage your recovery - for a healthier, happier future for all.

Primary Residential Treatment

We understand that going into residential treatment can be daunting. It's unknown territory for most.

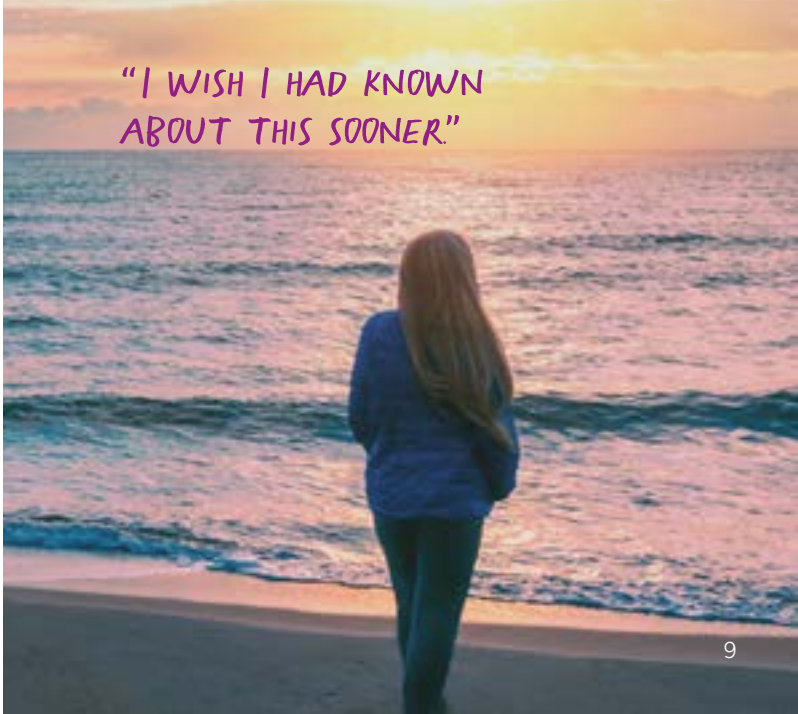
Silkworth Lodge offers a safe, caring and confidential environment where your wellbeing is our priority. We treat everyone with respect and dignity and give you the opportunity to start looking at yourself in a safe, supportive environment, perhaps for the very first time in your life.

Primary treatment programme (8-12 weeks)

Your individual treatment programme includes a personalised care plan, working with your counsellor in a safe, therapeutic environment. Rehabilitation involves specific workshops, assignments, group therapies, fitness and nutrition.

Foundation programme (4 weeks)

This more intense but shortened programme gives those who are unable to commit to the full programme, the opportunity to undertake rehabilitation. This involves the same activity as Primary Treatment, but condensed to a shorter time-frame.



"I WISH I HAD KNOWN
ABOUT THIS SOONER."

Secondary Treatment

"I HAVE A LIFE THAT I NEVER THOUGHT WOULD HAVE BEEN POSSIBLE."

Following treatment at Silkworth Lodge, clients have the opportunity to move into our Secondary Residential Treatment facility to help support the transition from intense rehabilitation treatment, into normal living.

It enables our clients to ease themselves back into life with the support of staff and a structured environment so that they can begin to look for work, permanent accommodation and receive continued peer support whilst doing so.

Accommodation is offered in 2 stages, the first being a communal environment, sharing kitchen and living areas with your own private bedroom. The second is a self-contained apartment environment which allows you to experience living more independently, but with the support of staff and peers.

It is important to acknowledge that Secondary Treatment can be as important as Primary Treatment as it is the early days of recovery that can often be the most challenging. By choosing to continue your treatment in our Secondary facility, you are choosing to strengthen your recovery and ongoing sobriety.



Aftercare and Relapse Prevention

Recovery needs to be maintained, which is why we encourage you to return to Silkworth's weekly aftercare and relapse support group.

Here, you have the opportunity to discuss any difficulties arising in your early recovery and maintain contact with your peers. You're also encouraged to attend regular Alcoholics Anonymous or Narcotics Anonymous meetings.

If you are an off Island resident, we can provide weekly support through an online forum.



Young People's Support



SUPPORT FOR CHILDREN TOUCHED BY CHEMICAL DEPENDENCY

Silkworms is a support programme for youngsters aged 7+ affected by a loved one's addiction to Drug/Alcohol.

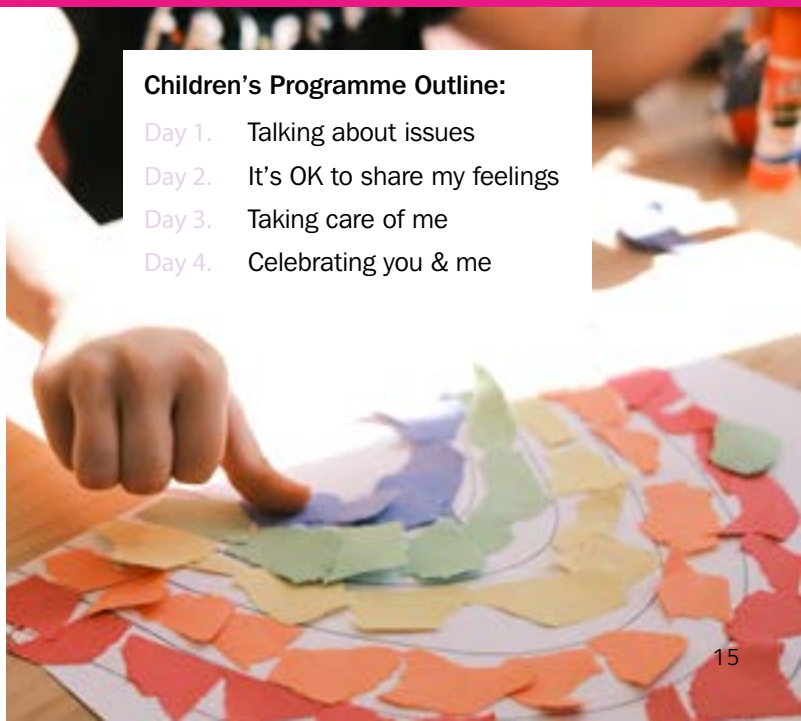
Our four day programme incorporates games, activities and arts and crafts to help children understand addiction and its effects, in age appropriate language, while providing a shared experience for youngsters in similar situations.

It offers a safe and supportive environment in which to help children explore their feelings and the impact of addiction, as well as providing them with tools to help them manage their emotions and to keep them safe beyond the programme. Early understanding of addiction can also help reduce the risk of children going on to become addicts themselves.

Regular children's meetings after Silkworms ensures participants continue to be supported with living alongside chemical dependency while offering a new group environment based on friendship and trust in which to share and explore their thoughts and feelings.

Children's Programme Outline:

- Day 1. Talking about issues
- Day 2. It's OK to share my feelings
- Day 3. Taking care of me
- Day 4. Celebrating you & me



Support for families and significant others

"I AM REALLY PLEASED I DECIDED TO DO THE WHOLE PROGRAMME. I HAVE STRENGTH GOING FORWARD!"

If you are close to someone suffering from addiction, you will be suffering too. It's normal for parents, partners, siblings and friends to feel confused, angry and lost due to the effects of addiction. If this is you, there is help available.



Family Programme:

We run a 6 week course and other workshops at our Family office as well as a weekly support group.

Call: +44 (0) 1534 729060

Email: info@silkworthgroup.org

The more support and understanding family and significant others receive around addiction, the better chance of recovery for everyone.

It's important to acknowledge these 3 basic truths about addiction in others:

You didn't cause it
You can't control it
You can't cure it

Where addiction is the problem, by becoming more aware of the beliefs and experiences that influence your own behaviour, you can begin to find new, healthier ways of managing, approaching and relating with yourself, your loved one, other family members and friends.

Our dedicated Family Programme helps addiction to be understood as an illness and enables living in the solution rather than existing with the problem.

Education for schools and corporate organisations

"IT HAS BEEN A LIFE-CHANGER. I AM BEGINNING TO FEEL HUMAN AGAIN."

Education programme for schools

At Silkworth we tailor an education programme for secondary schools individual to the school itself as well as taking into account the age range within the year group that we are working with.

Each session covers chemical dependency as an illness, consequences of misusing a substance and a personal share from a recovering alcoholic/addict. All groups are interactive with plenty of time for conversation and questions around the nature of chemical dependency.

Education is key to generational change around how we deal with and view chemical dependency. Please contact us for further information on our education programme.

We believe that education for children and adults is key to working towards assisting in generational change with attitudes towards chemical dependency.

Addiction in the workplace

We also provide a tailored programme for employers around addiction in the workplace. These programme cover addiction within society today, stigmas, signs to look out for as well as specific information for managers. We also help employers with their alcohol and drug policies in order that they are fit for purpose and in line with best practice.

+44 (0) 1534 729060
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All enquiries are dealt with
completely confidentially.



Calls are recorded for training and monitoring purposes.
We will not share your information with any third parties.

