

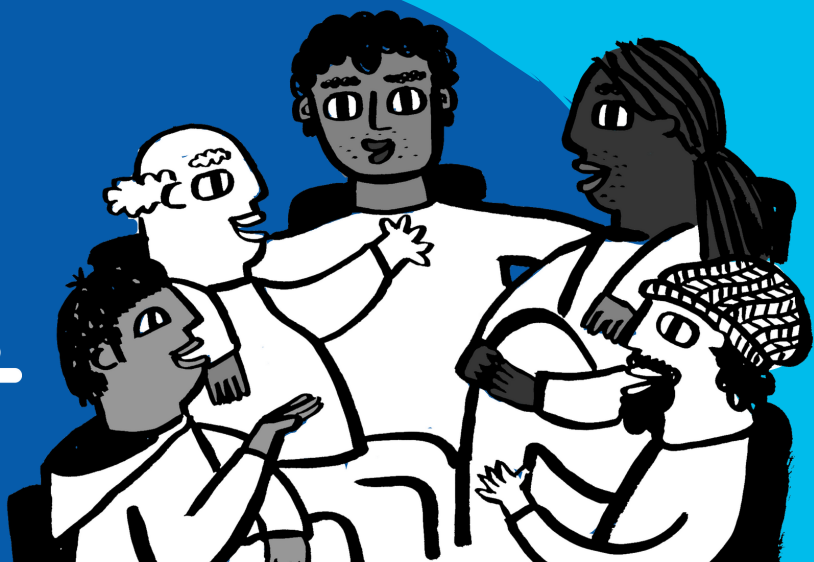
Acorn House Programme

Welcome!

***Acorn House is a 16-bed residential
rehabilitation facility in the heart of Shoreditch.***

***This guide will take you through the programme
at Acorn House.***

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General Expectations

We expect residents to attend:

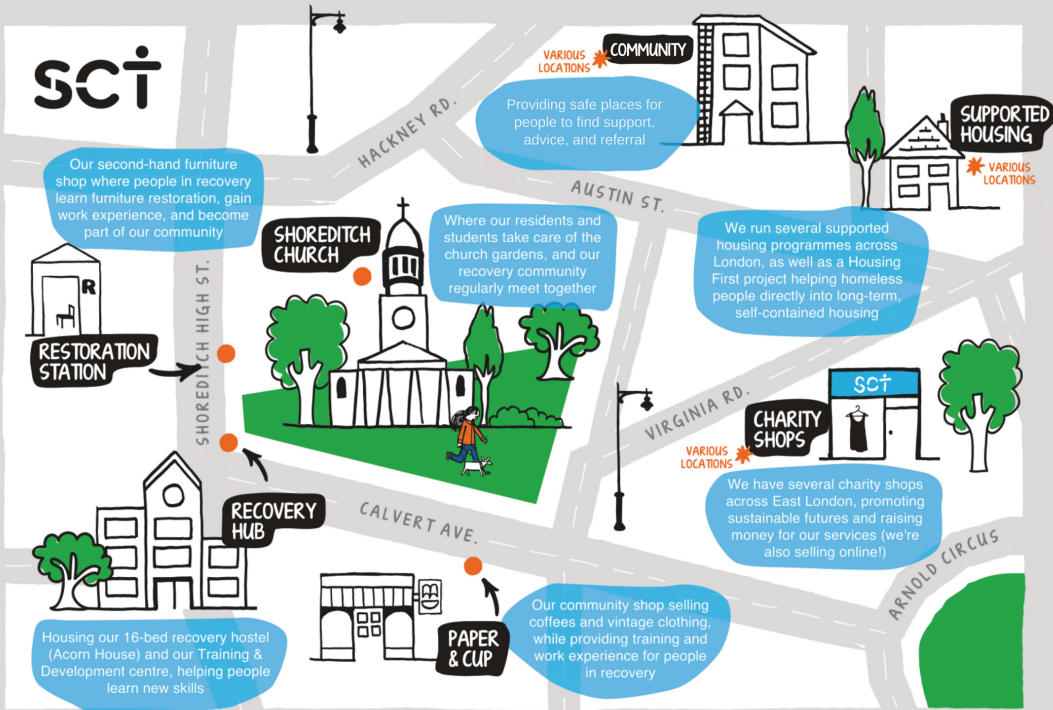
- Daily morning reflections
- Three weekly group counselling sessions
- At least weekly one-to-one counselling sessions
- Weekly key work sessions
- Two training and development classes per week
- At least 4 NA/AA meetings per week
- Attendance of the weekly in house NA/AA meeting

Aside from the above, the rest of residents' time is free. Residents can use their phones at Acorn House (except when in group or one-to-one sessions).

Whilst at Acorn House, residents will have a named Counsellor and Key Worker who they will work with throughout their time at Acorn House.

Their Key Worker will assist them with any issues outside of the Acorn House therapeutic programme, including any health or monetary concerns.

SCT



The Therapeutic Programme

The Acorn House Programme has four strands:

- **Process Groups:** to process uncomfortable feelings
- **Relapse Prevention:** how to be mindful of triggers
- **12-step group/model**
- **Addiction psychology:** how trauma can lead to the development of addictive processes

It includes elements of written work focusing on:

- The first 3 steps of the 12-step model
- "Who am I?" exercises
- Self esteem exercises

Group Work

Relapse prevention groups:

- Learning differences between aggression, passivity, passive aggression, and assertiveness
- Anger: how it works and what to do with it
- Grounding techniques e.g., mindfulness and distraction

Addiction Psychology groups:

- Attachment: providing a secure base, proximity maintenance, safe haven and emotional regulation (self-psychology)
- Shame: Feelings of inadequacy, separation from others, "I am wrong" not "I did something wrong" mentality and cross addiction

Process groups:

- A focus on experience, sharing with one another, making connections and group discussion

Step Model Groups:

- Presenting the model and asking questions

Community Groups:

- A Group discussion about the house followed by a short process session

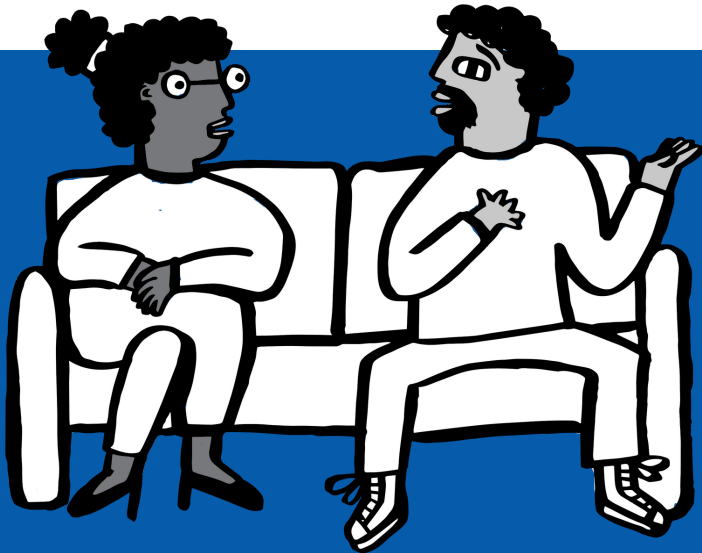
Peer Evaluation Groups:

- Peers assess other peers' progress



Important progress points for residents

Residents spend 3 months in the primary group. After a multi-disciplinary review (involving the client, their counsellor and key worker) they will move to the secondary group, where they will stay for another 3 months. After this, the resident has a 6 month review with their support worker and counsellor. Depending on their progress, residents then graduate from the programme and move into a progression month.



Acorn House approach to drugs and alcohol

Acorn House is an abstinence-based service and residents are tested regularly. If a test shows positive for alcohol or any substance, we will ensure a resident has alternative accommodation and then ask them to leave. Because of this, we have restrictions on the medication residents can take whilst in Acorn. We are unable to accept anyone on a methadone or Subutex script, or any other opiate based medication. However, if there is a detox plan or a scheduled detox, we would welcome the referral and work with the detox coordinator to ensure a smooth transition into Acorn House.

What happens after Acorn House?

On graduation, residents can stay at Acorn House for a month during the 'progression' phase, which helps people prepare for the transition into a less supported living environment. During this time, they will work with an SCT Progressions Worker, who will help with daily routine and weekly schedules, volunteering opportunities within SCT and any external education, training and employment opportunities.

Residents will begin to discuss move on options with their support worker after their 3 month review. SCT has internal move on options that residents are usually, although this cannot be guaranteed.

Even if residents don't go to the SCT move on housing, they can continue to use the services of the Training and Development Centre by enrolling as an external student.

If you have any questions about the Acorn House programme, please email recoveryhub@sct.org.uk

