



# Recovery in Camden

Your guide to putting drugs and alcohol behind you

Autumn/Winter 2019

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# Getting started

If you want to get help for your drug or alcohol use, this guide outlines the treatment services and recovery support options that are available across Camden.

For some people, accessing treatment is often the first step towards recovery. But lots of other things are important to sustaining recovery such as keeping occupied and having positive and healthy relationships.

This guide won't show you "the right way" to go about recovery, because you can mix and match different types of support and treatment to suit your individual needs. Instead, it will enable you to understand the different options so you can plan your own route.

Recovery is about regaining control and putting drug or alcohol dependence behind you. The single biggest step towards recovery is deciding to make a change.

## What is iCADS?

The Integrated Camden Drug Service (iCADS) is a group of three teams offering a welcoming, open-access service for people over 18 years of age who are experiencing difficulties with drug use or who are affected by drug use issues.

We can work with people who are using any type of drugs, including: opiates (e.g. heroin, codeine); stimulants (e.g. crack, cocaine powder, mephedrone); cannabis; new psychoactive drugs (e.g. spice); and club drugs (e.g. GHB/GBL).

# How can iCADS help?

Our multidisciplinary teams of doctors, nurses, psychologists, recovery practitioners, pharmacists and administrators work at a number of locations across the borough.

We offer a menu of treatment and recovery options which enable us to tailor support to people's individual needs.

When you contact our service you will meet with an experienced practitioner to discuss your needs and explore the impact that drugs may be having on your life.

You will work with your practitioner to develop a tailored Recovery Care Plan to help you progress towards your goals, which might mean a reduction in drug use, or total abstinence from drugs.

**We believe that everyone has the potential to change and we will work with you to help you to regain control of your life, tackle your problems and reach your goals. We will be person centred in our approach to working with you and will ensure that your Care Plan is individual to you - highlighting your goals and strengths as well as your needs. We will then work through this with you to help you achieve your recovery.**

# Referrals

iCADS operates a 'no wrong door' policy which means you can drop in or self-refer to any of our sites and be supported to access a treatment programme suited to your needs. This may include an assessment process to help us identify which service and what type of treatment is most suited to you.

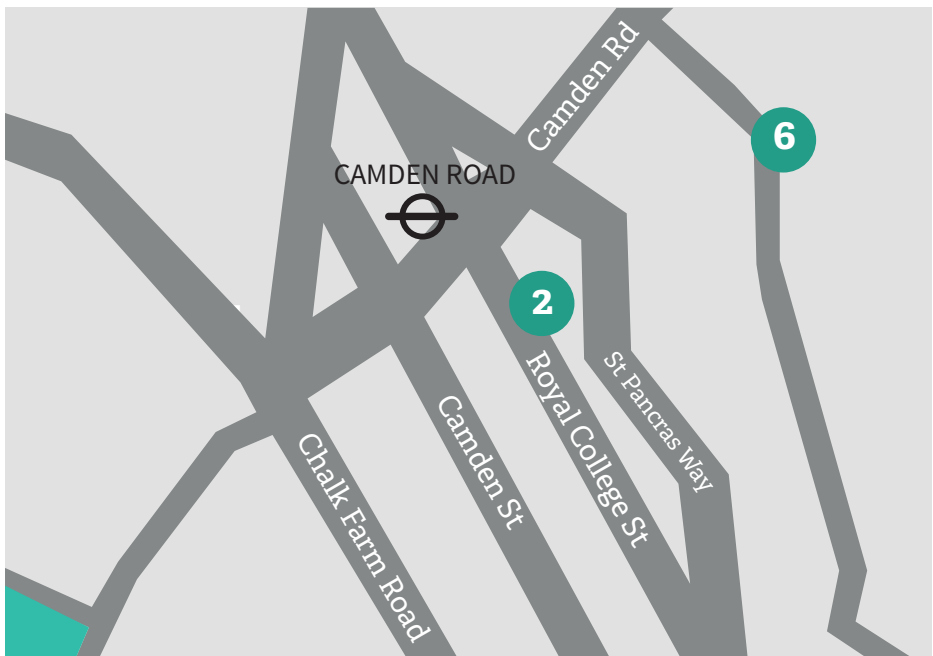
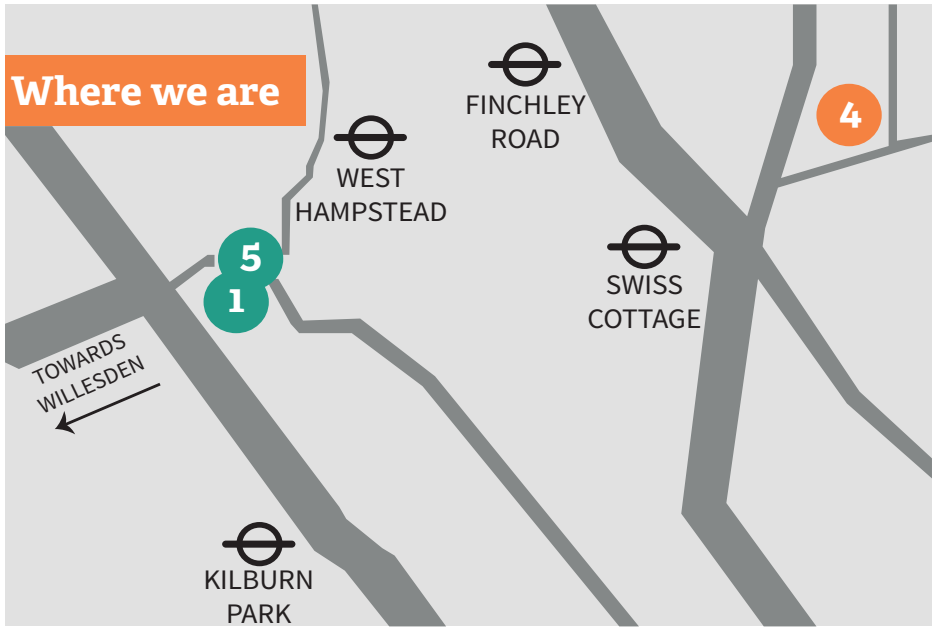
However, to make things a bit quicker for you, it is worth keeping in mind the main difference between the three teams:

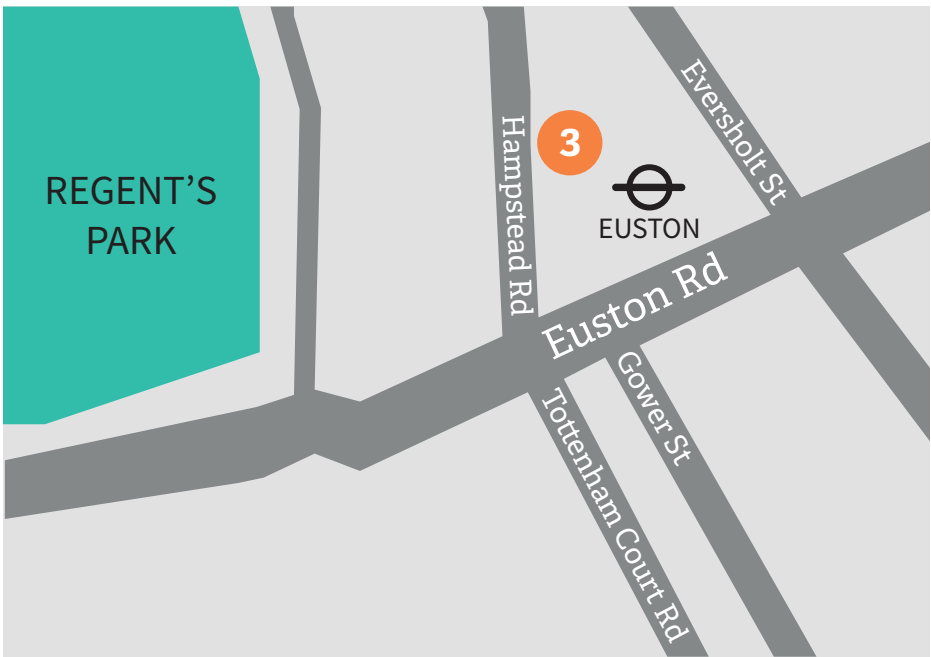
- **Camden Community Drug Service** is for people using any type of drug including over the counter, prescription medications, and street drugs. Those who would prefer to be seen at one of our GP satellites have this option.
- **Camden Specialist Drug Services** is for people using different drugs at the same time or who have complex physical health difficulties or mental health problems (dual diagnosis) or who are using club drugs.
- **Camden Recovery Service** is for people who are stable or in recovery from substance use and want help getting back into education, training or employment.

We accept referrals from GPs, social services, family members, carers, friends, criminal justice services or any other agency.

**For full details of all our teams, please visit [www.icadscamden.org.uk](http://www.icadscamden.org.uk)**

# Where to find us





## Camden Community Drug Service

- 1 210 Kilburn High Street, NW6 4JH
- 2 184 Royal College Street, NW1 9NN  
e: [camden.referrals@cgl.org.uk](mailto:camden.referrals@cgl.org.uk) / t: 020 7485 2722

## Camden Specialist Drug Service

- 3 The Margarete Centre 108 Hampstead Road NW1 2LS  
e: [cim-tr.scds@nhs.net](mailto:cim-tr.scds@nhs.net) / t: 020 3317 6000
- 4 Daleham Gardens Medical Centre 5 Daleham Gardens, NW3 5BY  
e: [cim-tr.scds@nhs.net](mailto:cim-tr.scds@nhs.net) / t: 020 3317 6400

## Camden Recovery Service

- 5 68 Kingsgate Road, NW6 4TE
- 6 The London Irish Centre (Welfare Services entrance) 50-52  
Camden Square NW1 9XB  
e: [camdenrecoveryservice@shp.org.uk](mailto:camdenrecoveryservice@shp.org.uk) / t: 020 7520 8682



# Camden Community Drug Service

**CGL - change, grow, live**

## Who we are

Camden Community Drug Service is a free and confidential drug service for adults. We have services in Camden Town and Kilburn and work from hostels, GP surgeries and community satellites across the borough. We believe that everyone has the potential to change and will work with you to help you to regain control of your life and reach your goals.



## What we do

We provide a welcoming, open-access service for Camden residents who are experiencing difficulties with drugs.

## Our services include

- Medically Assisted Treatment
- Blood borne virus (BBV) testing - and vaccination
- Foundations of Recovery Programme
- One-to-one sessions and pod work
- Counselling
- Health and wellbeing assessments
- Evening clinics (if you are working)

- Family interventions
- Complementary therapies, art and drama
- Self-help, peer mentoring and mutual aid groups
- LGBT groups
- Recovery Café
- Smoking cessation
- Needle Exchange

## Contact us

*“Staff were really kind and helped me with my script. The team have been great. I would have been a state without this service” - iCADS service user*

**184 Royal College Street** NW1 9NN

- **Closest tube station:** Camden Town

- **Closest overground:** Camden Road

**210 Kilburn High Road** NW6 4JH

- **Closest tube station:** Kilburn

- **Closest overground station:** Brondesbury

**t: 020 7485 2722**

**e: [camden.referrals@cgl.org.uk](mailto:camden.referrals@cgl.org.uk)**

# Opening hours

## 184 Royal College Street

**Monday:** 9.30am - 12pm and reopens from 6 - 9pm

**Tuesday:** 9.30am - 5pm

**Wednesday:** 9.30am - 5pm

**Thursday:** 9.30am - 5pm and reopens from 6 - 9pm

**Friday:** 9.30am - 5pm

**Saturday:** 10am - 2pm

## 210 Kilburn High Road

**Monday:** 9.30am - 12pm by appointment only

**Tuesday:** 9.30am - 5pm

**Wednesday:** 9.30am - 5pm

**Thursday:** 9.30am - 5pm by appointment only

**Friday:** 9.30am - 5pm



# Foundations of Recovery

Foundations of Recovery provides a positive, affirming environment where individuals can work together to generate hope and aspiration, develop their motivation and create opportunities to make profound, positive and enduring changes in their lives. Foundations recognises that the greatest resource we have to support individual recovery journeys are our community members themselves.

**Foundations of Recovery is a platform of recovery support in three stages:**

**Foundations of Change** is the first step. It looks at *why* you use, how it makes you feel and why you might want to stop, reduce or control your use.

**Foundations of Growth** is all about growing the tools of your recovery and developing your mindset to succeed and achieve your goals.

**Foundations of Life** is about taking the next steps into independence with continued support from cgl, SHP and peers. Education, training, help to find employment, volunteering and relapse prevention support are all on offer as part of this phase.

# Camden Specialist Drug Service



**Camden and Islington**  
NHS Foundation Trust

## Who we are

Camden Specialist Drug Service provides community services for people who are experiencing a range of complex issues with drugs. We are the largest provider of mental health and substance misuse services in Camden and have been working in the borough since 1967.

We offer our services from two sites in Camden, which cover the North (Daleham Gardens) and the South (The Margarete Centre).

Within our service we have a range of staff who are available to support your recovery, including doctors, nurses, pharmacists, psychologists, recovery practitioners, care managers, administrators and peer mentors. We are dedicated to delivering a person-centred approach to your recovery which includes setting out a detailed care plan which outlines your strengths, goals and needs.

## What we do

Our service is for people who are concerned about their drug use and how it may be impacting on their mental and/or physical health, life and relationships. We work to improve people's mental health and wellbeing, and help them to achieve recovery. We will assess your needs to ensure we are the best service to help you. If this is the case, you will be allocated a named practitioner who will work with you from the beginning

of your recovery journey.

If you need one of the other services in iCADS, then we will ensure you are referred directly to them. We work closely with the local mental health teams, GPs and hospitals.

## Our services include

- Drop-in initial assessments
- Initial medical assessments for everyone accessing treatment
- One-to-one support from an allocated practitioner
- Prescribing of substitute medications such as methadone and buprenorphine, including on-site dispensing
- GRIP clinic and one-to-one support for those using club drugs
- Psychology assessments and support – talking therapies
- Psychiatric assessments
- Relapse prevention medication
- Naloxone for overdose prevention
- Assessments for residential detox and rehabilitation
- Preparation groups for residential detox
- Group work and on-site activity sessions

- Support for people experiencing domestic violence
- Testing and vaccination for hepatitis
- Needle exchange
- Mutual aid
- In-reach prescribing in some hostels
- Release legal clinic

## Contact us

**The Margarete Centre** 108 Hampstead Road NW1 2LS

**Closest tube station:** Euston /Euston Square/ Warren Street/  
Mornington Crescent

**Closest buses:** 24/27/29/88/134

**t: 020 3317 6000 / e: [cim-tr.scds@nhs.net](mailto:cim-tr.scds@nhs.net)**

**Daleham Gardens Medical Centre** 5 Daleham Gardens NW3  
5BY

**Closest tube station:** Finchley Road/Swiss Cottage

**Closest buses:** 24/31/46/603

**t: 020 3317 6400 / e: [cim-tr.scds@nhs.net](mailto:cim-tr.scds@nhs.net)**

# Opening hours

## Margarete Centre

**Monday:** 9am - 5pm

**Tuesday:** 9am - 2pm, 4pm - 7pm (**Late Clinic by appointment only**)

**Wednesday:** 9am - 5pm, **GRIP:** 5:30pm - 7:45pm

**Thursday:** 11am - 5pm

**Friday:** 9:15am - 5pm

*(Clients must attend at least 15 minutes before closing time)*

## Drop-in assessment times

**Monday:** 9.30 - 11.30am, 1.30 - 3.30pm

**Tuesday:** 9.30 - 11.30am

**Wednesday:** 9.30 - 11.30am, 1.30 - 3.30pm

**Thursday:** 1.30 - 3.30pm

*"You saved my life and gave me back my dignity" -  
iCADS service user*

**Friday:** 9.30am - 11.30am, 1.30 - 3.30pm

## Daleham Gardens

**Monday, Wednesday and Friday:** 9am - 1pm, 1.30 - 5pm

**Daleham Gardens triage assessments are by appointment only and the service is closed on Tuesdays and Thursdays.**



# Benzodiazepine & Opiate Withdrawal

## Who we are

The Benzodiazepine & Opiate Withdrawal Service (BOWS) is a new and unique service commissioned by the London Boroughs of Camden and Islington. We provide support to individuals on long-term repeat prescriptions of benzodiazepines, sleeping tablets and opiates to improve their health and treatment outcomes. We deliver assessment and support in various GP surgeries in Camden and Islington.

## What we do

Our approach is person centred, which means we will work with you to identify what your goals are with regards to your medication and decide on your care plan jointly with you. If it is appropriate for you to stop taking your medication, then a specialist Nurse Prescriber will offer you an assessment and will help you to manage a gradual reduction in your medication. Alongside this, you will be referred and have access to specialist psychosocial support and interventions to help you develop the skills necessary to stop your medication and manage any underlying difficulties, such as anxiety or low mood.

## Our services include

- Medication reviews and regular follow up appointments.
- Psychosocial support: access to psychology, support groups, counselling, advice, information, health and wellbeing educational courses.

- Pain clinics: joint working and access to support and treatment options with Pain Management Services.
- Onward referrals to specialist services if needed.

## Contact us

If you are interested in receiving support from this service, then please contact Helene Simonson, BOWS Service Manager

**t: 020 3317 6000**

**e: [bows.referrals@nhs.net](mailto:bows.referrals@nhs.net)**

# SHP Camden Recovery Service



## Who we are

The Camden Recovery Service supports Camden residents who are in recovery from substance use issues and/ or are living in Camden's hostel pathway.

## What we do

We offer individually-tailored support to empower people to access education, training, employment and volunteering opportunities.

When you access the service you will be allocated a coordinator who will work with you for around 12 weeks. Together you will explore your goals and develop a personal plan to help you achieve them.

## Our services include

- One-to-one regular key-working sessions for up to 12 weeks
- Group programmes: recovery-focused, development-focused and employment-focused
- Group sessions and social activities
- Access to computers and support with developing IT skills
- Mutual aid and peer support
- Peer Mentor volunteering opportunities

## Contact us

**The London Irish Centre** (Welfare Services entrance) 50-52  
Camden Square NW1 9XB

**Closest tube station:** Camden Town

**Closest overground station:** Camden Road

**68 Kingsgate Road** NW6 4TE

**Closest tube station:** West Hampstead / Kilburn

**Closest overground station:** West Hampstead

**t: 020 7520 8682 Freephone: 0800 783 8993**

**e: [camdenrecoveryservice@shp.org.uk](mailto:camdenrecoveryservice@shp.org.uk)**

## Opening Hours

*“It’s been great to get back into the learning again and it all helps towards my goal of getting back into work” - iCADS service user*

### Camden Square

**Monday - Friday:** 9am – 5pm

### Kingsgate Road

**Monday - Friday:** 10am – 4pm

In addition to our main service hubs, we aim to offer support in the community, rather than waiting for you to come to us. We’ll deliver services across Camden and Islington, including at community venues, hostels and GP surgeries.

**We offer a range of group programmes which include:**

## **Recovery Skills**

A relaxed group programme supporting people in different stages of their recovery to make positive changes to their lives. The sessions runs for 12 weeks focussing on relapse prevention, goal setting and wellbeing.

## **Fuchsia**

Fuchsia is an engaging structured programme which provides an opportunity for self-discovery. Fuchsia can help with raising your self-esteem, developing confidence, learning new skills and setting and achieving personal goals.

## **Go Your Own Way (GYOW)**

A series of workshops designed to equip you with tools to achieve personal success.

## **TogetHer - Women's Recovery Group**

A weekly informal and fun space for anyone in recovery who identifies as a woman. It is a safe space to take part in discussions, focus on well-being and explore new interests.

## **Achieving Potential: Job**

A set of four workshops focussed on preparing you with the skills and knowledge needed to find a job. Access to ring-fenced jobs and work placements into a range of industries is also provided.

# The Integrated Camden Alcohol Service (iCAS)



## Who we are

iCAS is a welcoming, open access service available for individuals who are experiencing difficulty with alcohol use or who are affected by alcohol use issues.

## What we do

Whether you have recently become concerned about your alcohol use or you have been drinking for many years, iCAS can support you to make healthier choices and improve your lifestyle. We offer specialist assessment and support for people caught in a cycle of attending hospital in relation to their alcohol use.

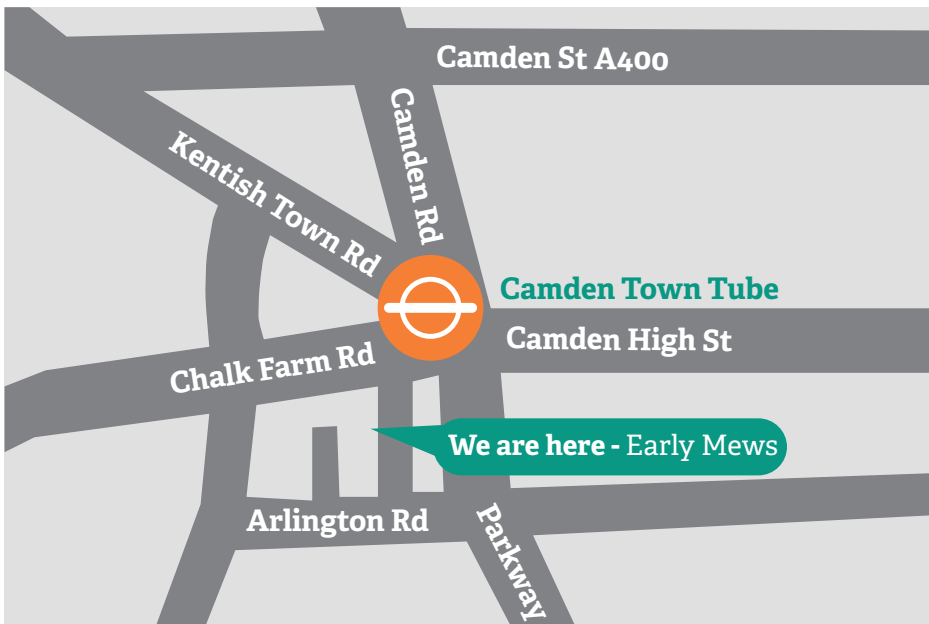


## Our services include

- Information, advice and brief interventions
- Alcohol reduction plans
- Group work programme
- Community alcohol detoxification
- Assessments for residential rehabilitation
- Psychological assessment and therapies
- Mental and physical health checks and advice

- Women's programme
- Complementary therapies
- Counselling
- Assertive outreach services
- Pabrinex

## Where to find us



## Contact us

**iCAS** 7-8 Early Mews, Arlington Road, Camden Town NW1 7HG

**t: 020 3227 4950**

**24-hour Freephone advice and referral line: 0300 303 2420**

**e: [camden.referrals@cgl.org.uk](mailto:camden.referrals@cgl.org.uk)**

**Closest tube station:** Camden Town

## Opening Hours

**Appointments Monday to Friday:** 9am - 5pm, evening appointments available on request.

### **Open access and drop-in:**

Individuals can self-refer by attending the drop-in service at the following times:

**Monday:** 10am - 12noon

**Tuesday:** 2 - 4pm

**Friday:** 2 - 4pm

**Evening assessments by appointment only:** Mondays and Thursday 5 – 7pm

*“With support from the group and staff I achieved my goals. Not had a drink for 36 days.” - iCAS Service User*

## **REST (Recovery Experience Sleeping Tablets and Tranquillisers)**

A service adults who are experiencing, or have experienced, difficulties due to taking Benzodiazepines whether illicitly or as prescribed. It aims to maximise clients’ choice about whether to stabilise, reduce or withdraw from minor tranquillisers and sleeping pills’.

Contact details - Melanie Davis Senior Benzodiazepine Lead



# Getting support from peers

Many drug and alcohol users are motivated to start their recovery journey by hearing and learning from others who have experienced addiction themselves.

Talking to people who understand your situation and allowing them to support you can be invaluable on your journey. It is well known that people who access mutual aid groups or peer support groups are more successful in their recovery.

## Mutual aid groups

Mutual aid is one of the more commonly travelled pathways to recovery and groups are run by people who have experienced addiction themselves. There are many types of mutual aid, with different approaches to meet the needs of different groups of people.

## Twelve Step Fellowships

Fellowships such as Alcoholics Anonymous (AA), Cocaine Anonymous (CA) and Narcotics Anonymous (NA) are a common form of mutual aid. The Twelve Step programme is a set of guiding principles outlining a course of action for recovery from addiction. Meetings take place at many different locations throughout the week and at different times of the day.

**Fellowship meetings are held at some iCADS services.**

There are also meetings for specific groups of people, for example the LGBT community and Polish speaking community, and for many kinds of addictive behaviours such as Gamblers Anonymous, Overeaters Anonymous, Debtors Anonymous and Workaholics Anonymous.

**NB: If a meeting is listed as ‘closed’ then it is intended for those with a drug or alcohol problem who have a desire to stop using or drinking. If a meeting is listed as ‘open’ then it may also be attended by family, friends and anyone interested in recovery.**

## **SMART Recovery Meetings**

SMART Recovery is a science-based programme that offers tools and techniques that can help you to manage your recovery from any type of addictive behaviour. SMART meetings are facilitated by others who are overcoming addiction alongside professional staff and is considered an alternative to Twelve Steps groups such as AA and NA.

**SMART meetings are held at some iCADS services.**

## **Find a meeting near you**

**NA:** [www.naws.org/meetingsearch](http://www.naws.org/meetingsearch)

**AA:** [www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting](http://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting)

**SMART:** [www.smartrecovery.org.uk/meetings](http://www.smartrecovery.org.uk/meetings)

# Peer Mentors

Peer Mentors are individuals who have had an issue with drugs and/or alcohol use, who are stable in their recovery, and would like to work with treatment and recovery services to support others. Their presence in services and hostels helps to make recovery visible in the community. They are role models and an inspiration to others.



## Recovery Drop-ins

These informal groups are run by Peer Mentors and aim to inspire people who have substance use issues to see that recovery is a realistic option.

### Recovery Drop-ins are available at these services:

- **iCAS**, 7-8 Early Mews, Arlington Road, Camden, NW1 7HG  
**Wednesdays 2pm – 4pm**

- **The Margarete Centre**, 108 Hampstead Rd, NW1 2LS  
**Thursdays 1pm – 3pm**

- We also have a **Service user only group** on the last Thursday of the month, 11:30am - 1pm

## Recovery Together

This scheme involves Peer Mentors supporting clients to make the physical journey to residential detox or rehab or to make the journey back to the borough after completing treatment. Peer Mentors can also support people to attend mutual aid meetings or other appointments in relation to their recovery.

**Having someone by your side who has been there and done it can make all the difference!**

## Peer Mentor training and volunteering

If you feel you're in the right place in your recovery you could apply to become a Peer Mentor. Please speak to any of the services to explore this as an option.

SHP recruits and train Peer Mentors up to four times a year. During training you have an opportunity to learn and develop skills around topics such as: mentoring and communication skills; boundaries and confidentiality; drug and alcohol awareness; safeguarding; equality and diversity; mental health awareness; and group facilitation skills.

Following training, your placement will be at The Camden Recovery Service. During your placement you will have the opportunity to support clients on a 1-1 mentoring basis, run peer led drop-ins and groups at treatment services and hostels, and co-facilitate self-development and recovery skills programmes. You will be supported to develop in your role as a Peer Mentor with access to individual and group supervision, reflective practice, additional training and team meetings. You will also be supported to work towards further goals around education, training and employment with a personalised professional development plan.

# My recovery journey...

## Tony - Peer Mentor



“It was like being pulled apart to be put back together. I began to understand myself better, how to cope with my thoughts and feelings and – for the first time – actually like who I am.”

“I’d spent many years in full time employment as a functioning alcoholic hiding a problem that only close friends and family knew about. I had started to rely on alcohol more and more as a way to cope with my anxiety and insecurity problems. I felt battered and worn out. I wanted to feel good about myself, but mostly I didn’t want to die.

I fearfully agreed to a six-month residential rehab which I completed in summer 2015.

This time away gave me the break I needed to learn to live without alcohol and to learn about myself. It was like being pulled apart to be put back together. I began to understand myself better, how to cope with my thoughts and feelings

and – for the first time – actually like who I am.

I returned to London and began Aftercare with SHP. I then started the Fuchsia programme and SMART meetings. The programme pushed me out of my comfort zone to try different things, whether I thought I would like them or not. The support was fantastic and I felt my needs were listened to. I very quickly became interested in becoming a Peer Mentor.

As a Peer Mentor I particularly enjoy when I escort somebody to rehab for the first time. I like to talk with them about what they will experience and try to make them feel more relaxed and less fearful. I have been told that, by accompanying others to rehab, I have made the journey that much more bearable because I can better understand what they are experiencing, as I have done the same.

It makes me realise that what I am doing is really making someone's life that much easier, which makes me happy for them, but is also very rewarding for me.

Looking back now, even though I was full of new confidence I was still fragile and the support I got from the team at SHP was more important than I realised at the time. They have helped to shape the way I see my future and myself.

Coming to SHP and becoming a Peer Mentor has given me a new purpose and clearer direction in life.”

# Service user involvement

Service user involvement is about making sure that services, organisations and policies are led and shaped by the people best placed to know what works: people who use the services. They are experts by experience.

## Service User Forums

Service User Forums aim to ensure that views of people who use different services are included in decision-making processes.

**Substance use service user involvement – contact SHP on 020 7520 8682**

**Mental Health service user involvement – contact The Advocacy Project on 020 3355 7113**

## Camden Frontline

Anyone with recent experience of using drug or alcohol services in Camden, or anyone thinking about using drug or alcohol services, is welcome to Camden Frontline's open events which take place on the first Thursday of every month. For more information see **[www.camdenfrontline.com](http://www.camdenfrontline.com)**

**Speak to your keyworker who can explain about what Service User Involvement means in your service.**

## Filling your time positively

Going back to using drugs or alcohol, known as relapsing, can be triggered by feeling lonely or isolated. An important factor in kicking your habit for good will be your ability to fill your time with meaningful and enjoyable activities and to develop structure in your day.

iCADS can support you with all your education, training, volunteering and employment needs! We offer one-to-one support, access to drop-ins, group activities, day programmes, social activities, signposting to community resources and much more.

**See Camden Council's Leisure webpages for comprehensive information on libraries, sport and physical activity, better health and fitness card, What's on, Outdoor Camden and more!**

Search for opportunities at [www.camden.gov.uk/sport-leisure](http://www.camden.gov.uk/sport-leisure)

## Education and training

There are courses out there for everyone, from basic skills such as computing, to vocational courses such as construction and catering. Camden has many learning centres and services which offer a relaxed and informal learning environment.

**Some courses will be free and some will have associated costs. There may be grants and funding available to help you cover the costs, so do ask when you are enquiring about a course.**

Search for opportunities:

[www.camden.gov.uk/adult-community-learning](http://www.camden.gov.uk/adult-community-learning)



# Volunteering

Volunteering is about giving your time to do something useful. Whether you're helping people, the local community or the environment, volunteering is a rewarding activity for all ages.

People volunteer for all sorts of reasons and it can provide many personal benefits and opportunities including giving you a sense of purpose, raising self-esteem, meeting new people and developing skills and experience. Volunteering will not affect your benefits and can act as a stepping stone into paid work.

**iCADS can support you to find and apply for volunteering opportunities.**

**Volunteer Centre Camden: 020 7424 9990**  
**Search for opportunities at [www.do-it.org](http://www.do-it.org)**

## Getting back to work

Finding a job can provide structure, improve self-esteem and boost social and financial wellbeing. This can really help the recovery process. iCADS can work with you to identify your strengths and support you in your search for employment.

## Recovery and Employment

iCADS will support you to look at your employment options in the open-jobs market. Additionally, iCADS has joined up with a number of employers in a range of industries to help support with the often difficult transition into work when in recovery. Many people need the extra support to ensure they have the best chance of sustaining employment.

## In Work Benefit Calculation

Lots of people want to return to paid work but worry about losing their benefit money. Everyone's circumstances will be different and in some cases it's possible to return to part-time work without it affecting your benefits. This online tool will help you to work out what's realistic for you and whether or not you will be entitled to a range of in-work benefits and incentives when you decide to go back to work.

<http://benefits-calculator.turn2us.org.uk>

## Staying strong

It's not easy to stop using for good and not everyone manages at the first attempt.

You may encounter problems along the way and relapsing is possible at any stage of your recovery journey. Most people aiming for recovery will have one or more relapses, but this is often a part of the process so don't give up on your goals, just keep going!

iCADS will work with you every step of the way, offering you the support and tools you need to stay focused. Support includes one-to-one sessions, counselling and relapse prevention groups.

## Intuitive Recovery

Intuitive Recovery is an accredited educational programme that promotes abstinence as achievable and easy to maintain. It provides skills and tools to recognise and control addictive

desires and to take responsibility for choices and behaviours.

**Intuitive Recovery Courses run regularly across Camden Drug and Alcohol Services.**

**[www.intuitivethinkingskills.com](http://www.intuitivethinkingskills.com)**

## **Detox and rehab options**

### **What is Community Detox?**

You will stay in your own home and be prescribed medication to help with withdrawal symptoms. You will have frequent appointments to reduce this medication safely but quite quickly, until you are free from dependence.

This option works best if your home-life and your physical and mental health are stable and if you already have good support from family or friends.

If you're dependent on drugs or alcohol and have tried hard to stop using in a community setting and you're still struggling then you may need to consider inpatient detox and rehab.

### **What is Residential Rehab?**

If you're committed to stopping substance misuse for good but need to get away from the stresses of your current environment to make that happen, then residential treatment may be an option for you. Rehabs usually have a mixture of group work, talking therapies and other practical work-related activities to

give you tools to prepare for when you leave and to enable your recovery to be maintained.

If you want to find out more about accessing detox or rehab treatment you can attend an information session called an Options Group. This is an information session to inform you of what residential detox and rehab entails. Please ask your key worker for the dates and venues of these meetings.

Before an application for detox and/or rehab assessment will be considered you will be expected to show a real commitment and motivation to stop using substances. This will include accessing other available support in the community and gaining some experience in attending and participating in groups.

## Support and useful contacts

### Support for families, children and carers

Evidence shows that you're more likely to succeed in your recovery if those close to you are involved in your support/treatment.

#### Some Space

Some Space offers support for those experiencing difficulties with someone else's addiction, helping family members, partners or friends to regain control over their own lives, whether or not the drug or alcohol user is also receiving help.

Some Space offers one-to-one support and education sessions, counselling and various peer support activities. The service is free and open to all Camden residents over the age of 18.

**07500 220 735 / [www.somespacecamden.com](http://www.somespacecamden.com)**

#### Al-Anon and Alateen

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. For some, the wounds still run deep, even if their loved one is no longer a part of their lives or has died.

Alateen is for teenage (aged 12-17) relatives and friends of alcoholics.

**020 7403 0888 / [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)**

## **Camden Carers Service (CCS)**

CCS offers advice, support and activities for family and unpaid carers across the borough.

**020 7428 8950 / [www.camdenccs.org.uk](http://www.camdenccs.org.uk)**

## **Additional services for homeless and vulnerable people**

### **Camden Health Improvement Practice (CHIP)**

CHIP provides primary health care to homeless people and those with substance misuse issues in Camden. Services available include general primary health care, sexual health, mental health and substance use services.

**Walk-in sessions are available Monday to Friday from 9am - 5pm.** (Because of the nature of the service there may be a lengthy wait to be seen during busy periods.)

**Camden Health Improvement Practice**, 108 Hampstead Road  
NW1 2LS / **020 31824200**

### **Routes off The Streets (RTS) Service**

The Routes off The Streets service works with rough sleepers, anyone who uses drugs or drinks alcohol on the streets, people who beg for money and people involved in street based sex work. Through working in partnership with a wide variety of organisations we are able to work creatively with clients to establish individually tailored plans to enable people to get away from their street based lifestyle.

**Camden RTS Hub**, 6 Greenland Street, Camden Town, NW1 0ND.  
**0207 846 3535**

## **Women@thewell**

A women-only drop-in centre in King's Cross dedicated to supporting women whose lives are affected by or at risk of being affected by prostitution.

**The drop-in is open Monday to Friday 12.30 - 3.30pm.**

**Women@thewell, 54-55 Birkenhead Street WC1H 8BB  
020 7520 1710 / [www.watw.org.uk](http://www.watw.org.uk)**

# Additional information and contacts for drug and alcohol

## Drinkline

Advice for those worried about their own, or a loved one's, alcohol use.

**Free helpline 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).**

## FRANK

National drug information service with fact files and FAQs.

**0300 123 6600 24 hours a day, 365 days a year.**  
**[www.talktofrank.com](http://www.talktofrank.com)**

## Needle Exchange Scheme

C&I NHS Trust have a Needle Exchange Coordinator who can provide information on local pharmacies and other services providing sterile injecting equipment

**020 3317 6000/6046**

## Release

Provides free legal advice on drug issues

**Release offer a weekly drop-in advice service across iCADS services**

**Helpline - 020 7324 2989**  
**[www.release.org.uk](http://www.release.org.uk)**



# Other contact numbers

## Benefits advice

**Camden Council** 020 7974 4444

**Citizens Advice Bureau** 0344 488 9626

## Blood Borne Virus (BBV) Support

**The Hepatitis C Trust** 020 7089 6221

**Terrence Higgins Trust** 0808 802 1221

## Culturally specific services

Camden has a variety of culturally specific services, from welfare rights advice to community centres 020 7974 4444

## Domestic violence

**Camden Safety Net** 020 7974 2526

**National Domestic Violence Helpline** 0808 2000 247

**National LGBT Domestic Abuse Helpline** 0800 999 5428

## Education

**Camden Adult Community Learning** 020 7974 2148

## Health and wellbeing

**NHS Services:** Search for all services near you including dentists, GPs, pharmacies and sexual health.

**[www.nhs.uk/Service-Search](http://www.nhs.uk/Service-Search)**

**Call 111 for non-urgent medical advice, 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.**

## **Housing and homelessness support**

**Camden Council** 020 7974 5801

**Camden Council Out of hours** 020 7974 4444

**Shelter** 0808 800 4444

## **Lesbian, Gay, Bisexual and Transgender (LGBT) Services**

**Camden Lesbian Gay Bisexual and Transgender Forum** 020 7388 5720

**London Lesbian and Gay Switchboard** 0300 330 063

## **Mental health support**

**Camden and Islington Crisis Care** 020 3317 6333

**Rethink: Advice and Information Service** 020 3317 7197

**Mind in Camden** 020 7911 0822

**Camden and Islington NHS Foundation Trust** 020 3317 3500

**Whatever you're going through, call Samaritans free any time, from any phone, on 116 123.**

## **Offending**

**Offenders' family helpline** 0808 808 2003

## **Volunteering**

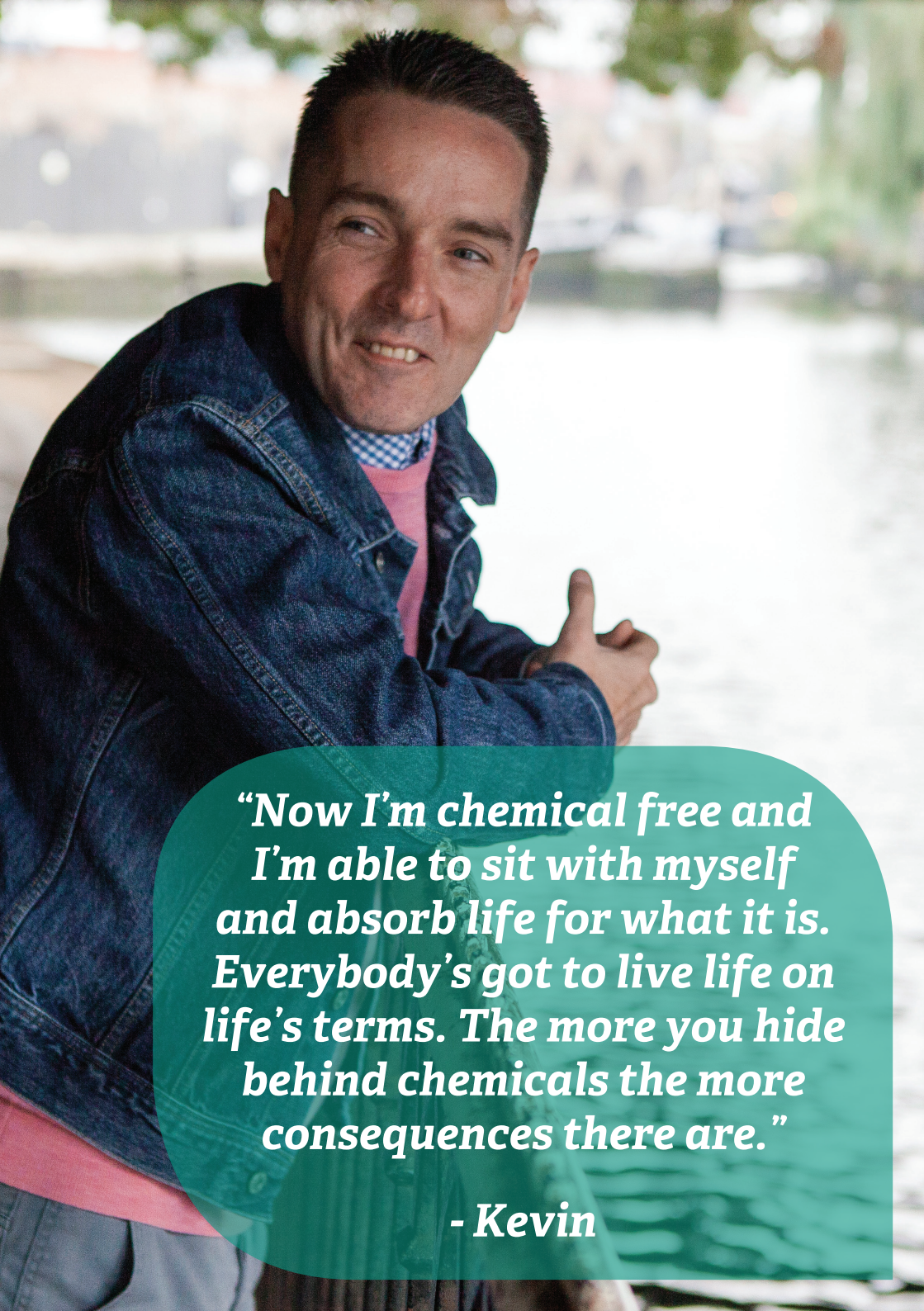
**Volunteer Centre Camden** 020 7424 9990

## **Young People Support**

**FWD Drug and Alcohol Services for Young People in Camden (Forward Young Persons Substance Misuse Team)**

020 7974 4701

[ypsmt@camden.gov.uk](mailto:ypsmt@camden.gov.uk)



***“Now I’m chemical free and I’m able to sit with myself and absorb life for what it is. Everybody’s got to live life on life’s terms. The more you hide behind chemicals the more consequences there are.”***

***- Kevin***

All services are commissioned by Camden Council and delivered by four partners - Camden and Islington NHS Foundation Trust (C&I), change, grow, live (CGL), SHP and WDP.

[www.icadscamden.org.uk](http://www.icadscamden.org.uk)

