

DETOX ■ REHAB ■ DAY PROGRAMME ■ MOVE-ON HOUSES ■ AFTERCARE

Guide to Kairos treatment services and supported housing

OCTOBER 2015



DIRECTORY

www.kairoscommunity.org.uk

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Linden Grove

Community Detox Hostel

The John Kitchen Centre

22 Linden Grove, Nunhead, London SE15 3LF

t & f: 020 7277 6264

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Bethwin Road

Rehabilitation Care Home

59 Bethwin Road, Camberwell, London SE5 0XT

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Garden Day Programme

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Aftercare Programme wWW

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WELCOME TO KAIROS COMMUNITY TRUST

We are a charity based in south London dedicated to helping homeless men and women with drug and alcohol problems.

Our five core services – Detox, Rehab, Day Programme, Move-On Houses and Aftercare – can be accessed separately or combined to build individual treatment pathways. All our services are delivered by dedicated teams of qualified therapists, support workers and administrators.

Today, Kairos is a community of more than 200 men and women recovering from lives of addiction and homelessness in 30 premises across five boroughs.

It hasn't always been like this. Kairos began in 1991 when Tony Walsh and Father John Kitchen operated a nightly soup kitchen for the street homeless and addicted from a semi-derelict house in Clapham. This house was a gift from the Church, which they restored with the help of their former clientele. That success led to the acquiring of the first Move-On houses in 1995 and 1996; and the opening in 1997 and 1998 of Bethwin Road and Linden Grove, centres specialising in addiction treatment – both of which are now recognised by the Care Quality Commission (CQC) as fully compliant with their regulations.

Why are we called Kairos? Because this is one of the two Greek words for time (chronos is the other). The idea of kairos is best explained as the opportune time – the 'now' time, quality time. At Kairos Community Trust, we understand it as the right time for change.

In this booklet, we invite you to find out about our services, and to join us on the journey from addiction and homelessness to health and security.

And, for more information about Kairos, its services, history and news, visit us at www.kairoscommunity.org.uk.

Mossie Lyons
Director

Registered Charity Number 1117763

PATRONS
Dr Clare Gerada MBE, FRCGP, FRCPsych (hon), FRCP
and Fergal Keane OBE

KAIROS BY NUMBERS

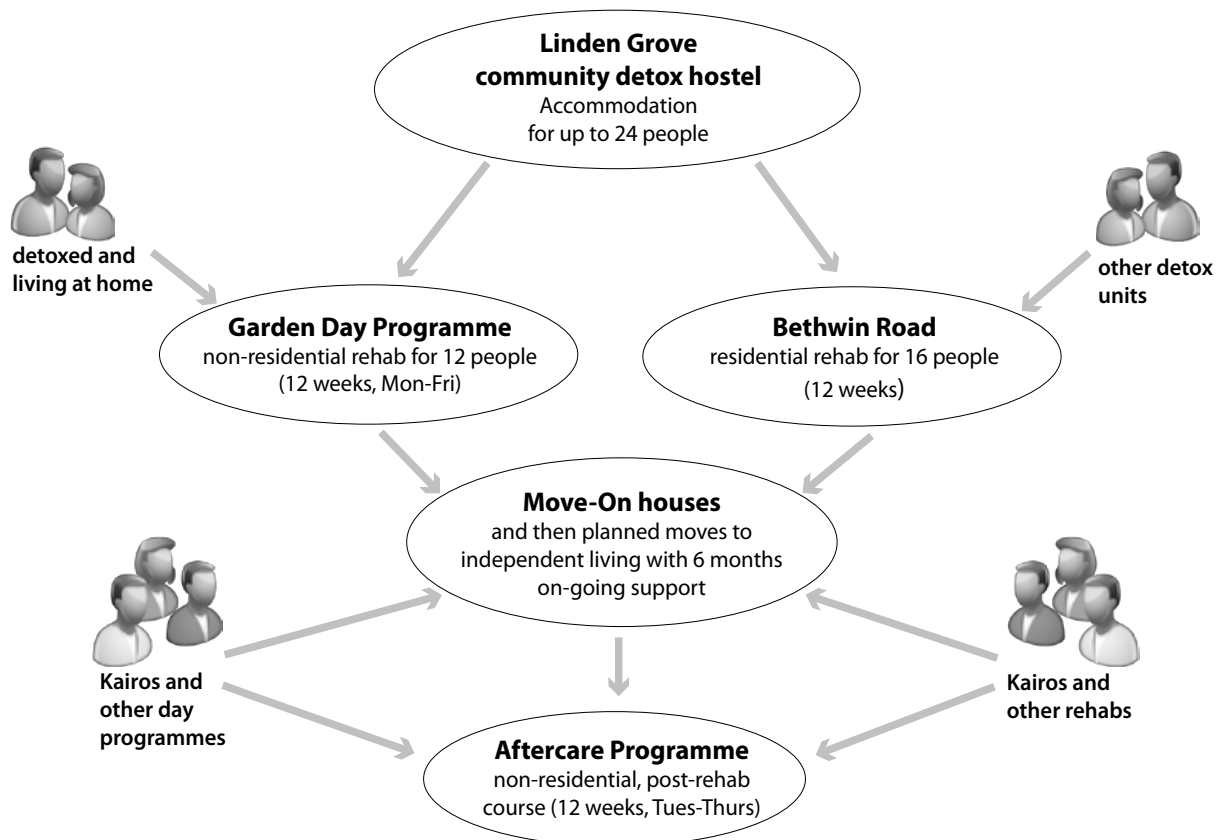
- 3,108** Admissions to Linden Grove since January 1999 and ...
- 50%** of those went on to second or third-stage Kairos houses
- 70%** Clients who complete the Bethwin treatment programme
- 54%** Clients who are sober one year on and still in contact with Kairos
- 200** The men and women who, at any one time, can call Kairos Community 'home'
- 9** Current Kairos staff who were volunteers before being recruited as permanent, salaried workers
- 300** Referrals to Move-On houses each year
- 85** Planned moves to independent living each year
- 9** Beehives tended by Kairos's five trained beekeepers
- 1** day at a time

KAIROS TREATMENT SERVICES

Kairos Community Trust provides five services that are the stepping-stones to recovery from detox – through treatment, therapy and support – to independent living. At every stage, we help clients, referrers and care managers to decide what is the right service or combination of services that will be the best pathway to recovery for the individual.

- 1 First stage: abstinence-based **Linden Grove community detox hostel** with accommodation for up to 24 people, regulated by the Care Quality Commission (CQC). *Page 4*
- 2 Second stage: the **Bethwin Road rehabilitation care home** is CQC-regulated and provides a 12-week residential programme based on a 12-Step integrated abstinence-based model, which is tailored to individual client needs. Integrative group work, one-to-one therapy and workshops are incorporated into this programme that takes up to 16 people. *Page 6*
- 3 Second stage: the non-residential **Garden Day Programme** provides a 12-week, 12-Step, Minnesota-model recovery programme for up to 12 people (Monday–Friday). *Page 8*
- 4 Third stage: **supported housing**. Our Move-On network of 28 sober-living houses with a total of 170 beds in 5 London boroughs. Residents are supported in their continuing recovery as they prepare for life in the wider community. *Page 9*
- 5 Post-rehab **Aftercare Programme** of therapy/counselling (12 weeks, non-residential, Tuesday–Thursday). *Page 11*

TREATMENT SERVICE PATHWAYS



COMMUNITY DETOX HOSTEL LINDEN GROVE



**Community detox hostel regulated by the Care Quality Commission
Manager: Frank Smith**

**The John Kitchen Centre,
22 Linden Grove, Nunhead, London SE15 3LF
t & f: 020 7277 6264
e: kairos.linden@btconnect.com**

Our priority at Linden Grove is caring for men and women who are homeless and chemically dependent. The hostel provides:

- 24-hour staffing
- Support workers
- In-house cooked meals
- 24 single rooms (16 en-suite)
- Registration at local GP surgery and health checks
- Weekly in-house GP surgery for those needing detox
- Exercise room



The objective of the hostel

We aim to provide a supportive, non-judgemental, safe, sober and clean environment for people who have experienced serious problems with addiction and who see abstinence as their only way forward and want to reclaim their lives from addiction and homelessness.

We achieve this by providing:

- A community-based detox supervised by our GP
- A full needs and risk assessment for each person
- Individualised, agreed support plans
- One-to-one work with support worker
- Access to primary and specialist health services
- Support, advocacy, advice and facilitation to enable people to address issues around mental and physical health, legal and financial concerns
- Opportunities for healthy social activities, eg camping, sport, exercise, away-days
- Introduction and involvement in self-help groups, such as Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous and Gamblers Anonymous
- Access to further and ongoing professional care/support
- Extensive stabilisation/aftercare support
- Residential base for clients accepted on the Garden Day Programme, 2 minutes' walk away (*page 8*)

Referral and eligibility for Linden Grove

Referrals are usually taken from the client's social worker, doctor, welfare worker (eg at hostels, day centres etc). Initial referral is by phone from the client or a professional; however, clients can also self-refer.

- A waiting list is in operation
- Please note that there are no emergency admissions

Assessments and admission

- Client and Kairos assess mutual suitability
- Agreed date for admission
- Medical assessment by doctor (multi-agency common SM assessment)
- Completion of admission documents, background information, contract etc
- Explanation of programme and client contract and house expectations
- Introduction to peers and members of staff
- Orientation of the building
- Each resident is assigned a support worker who advises on practical problems such as benefits, legal issues etc. A vital part of these sessions is put the resident in contact with appropriate outside agencies and services.
- Every effort is made to access funding for rehab and ongoing treatment where it is appropriate and it is the expressed wish of a resident

Cost

Please contact the manager or visit www.kairoscommunity.org.uk for prices.

OUR KAIROS

"Kairos is the first home I have ever known. I am a miracle – the changes I have made here I never thought possible. I came to Kairos believing there was no hope for me. You made me realise I am worth recovery. I am worth happiness."

"Thank you for giving me my life back, for caring, for giving me a little acceptance of myself, for showing me I have a choice today and need never go back out there again."

"I live in a Move-On house and the support I've received from Kairos has been invaluable to my recovery as it provides a home in a safe environment, as well as access to a support worker and counselling. I also value the community ethos we have developed in the house."

"Thanks for giving me a chance to live – I won't waste it."

"Thanks for giving me my Dad back and for giving Mum her husband back. He wasn't someone I liked or cared for before he went into your care... I love him dearly and I'm catching up on the time I have lost when Dad was taken over by alcohol."

"You've all helped me learn so much about myself and that is something I have always been unable to do on my own. Without all of you, this journey for me would never have begun."

"I didn't feel I was making any progress until I started the Garden Day Programme. I've grown as a result of the sessions we've had and feel I have some very useful tools to help me deal with my addiction and understand myself a little better. I'll miss it very much."

"The past 14 months have been a challenge and experience that in the past I would have thought impossible. With the help you have given me, I know that my future can also be as good as my time with you all."

"For 14 years, our once kind and loving boy was hell-bent on destruction. Then, when we were actually in despair, Kairos came along. I know he will have to work at his recovery every day but thank you for what you did to bring back our lovely boy."

BETHWIN ROAD RESIDENTIAL REHAB



**Residential care home regulated by the Care Quality Commission
Manager: Lee Slater**

**59 Bethwin Road, Camberwell, London SE5 0XT
t: 020 7701 8130
f: 020 7701 7332
e: kairos.bethwin@kairoscommunity.org.uk**

Bethwin Road is a residential, second-stage 12-step therapeutic community providing a 12-week programme of rehabilitation for men and women with substance dependency issues. Clients benefit from community living, peer support and gain life skills through participating in the running of this 16-bed Victorian house in Camberwell.

The programme offers holistic treatments such as acupuncture, massage and meditation classes. Kairos encourages the use of self-help groups and attending Alcoholics Anonymous, Narcotics Anonymous and other 12-Step fellowship meetings. Family visits are also encouraged.



Our mission at Bethwin Road

We aim to enable individuals to learn new ways of life free from chemical dependence and to fulfil their unique potential. We do this by...

- providing a structured, professional therapeutic programme delivered by a skilled multi-disciplinary team. This is founded on the 12-Step integrated abstinence-based model and uses a holistic approach that recognises emotional, physical, educational and recreational needs
- providing a community environment with an ethos of trust, responsibility and respect
- helping clients to understand addiction as an illness and that personal responsibility for recovery can only be taken once clients have accepted it as such
- acknowledging and respecting difference of all kinds

Features of our service

- Individual treatment planning with regular reviews
- One-to-one counselling
- Daily groups and workshops
- Art therapy
- On-going medical care with the project's doctor
- Relapse prevention classes
- Health education

- Life skills training
- Leisure activities
- Kairos encourages the use of self-help groups such as Alcoholics Anonymous, Narcotics Anonymous and other 12-Step fellowship meetings
- Holistic treatments such as acupuncture, massage and meditation classes
- Family visits are encouraged
- Family therapy – professional counsellors support family members in understanding the nature of addiction, identifying their role and the concept of co-dependency within the relationship

Eligibility for Bethwin Road

- We accept men and women aged 18 to 65 years of age; referrals usually from the client's social worker
- All applicants must have been detoxed and be committed to staying clean and sober for the duration of treatment
- Detoxification is not provided at this location, clients must be at least one week drug and alcohol free
- Clients are usually expected to attend for an assessment visit. If this is not possible, assessments by telephone or prison visits may be arranged
- Reports from other agencies may be required, eg discharge summaries, Community Care Assessments or psychiatric reports
- Referrals are accepted from all sources, including self-referrals

Assessments

- Initial referral by phone from the client or professional
- Interview at the home assesses client risk and suitability, explains the programme, client contract and house expectations. Prospective residents have the chance to see the house and meet others.
- Client and Kairos assess suitability for the programme, agree date for admission on confirmation of funding

Admission

- Completion of admission documents and contract
- Introduction to peers and members of staff
- Handing over keys to locker and showing client their room
- Please note that there are no emergency admissions

Cost

Please contact the manager or visit www.kairoscommunity.org.uk for prices.



GARDEN DAY PROGRAMME



Manager: Tim Penrice
66 Nunhead Lane, London SE15 3QE

t: 020 7635 7664

f: 020 7732 2153

e: dayprogramme@kairoscommunity.org.uk

The Garden Day Programme is an abstinence-based, 12-week, non-residential programme of 12-Step rehabilitation for individuals living in the community who have substance dependency issues. We are located in the ground floor of a former corner shop and garden. We are two minutes' walk from the John Kitchen Centre at 22 Linden Grove that acts as a residential base for homeless clients who want to access the rehabilitation programme after detox and stabilisation.



Our goals

- To help men and women learn new ways of living free of dependency on drink and drugs
- To provide a safe, trusting environment in which to grow and understand that honesty, openness and willingness are essentials for recovery and change
- To provide a professional therapeutic programme based on abstinence and 12-Step rehabilitation
- To support change, and encourage clients to reach their potential for personal freedom and choice

Our programme...

- is a rolling 12-week programme, rooted in the 12-Step fellowships, focussing on Steps 1, 2, and 3
- is delivered by qualified, professional counsellors who are experienced in addiction treatment
- runs 10am–3pm, Monday–Friday and is easily accessible by rail and bus
- provides a weekly one-to-one counselling session
- provides a cooked lunch daily at 22 Linden Grove
- is based around a care plan drawn up with the client that forms the basis of an individualised treatment. Care plans are reviewed after six weeks
- requires a client willingness to attend three fellowship meetings a week
- believes that group therapy is central to treatment and is a powerful motivator of change
- offers an opportunity to reinforce positive expectations and challenge negative thoughts
- includes group therapy, relapse prevention, addiction, life story and step programme workshops; plus art therapy, meditation and leisure activities
- celebrates successful completion of the programme with a graduation ceremony and certificate
- qualifies clients on completion to apply to live in a Move-On house

Who is eligible?

- Men and women aged between 18 and 65 who are detoxed and committed to staying clean and sober, and who are willing to follow a programme of change
- Residents of Linden Grove who have local authority or private funding
- Men and women from the community who can travel to and from Nunhead (SE15) daily

Referrals

Accepted from professionals, agencies or self-referral; initially by telephone

Assessment and admission

- Normally assessment is by interview at the GDP within a week of referral
- Telephone assessments or prison visits can be arranged
- Client capacity, risk and suitability assessed at interview, and programme and contract detailed
- The need for abstinence and random breath and urine testing explained
- Date for admission agreed with client and referrer, and funding agreement requested
- Admission pack, disclaimer, contract and other documents signed on admission

Cost

Please contact the manager or visit: www.kairoscommunity.org.uk for prices.

SUPPORTED SOBER LIVING: MOVE-ON HOUSES

Manager: Nick Messikh

235 Valley Road, London SW16 2AF

t: 020 8677 7292

f: 020 8769 8885

e: MoveOn@kairoscommunity.org.uk

Kairos offers supported abstinence-based accommodation to people who have completed detox and rehab. Kairos has more than 28 post-rehab houses with 170 beds located in the London boroughs of Brent, Lambeth, Lewisham, Southwark and Wandsworth.

Our mission

Kairos Community Trust believes that having completed rehabilitation, a person still needs to have support to enable:

- continued abstinence
- developing a healthy lifestyle
- access to education and training

The projects

Kairos houses are normal family-size houses in the community, ranging in size from four to 11 bedrooms. We have a strict policy of abstinence. The support is classified as low-support but a support worker is available 24 hours a day through our on-call system. We accommodate men and women.

To help this happen, we ...

- support each person in their transition from a highly structured rehabilitation programme towards a planned gradual independent lifestyle
- support a resident's commitments to previous



providers, eg ongoing counselling at Bethwin Road or with designated aftercare providers, eg day programmes

- provide each person with a support plan to help them maintain good health, preserve abstinence, build on therapeutic experience, enjoy worthwhile social outlets and move towards reintegration into the community
- offer continued positive peer support
- prepare people for independent living
- help people develop support mechanisms so that they can remain substance free



Features of the Kairos Community Trust Move-On service include:

- Your own support worker
- House meetings
- Your own room
- Your own key
- Individualised support plans
- Clean and safe houses
- Your own licence agreement
- Living with others who are similarly motivated
- Accessing education/networking
- Support into the workplace
- Support around moving on and into independent living
- Voluntary work
- Leisure activities
- Women's group
- Second Chance group (supporting ex-prisoners in their recovery programme)

Referral and eligibility criteria

We accept applications from men and women aged 18 to 65, who are:

- Homeless
- Have substance misuse related problems
- Completed detoxification and a rehabilitation programme
- Willing to engage in a planned, appropriate and agreed period of support

Application procedure

For a referral form, contact the Move-On Team by phone, by letter or by email. Or download a form from www.kairoscommunity.org.uk

Admission process

- Assessment is offered to a person in the four weeks before accommodation is needed
- Tour of a supported house (given if requested) and Kairos available to answer questions
- Time given for informed decision to be made by client on whether to come to Kairos or not
- Agreed date for admission
- Licence agreement signed
- Induction and support plan drawn up

Cost

Our third-stage accommodation is mostly covered by Housing Benefit. However, this will depend on a client's own financial circumstances. There is a small charge to the resident per week towards the cost of gas and electricity. For prices, please contact the manager or visit www.kairoscommunity.org.uk.

AFTERCARE PROGRAMME



Manager: Jessica Rood
45a Elm Grove, Peckham, London SE15 5DD

t: 020 7277 9213

f: 020 7277 7552

e: aftercare@kairoscommunity.org.uk

Kairos Aftercare is a three-day, midweek, 12-Step, abstinence-based treatment programme.

We believe that providing some mid-week structure assists clients in adjusting to daily life in the general community following the intensity of primary residential treatment. Aftercare leads to improved treatment outcomes.

We are open on Tuesdays, Wednesdays and Thursdays from 9am to 5pm. Clients arrive at 9.45am and finish by 4pm.



The Aftercare Programme aim

Our treatment goal is to help clients stay free from active addiction. We encourage personal growth and change, and guide them towards useful and fulfilling lives.

Features of the service

- 12-Step fellowship. One Big Book Study group and one 12-Step meeting per week are integrated into the programme. Clients are expected to attend two external 12-Step meetings per week
- Group therapy starts each day
- Weekly one-to-one counselling session
- Expert support and referrals to other professionals regarding health, debt, benefits and legal issues
- Workshops, such as drama, music and meditation
- Health education
- A nutritionist visits four times in each 12-week period
- Auricular acupuncture
- A six-week report is provided to the relevant professional responsible for funding a client and they are invited to visit for review. A final report is provided after graduation

Aftercare referral and admission

- Applicants are aged 18 to 65 and have completed or be due to complete primary rehab treatment
- After phone contact or a referral, we invite the applicant to an assessment, usually within 10 days
- At assessment, a counsellor explains the programme and what is expected of clients
- Forms such as risk assessment, family details and health history are completed. Applicants are asked to sign a contract committing to attending all programme days and two 12-Step meetings per week
- Funding is then agreed by relevant care manager/authority and the agreement is sent to Kairos Head Office
- Admission date is provided to funding authority and client

Cost

Please contact the manager or visit www.kairoscommunity.org.uk for prices.

KAIROS COMMUNITY TRUST

GENERAL INFORMATION



Abstinence

Kairos' five-fold treatment services are founded on the 12-Step abstinence model of recovery enabling total abstinence from all alcohol and drugs apart from those prescribed by the doctor. Random drug and alcohol testing is in place.

However, Kairos recognises and accepts that addiction is a relapsable disease. Experience also shows that for some people it takes time and a number of interventions before they achieve manageable sobriety (abstinence).

Given the number of available Kairos services pathways, the Trust will now look at relapses on an individual basis and make every effort to accommodate the person at a level of the service judged to be suitable and beneficial at that time. This will be done in co-operation and with the agreement of all relevant professionals involved, in particular, the client's care manager. Finally, however, all decisions are at the Trust's discretion and must take into account the safety of other service users and staff.

Applications

Kairos Community Trust accepts applications from men and women aged 18 to 65, regardless of their nationality, colour, religion, class, disability, sexual orientation, marital status. However, Kairos Community Trust does not accept applications from people with a history of arson or who are on the sex offenders' register. Please check eligibility and admission procedures for each service – details in this booklet.

Leisure

Residents are encouraged to get involved in social activities, hobbies and leisure interests. Some activities are organised, eg, days out, gym and karate classes. Everyone is encouraged to use local facilities such as the library, snooker club and swimming pool.

Beekeeping

As part of its commitment to the environment, Kairos has a thriving beekeeping project with a team of residents trained in beekeeping and hives in the gardens of head office and two Move-On houses.

Volunteering

Alongside our staff, volunteers play an important role in the life and work of Kairos. Volunteers provide help with many vital jobs, such as night cover, accompanying residents to appointments, gardening, shopping, driving, cleaning, carpentry, office work and catering.

Most are men and women who have gone through the Kairos rehab process themselves, are actively pursuing recovery through 12-Step fellowships, are one year or more abstinent and want to help Kairos.

After volunteering for a period of time, some people express an interest in training to become support workers. Kairos helps these individuals in their studies for the Diploma in Health and Social Care (level 3), which is monitored by external examiners and supervised by Kairos management. For information about volunteering, contact head office

Kairos Trustees

Our governing body is a trust and Kairos is managed, supervised and monitored by the volunteer trustees. They are from a wide range of professions in the community and are completely independent.

For more information, visit our website: www.kairoscommunity.org.uk.