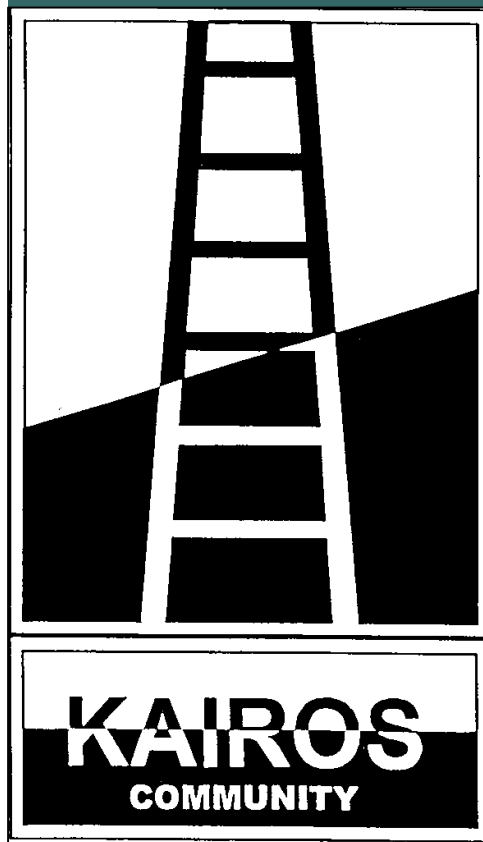


**59 BETHWIN ROAD**

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# **KAIROS COMMUNITY TRUST**

*A therapeutic community supporting people  
with addictions*



**Residential Care Home**

59 Bethwin Road, Camberwell, London, SE5 0XT

Tel: 0207 701 8130 Fax: 0207 701 7332

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

[Kairos.bethwin@kairoscommunity.org.uk](mailto:Kairos.bethwin@kairoscommunity.org.uk)

**Registered Charity No: 1117763**

**Patrons: Fergal Keane OBE**

**Dr Clare Gerada MBE MOM FRCGP FRCPsych (hon) FRCP**

## THE PURPOSE OF KAIROS, BETHWIN ROAD.

We are a residential 12-step therapeutic community which aims to provide a 12-week structured programme of rehabilitation for individuals with alcohol and drug dependence issues.

## OUR MISSION.

Kairos aims to enable both men and women to learn new ways of life free from chemical dependence and fulfil their own unique potential. We do this by:

- Providing a professional and well-structured therapeutic programme. This is founded on the 12-step integrated abstinence based model using a holistic approach recognising emotional, physical, educational and recreational needs
- Provide a community environment with an ethos of TRUST, RESPONSIBILITY and RESPECT.
- Helping clients to understand addiction as an illness and personal responsibility for recovery can only be taken once clients have accepted it as such.
- Acknowledging and respecting differences of all kinds.

## WHAT MAKES KAIROS DIFFERENT?

THE SUCCESS OF KAIROS IS ADHERING TO A TRIED AND TESTED THERAPEUTIC PROGRAMME, WHICH WE ADJUST TO MEET THE INDIVIDUAL NEEDS AND ABILITIES OF EACH CLIENT.

## THE PROJECT.

Kairos, Bethwin Road maintains its community environment with a 16 bed Victorian house in Camberwell, London. The structured therapeutic programme is provided by highly qualified multi-disciplinary team. Clients benefit from community living and peer support. Life skills are gained through participation in the running of the house.

The programme also offers holistic treatments such as acupuncture, massage and mediation classes. Family visits are encouraged after programme times and up until 9pm in the evening and at weekends. Kairos encourages the use of self-help groups of Alcoholics Anonymous, Narcotic Anonymous and other 12-step fellowships meetings.

**FEATURES OF THE SERVICE**

- Individual treatment planning with regular review.
- One to one counselling.
- Daily therapy groups and workshops.
- Art therapy.
- On-going medical assessment with the projects doctor.
- Relapse prevention.
- Health Education.
- Advocacy and support offered around legal, financial issues, education etc.
- Leisure Activities.
- Life skills training.
- Acupuncture / Massage / Meditation.
- Family Therapy – professional counsellors support family members in understanding the nature of addiction, identify their role and the concept of co-dependency within the relationship.

**REFERRALS & ELIGIBILITY**

We accept men and women aged between 18 – 65 years of age, referrals usually taken 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. Nursing staff and detoxification is not provided at this location, clients must be at least 1 week drug and alcohol free.

*(Linden Grove offer community based detox facilities—0207 2776264)*

Clients are usually expected to attend for an assessment visit. If this is not possible, telephone assessments may be arranged. Reports from other agencies may be required, e.g. discharge summaries, Assessments or psychiatric reports. Referrals are accepted from all sources including self-referrals.

### ASSESSMENT

- Initial referral by phone from the client or professional.
- Assessment interview at the facility, enabling prospective residents to see the house and meet other residents.
- The interview assesses client risk and suitability, explanation of programme and client contract and house expectations.
- Client & Kairos assess suitability and fit for the programme.
- Agreed date for admission on confirmation of funding.
- *(There are no emergency admissions)*

### ADMISSION

- Completion of admission documents, background information, contract etc.
- Introduction of peers and members of staff.
- Orientation of the building, opportunity to ask questions.

Knowing the difficulty and complexity of addiction, we always aim to support the client throughout the treatment process particularly in the early transitions from detox to rehab.

### COST (as of April 2016)

The weekly cost of the programme is £580 per week. The client is expected to pay a contribution towards their treatment. A financial assessment may be carried out by the referring Drug & Alcohol Team to determine the amount of contribution to be made.

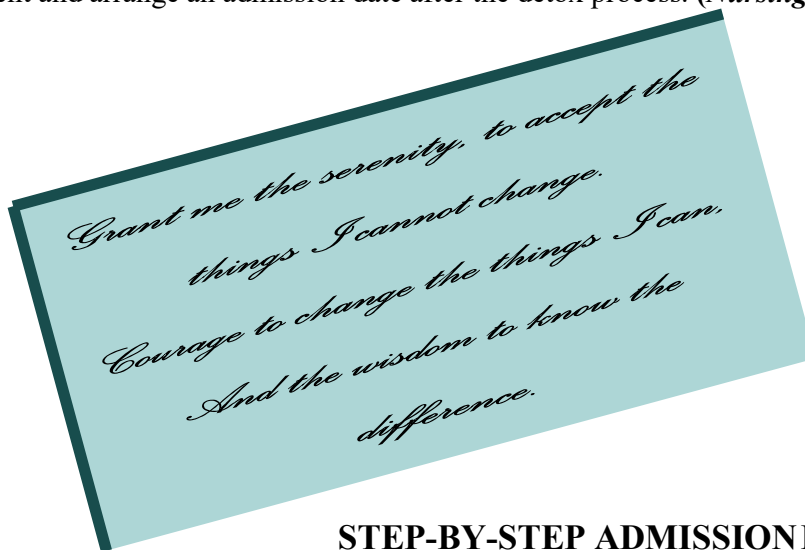
***"I am a year clean today thanks to you and for that I am grateful. I have my family back in my life. I gave my daughter away at her wedding and I baby sit my granddaughter. I have new friends that care for me. You told me I need never have a sick using day again, you were right. ONE DAY AT A TIME."***

***(Dave. Ex-Resident.)***

## **REFERRALS AND ADMISSIONS PROCEDURE**

As Kairos is a community care funded home, all clients will contact the home through their appointed substance misuse worker in their local borough.

With their substance misuse worker, the client will have completed a care plan and discussed their need for support and the various options available to them. If Kairos is chosen as an option, normally the substance misuse worker will contact the admissions office and arrange an initial assessment and a 'tour' of the home. The client and Kairos can then make an in-formed decision as to whether the home will meet the individual needs of the client and arrange an admission date after the detox process. *(Nursing is not provided.)*



## **STEP-BY-STEP ADMISSION PROCESS.**

- Initial telephone contact/referral.
- A visit to the home for an assessment by appointment. Part of the visit is guided and the visitor is given a project brochure. Cost of treatment is also explained. All visits are arranged within a week from the telephone request. Where possible the perspective client will have an opportunity to meet current clients.
- Assessment.
- Informed decision made by client to come to Kairos.
- Kairos communicates acceptance of client suitability for programme.
- Agreed date for admission upon confirmation of funding.
- There are no emergency admissions.

## **PROGRAMME TIMETABLE**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
9.10	House meeting	9.10	House meeting	9.10	House Meeting	9.10	House meeting	9.10	House Meeting
9.30	Therapeutic Duties	9.30	Therapeutic Duties	9.30	Therapeutic Duties	9.30	Therapeutic Duties	9.30	Therapeutic Duties
10.00 11.30	Therapy group	10.00 11.30	Therapy group	10.0 11.30	Therapy group	10.00 11.00	Therapy group	10.00 11.00	Therapy group
12.00	Work shop	12.00 1.00	Work shop	12.00	Meditation	11.30	A.A/N.A Meeting	11.30	Goals group
1.00	Lunch	1.00	Lunch	1.00	Lunch	12.30	Lunch	1.00	Lunch
2.00 3.00	Assignment group	2.00 3.00	Assignment group	2.00 3.30	Art therapy	1.30 3.00	Life story Graduation	2.00 5.00	One to ones Assignments
3.00 5.00	One to ones Assignments	3.00 5.00	One to ones Assignments	3.30 5.00	One to ones Assignments	3.00 5.00	One to ones Assignments	2.00 5.00	Massage/ Acupuncture

### **Two Vital Relationships for each Resident: with G.P. Practice and Counsellor**

Aware that addictions can adversely affect general health there is a policy in Kairos of facilitating and supporting each resident to attend to their identified health needs. The importance of the relationship with the projects G.P. Practice is stressed. Transport and accompaniment is provided to clinics, hospitals etc. as required. Additional Counselling and support is available at times when residents receive results of x-ray, screening, tests etc.

### **THERAPEUTIC CARE**

The Deputy manager, in daily consultation with residents, organises the practical running of the house and manages all other aspects (e.g. Health & Safety, Security, maintenance etc.) of the home. With other staff he sees that all policies & procedures are in place. The Manager is clinical lead, and as such, co-ordinates counselling, group therapy work, care planning, reviews, and reports for each resident. The Manager also internally supervises the clinical team.

### **THERAPY MODEL AND TIMESCALE**

The therapeutic model followed is known as Minnesota Model (or twelve step AA / NA / GA / OA model). It is a 12-week programme.

### **STEP-BY-STEP PROCESS OF THERAPY**

- A comprehensive Needs Assessment is done with the client.
- On being accepted as a resident he/she will sign a Residents' Contract.
- A Care Plan is drawn up and agreed with the resident, based on information drawn from the Assessment and completed by the end of the second week.
- A programme of therapy group, workshops, lectures will be followed daily. There is also weekly 'one to one' counselling.
- Weekly goals will be set by each resident for him / herself, with the help of the Group, and reviewed at each Friday morning Group Meeting.
- A resident's progress (in reference to the Care Plan) will be reviewed during the 6<sup>th</sup> week based on contributions from all staff members and the resident.
- Each resident is expected to attend at least 2 AA/NA meetings each week while in Bethwin road with the aim of finding an on-going Support Programme.
- On the 9<sup>th</sup> week a resident will be invited to explore and discuss plans for the future after completion of the 12-week programme. Plans and preparation for transition over the last two weeks will be made following an evaluation of progress through the Care Plan.
- On Thursday of the final week, each resident gives a presentation to the group and therapy staff on their experience at Kairos. Their remit is to broach both the positive and negative aspects of that experience. Views expressed are noted and used to inform any future operational review and planning.
- Family therapy sessions are offered where appropriate, depending on individual needs.
- A final report will be drawn up on the final (12th) week of residency and sent to the clients substance misuse worker.

## **RESIDENTS' FORUM**

There is a daily residents meeting with the Deputy manager where residents make their needs, preferences etc. known. Through this meeting, Kairos aims to run the home as democratically as possible – offering a voice and choice to all concerned and thereby building an ethos of trust, responsibility and equality in the home.

## **FIRE SAFETY**

Every Monday, residents are made aware of procedures in case of fire. This procedure is in the Residents handbook and posted strategically around the home. Clear exits signs are on display and contractual arrangements are in place to professionally inspect and maintain the fire alarm system and fire-fighting equipment on a regular basis. A minimum of two members of staff are trained fire wardens.

Fire drills are held regularly.

*(A list of emergency phone numbers is posted on the notice board).*



## **CULTURAL/RELIGION**

There is an ethnicity/cultural and religious provision in the care plan of each individual. As all residents are mobile, they are informed where local places of worship are, and dietary needs are accommodated.

## **SOCIAL CONTACTS**

The home encourages contact with family inside and outside of the home and welcomes visits of supportive significant others. Friends and any other relevant representative or advocate are welcome in the home and residents are facilitated.

## **COMPLAINTS**

There is a complaints policy and procedure (in residents' handbook) accompanied by the time scale for dealing with each step of the complaints process. Each resident is made aware of the complaints procedure and signs a statement of awareness and understanding of same on day of admission.



### **ROOMS AND RESPECT**

There are eight rooms in the home, of which seven are shared (*two per room*) and one is single. Every effort is made to afford as much comfort as possible to each resident. All residents are given a key to the home, and have a lockable space in their room. They can use the phone privately, meet with family, friends or representatives privately and have access to their files on request. Confidential matters are covered by our confidentiality policy.

*(Also in general by the home's adherence to the regulations and the standards of the Health & Social Care Act 2008 , Care Act 2014 (Regulated Activities) Regulations 2009, and the Care Quality Commis-sion (Registration) Regulations 2009.)*

**“Massive gratitude for you all, for all your support over the past year. Showing me a lot of kindness when I was unkind, love when I never knew how to, laughter when I was sad, understanding when I was bonkers. Most of all when my worth was on the floor you told me I was worthwhile! Building my esteem with the hand on my shoulder saying well done after group. To the jokes and banter in the special place called Bethwin. I just simply love you all.**

**Ian (Ex-Client Bethwin )**

### **LEISURE**

All residents are encouraged and enabled to get involved in social activities, hobbies and leisure interests. Social activities are organised by Kairos (*e.g. day outings, visits to the cinema, theatre, quiz evenings, bowling or gym*). Written introductions are provided where necessary and financial help given to access facilities. New ideas or suggestions are encouraged and supported.



## THE STAFF TEAM

### **Registered Provider:**

Maurice Lyons  
Kairos Community  
Trust  
235 Valley Road  
London  
SW16 2AF



### **Registered Manager:**

Lee Slater  
Kairos Community  
Trust  
59 Bethwin Road  
London  
SE5 0XT



### Lee Slater - Manager/ Senior Couns.

- Diploma Person Centred Counselling.
- MBACP - Registered Member.
- Advanced Supervision I.G.A (*Institute of Group Analysis*)
- Diploma in Clinical Supervision.
- Registered Managers Award (NVQ4)

### Miriam Hicks - Counsellor

- Certified Addictions Counsellor (*Accredited & Registered*)
- Post—graduate Diploma, Advanced Clinical supervision & Diploma hypno-therapy
- City & Guild in Clinical Management. (NVQ4)

### Christopher Farnell—Counsellor

- Diploma in Humanistic Integrative Counselling.
- Advanced Diploma in Humanistic Integrative Counselling.
- BACP Accredited.

### Martin Flaherty—House Keeper

- Advanced Food & Hygiene
- Health & Safety.
- Fire Warden
- Safe Handling of Medicines
- Pest Control

### David Carroll - Deputy Manager

- Experienced Life Coach.
- 15 years work experience in Addiction.
- Previously managed Drug & Alcohol unit for homeless men.

### Lucia McGuckin - Art Therapist/ Cllr

- Certified Art Therapist (*Accredited & Registered BAAT,*).
- MA in Art Psychotherapy from University of London—Goldsmiths College.
- 2 yrs. IGA—Group Analysis.
- Former secondary teacher.

### Dr.Emma Cathcart - Psychologist

- Bsc in Psychology
- Post—Graduate Diploma in Counselling Psychology.
- Doctorate in Counselling Psychology.
- Member of the British Psychological Society.

## ON ADMISSION

The client will receive a personal progress folder. The aim of this folder is as follows:-

- To provide residents with an overview of the operational procedures of the home.
- To provide basic information so that residents know that their rights and interests are safe-guarded in the home.
- To ensure that the residents have a clear understanding of their contractual responsibilities to the home, and the home's responsibilities to them.

## PROGRAMME GROUP WORK

The Programme consists of two Group Meetings each morning, Monday to Friday, and one meeting three afternoons per week.

The first meeting is the **Therapy Group**. It begins with a reading from a daily meditations book, followed by an open arena for the Group Members to explore issues either from the past, present or future, and to learn new coping mechanisms. Each member is also given a **Weekly Goals** – an area to be worked on each week – and this may be presented to the group at this meeting.

Next is the Education Group, which follows a 12 week Programme. The subjects covered are Steps 1,2 and 3 (in dept) of the 12 Step Programme of AA / NA / GA/ OA, followed by Relapse Prevention Work. We also provide Workshops on Anger, Assertion, Self Esteem and other recovery related topics. These sessions are delivered in the form of talks, facilitator led discussions and Audio / Visual aids.

Art therapy was introduced to Kairos, at both Linden Grove and Bethwin Road, on a voluntary basis in 2002. it met with a mixed reception of resistance, rejection and enthusiasm. As the months progressed, both staff and residents realised that participation in the weekly A.T group enabled the residents to access in a non– threatening way, feelings that had yet to find verbal expression. In 2003, the Art Therapy sessions became an integral part of the programme in both centres. Its value and contribution to the journey of on-going recovery is recognised and appreciated.

*“Art obliges us to communicate with inner self and in so doing, to engage in a dialogue with our destructive and creative forces. Art places the central responsibility for change on the individual, rather than making him rely exclusively upon imposed treatment from outside.”*

Eward Adamson. Art Therapist

On arrival a resident will be given a life story assignment to be presented to the group on the Thursday of their second week. On completion of this each resident is given an in depth written assignments on Steps 1,2 and 3 to be worked through with their appointed counsellor, some examples are explored in step workshops. For those Group Members who have literacy difficulties, staff are available prior to the Group sessions to assist them in doing this work, audio equipment is also available to aid any educational work. This written work is retained by the resident as a record of work.

The maximum number of any Group is 15..

Kairos has always valued a strong links and good working relationships with Social workers & care managers that use the service. Below is a letter from Peter Baxendale who has worked with us for many years and has given permission for us to use this letter:-

*Dear Lee,*

*I am writing to thank you and your team for meeting with my client DS and assessing his suitability to be admitted into your treatment centre. D was extremely anxious about having this assessment and as you know his underlying mental health problems make it difficult for him to articulate his feelings, and hope for the future.*

*Once again Kairos have been able to assess the needs of an extremely vulnerable client and leave him feeling listened to and valued. At this juncture I am not sure if offered a place that D would accept it; however what I do know is that the experience of coming for the assessment gave D a sense of worth which both he and I appreciate.*

*As professionals we both understand the pressure on services to adapt to the ever changing financial climate and complex monitoring services. I have witnessed how Kairos have taken on this challenge without compromising your core values.*

*In the past 10 years I have worked for a number of different agencies including the statutory, health and voluntary sectors in which time I have always referred to*

*Kairos. I refer in the knowledge that they will be treated with the utmost respect where every effort will be made to make their stay one which leads to real and lasting change in their lives.*

*I also appreciate the fact that you are very supportive to clients that do not complete treatment as your organisation has a real understanding of the complexities of addiction. It is very important that clients that do not complete treatment do not leave with a sense of failure or rejection.*

*Once again thank you for your continued support.*

**Peter Baxendale** - Senior Social Worker

**POST- REHAB AFTER-CARE (0207 277 9213)**

The purpose of aftercare is to maintain and build on gains made in primary treatment and to prevent relapse to substance use. Studies have shown that the majority of clients relapse within the first ninety days following primary treatment.

Kairos has a post rehab day programme (3 days per week) that aids residents with the transition from a structured residential community to the next phase of the recovery process, the road to independent living. Alternatively, where residents did not receive adequate funding or choose to decline the day programme, we offer 6 weekly follow-up counselling sessions. Funded by the borough.

**DAY PROGRAMME**—opened in January 2011 runs Mon—Fri, (9 am—5pm) **0207 635 7664**

**MOVING ON**

Advice and information is given on various move-on options. One of the options is to move to a Kairos supervised third stage supported house. Currently there are 170 move-on beds in supported houses in 5 London Boroughs: -Lambeth,, Lewisham, Southwark, Wandsworth, Brent

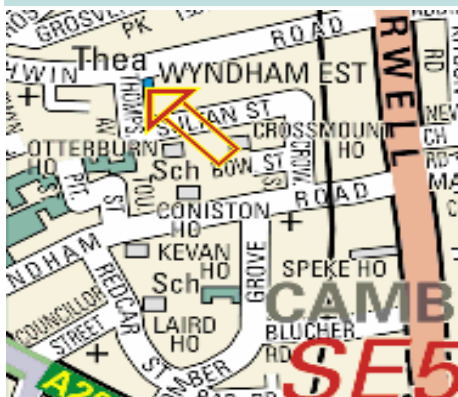
**LINDEN DETOX PROGRAMME (0207 2776264)**

Linden Grove is a first stage residential detox for people with drug and alcohol dependencies. Each resident is assigned a support worker who advises about practical problems such as benefits, legal issues etc. a vital part of these sessions is to put the resident in touch with outside agencies and services to better help their needs. Every effort is made to access funding for rehab where it is appropriate and it is the expressed wish of the client.

***(DETAILS FOR KAIROS AFTERCARE AND DETOX ARE ON THE WEBSITE)***

**“Its very hard to put down how much the staff at Kairos has changed my life (saved my life probably!) I have been called ‘a slow burner’ but I am alright now and will work to stay alright. A big thank you to everyone.”**

**Sandie**  
**(Ex-resident, Bethwin)**



**Nearest Tube:** Oval, Elephant & Castle

**Buses:** 35, 45, 36, 185, 436, 12.

**Tel:** 0207 701 8130

**Fax:** 0207 701 7332

**Email:** kairos.bethwin@classmail.co.uk

**Web:** www.kairoscommunity.org.uk

