



Newquay Lighthouse Project CIC

Eligibility Criteria

Applicants must:

- Be male and aged 18 or over (we are a gender sensitive organisation so are open to applications from people who identify as non-binary).
- Be committed to engaging in mutual aid and recovery based on complete abstinence.
- Test clean of both drugs and alcohol on arrival. We cannot take someone who is still using illicit substances. In certain circumstances, we may waive the need to test clean where it has been disclosed at referral and assessment that there has been previous use of certain drugs which take time to clear the body. In these circumstances, we can agree to admission with a specific date at which the individual must test clean. If they still test positive at this time, they will almost certainly be evicted.
- Not require psychoactive medication that would interfere with full engagement. Where SSRIs or similar chemicals are prescribed, medical confirmation is required to confirm that reduction to the point of abstinence will become safely possible within a reasonable time frame. Only those people who can safely reduce to abstinence will be accepted.
- Have no current or ongoing psychiatric diagnosis which would preclude full engagement (we are a 'support', not 'care' environment. We are not staffed 24/7 so cannot take people in who have a serious mental health disorder).
- Due to the age and nature of our premises we regret that we cannot fully comply with the requirements of the Disability Discrimination Act 1995 and subsequent legislation. Therefore, we are unable to accept referrals for individuals who require building adaptations due to fire safety.

Our Service

Our accommodation is provided specifically for people who want to use mutual aid as a means to maintain abstinence-based recovery from addiction to drugs and alcohol over the long term.

Tenure is by licence agreement. This can be for up to two years, but the accommodation is always 'temporary'. Most residents seem to be ready to move on after somewhere between 6 and 18 months with us.

We provide supported accommodation where our residents proactively apply themselves to their abstinence-based recovery.

Our staff deliver 'personal support' and 'intensive housing management'. We do not provide 'drug treatment' or 'personal care'. Our residents are responsible for working their own programme of recovery within a culture of mutual aid both in the house and in local mutual aid meetings (e.g., Alcoholics Anonymous, Narcotics Anonymous). Our project is principally a safe and supportive community of like-minded individuals who have made a conscious decision to live an abstinence based life and engage in a Mutual Aid Community within our premises to help them do this.

Unfortunately, we are unable to accommodate pets or provide parking for vehicles.

Referral

Referrals must be made using our referral form by a professional person who is able to assess the suitability of our service for the prospective resident. All current / recent risk assessments should be shared with us. If an applicant is being released from prison into our service, we insist on receiving a copy of their OASys report prior to offering an interview.

Assessment

During the assessment we will:

1. Clarify the purpose of the admission in discussion with the professional referrer and the potential resident so that an initial plan of support with relevant interventions can be in place from the point of admission, with proposed outcomes clearly defined.
2. Take a history of any existing and past drug and alcohol use and previous treatment and detoxification episodes.
3. Clarify any psychiatric or medical issues, identifying their likely impact on engagement, and explore if any external support will be needed to enable full participation.
4. Carry out a comprehensive risk assessment around, for example, any history of violence, arson, self-harm, etc.
5. Note any current medical treatments / prescription.
6. Clearly define any appropriate liaison arrangements.
7. Clarify transport arrangements to and from the Project.

Admission

On admission new residents are shown round the building and introduced to the staff and their fellow residents. They are given a copy of the 'House Rules and Expectations' and 'House Timetable'. These are explained to them with questions invited and answered to make sure they understand what they are committing to. These are then signed by both staff and resident as the agreed basis of understanding for the resident's contract of engagement with the project.

An experienced member of the community will 'buddy' the new resident during their first two weeks of residency. This means they will support them as they integrate into the house processes and accompany them when they leave the building. After two week the new resident receives their own electronic key fob and are allowed to leave and enter the building as they wish.

General Medical Needs

New residents will be helped to register with the local GP practice.

Substance misuse screening

Each resident will be required to supply a saliva or urine sample for drug and alcohol screening on admission.

Samples for screening will be requested randomly during the resident's stay. A positive test or a refusal to supply a sample will lead to immediate eviction. In some cases, where staff believe it appropriate, an evicted resident may be offered a chance to return within a set period of time, if they can test clean again on their return. This is solely at the discretion of the staff team.

Allocation of Keyworker

In all cases, a new resident will be allocated a Keyworker. This person will oversee the resident's engagement with their support plan and provide the majority of their 1-2-1 Support Sessions. They will seek to build a deep bond of trust and support the resident to identify and resolve their issues. All residents must engage in their weekly 1-2-1 support sessions with their keyworker as well as the daily house support meetings and their local mutual aid meetings.

Support Plan

A clear written support plan will be developed with the resident within the first two weeks of their admission. This will build on the original goals outlined in the referral and be adapted throughout the resident's stay with us to make sure the resident is proactively working on their recovery process. Residents keep a copy of their support plan. The support plan lists the goals and necessary actions and interventions needed to achieve them and are subject to formal review every three months. They identify both short and longer-term issues and goals, and address issues such as:

- Any medical interventions.
- In-depth review of the resident's previous life experiences and the connection with their current drug and alcohol problems.
- The recovery processes and where they are in this.
- Engagement with the mutual aid community.
- Practical issues which may need resolution, such as welfare benefits, contacting family, education and preparations for work, and dealing with debts and outstanding legal issues.
- Identifying and signposting to appropriate professional, voluntary, and mutual aid resources.