

‘HOME AND DRY’

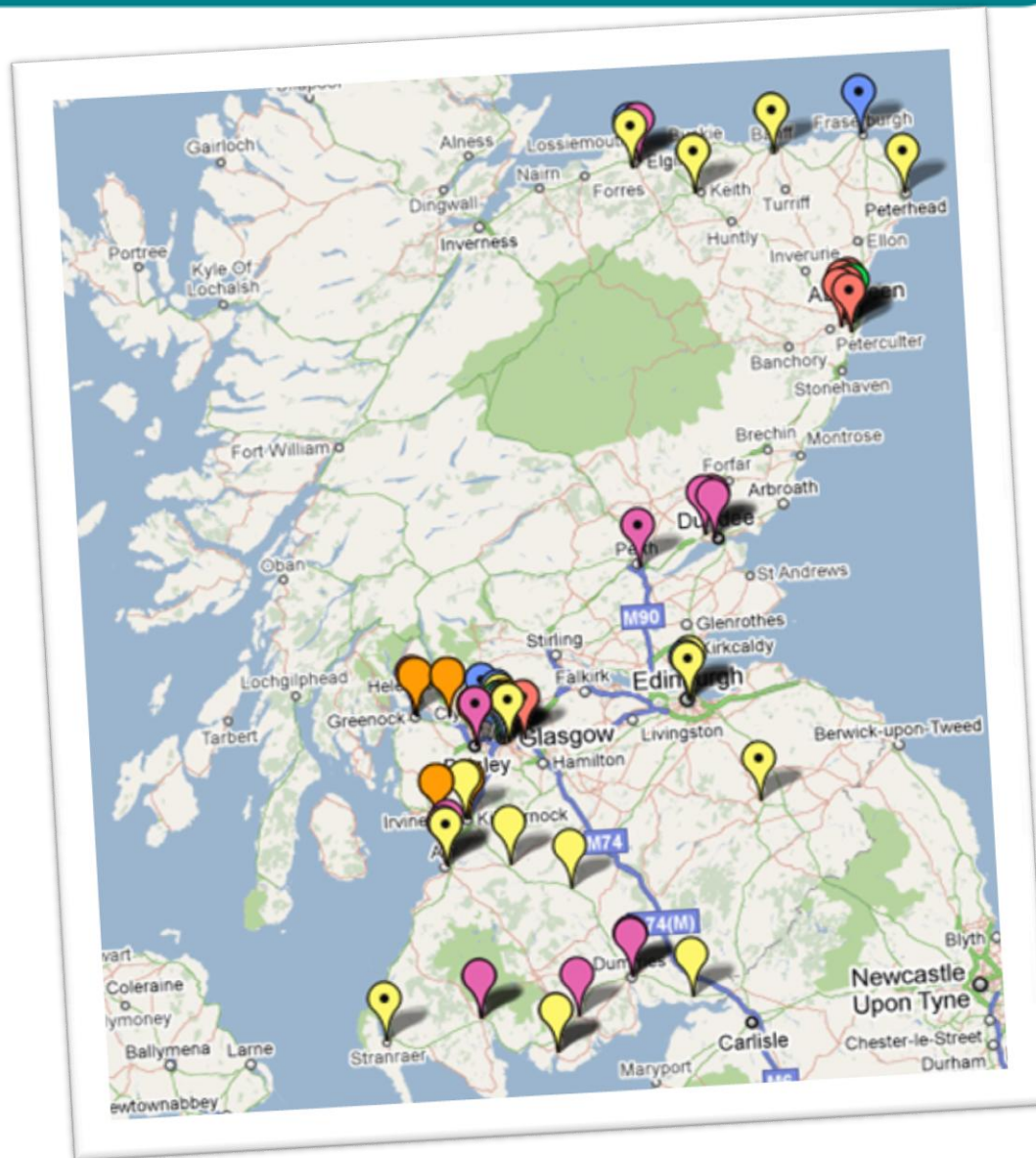
Reflections from a Residential Service

GARSCUBE HOUSE

Turning Point Scotland Services



- Substance Misuse
- Homelessness
- Mental Health
- Criminal Justice
- Learning Disability
- Other



Garscube House - background



- GCC - review of purchased addiction and homeless services (November 2001-2003)
- Joint basis with the NHS and the Local Authority
- Aim – Create a whole system approach to the delivery of alcohol and homelessness services within the city

PROPOSALS



- Closure of large scale hostels in Glasgow
- Develop a range of care services to meet the needs of people leaving hostels
- Reduce the number of admissions to alcohol rehabilitation services outside the city

Alcohol Misuse



- 2002/2003 – 308 deaths in Glasgow City where alcohol was the underlying cause (23% of the total figure for Scotland)
- 6,791 discharges from Glasgow hospitals had alcohol problems recorded as the primary reason for admission
- A high correlation between homelessness and alcohol problems - existed particularly with homeless people aged 50+ - many hostel dwellers

Tender Commissioned: 2005



- Establish within the city:

a high quality longer-term residential homeless service for people with an alcohol problem who require a residential setting to address their substance use and any surrounding issues

TARGET GROUP



- severe alcohol dependencies
- homelessness issues
- socially isolated
- alcohol related physical & mental illnesses
- risk of serious illness/death
- demonstrating a willingness to change their lifestyle

GARSCUBE HOUSE – JAN 2009



When is a rehab more than a rehab?



“When it’s Garscube House”

- REHABILITATION AND RESETTLEMENT
- NOT SOLELY A TREATMENT PROGRAMME
- RECOVERY FOCUSED MODEL
- SOCIAL CARE APPROACH
- ABSTINENCE BASED
- WORK WITH LAPSE
- HOMELESS LEGISLATION
- NON EVICTION
- AFTERCARE

GROUP WORK STRUCTURE



PHASE 1

- VALUES
- OVERCOMING STIGMA
- LIFE AND SOCIAL SKILLS
- RELAPSE PREVENTION
- STRESS AND EMOTIONS
- TRIGGERS
- CONFIDENCE BUILDING
- HEALTH AWARENESS
- DIET & EXERCISE

PHASE 2

- SELF ESTEEM
- RELAPSE MANAGEMENT
- MANAGING CONFLICT
- ANGER MANAGEMENT
- RELATIONSHIPS
- REDEFINING SELF
- HOME v HOMELESS
- PARENTING
- SEXUAL HEALTH
- COPING STRATEGIES

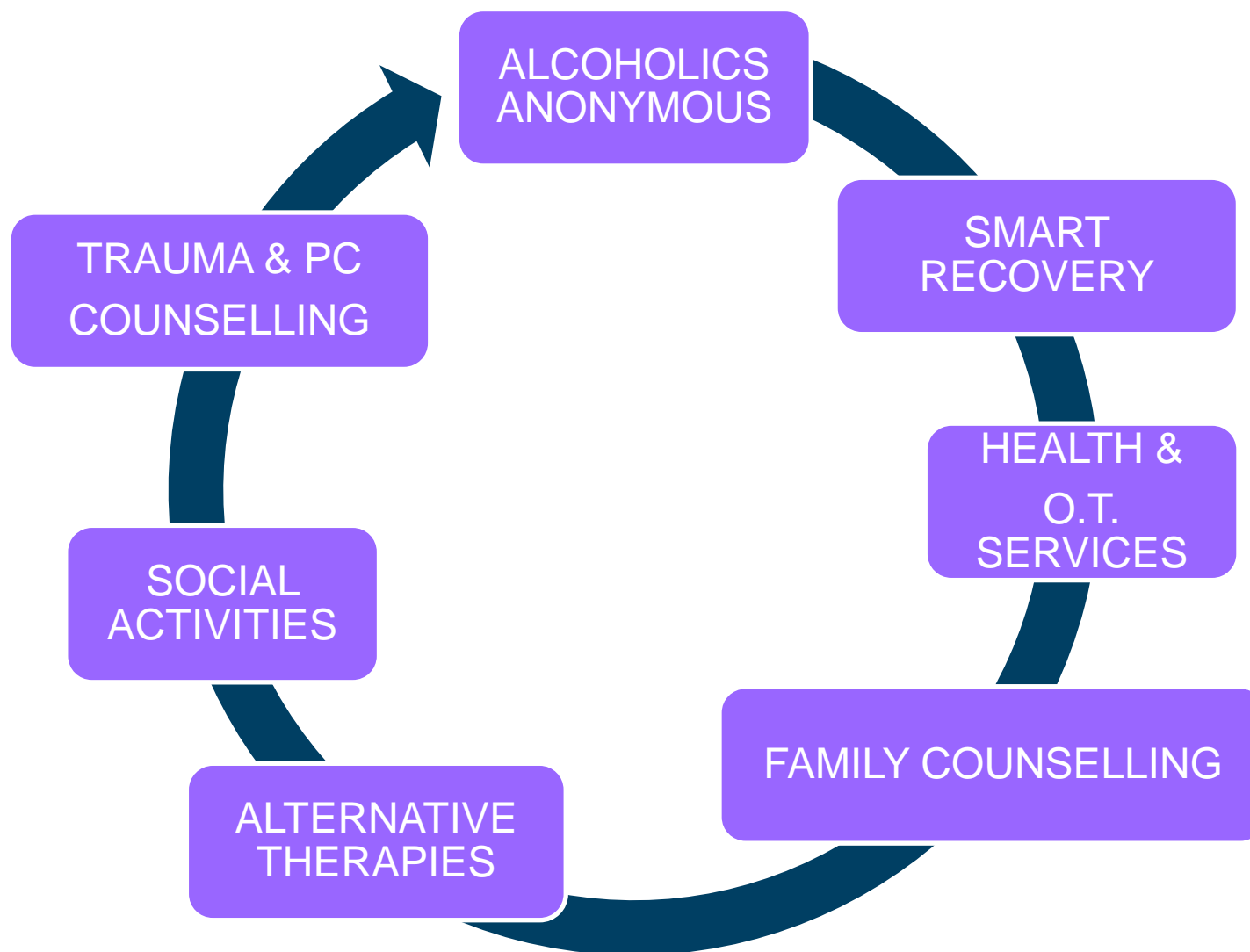
PHASE 3

- PROMOTE INDEPENDENCE
- PEER MENTORING
- GROUP WORK FACILLITATION
- ASSUMING CONTROL
- SOCIAL NETWORKING
- INCREASING RECOVERY CAPITAL
- EMPLOYABILITY
- VOLUNTEERING
- HOUSEKEEPING / COOKING


RE-SETTLEMENT

- TENANCY MANAGEMENT
- MONEY MANAGEMENT
- SUPPORT NETWORKS
- HOUSING APPLICATION
- ACCESSING FURNITURE
- WELFARE SYSTEM
- RECOVERY CAPITAL
- LIVING ALONE

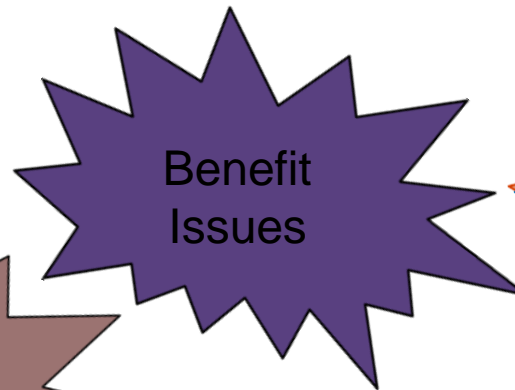
On a typical day...



However, there is no such thing as a typical day!

A blue starburst shape with multiple points, containing the text "Health Deterioration".

Health
Deterioration

A purple starburst shape with multiple points, containing the text "Benefit Issues".

Benefit
Issues

An orange starburst shape with multiple points, containing the text "Support to Court".

Support to
Court

A brown starburst shape with multiple points, containing the text "Crisis Intervention".

Crisis
Intervention

An orange starburst shape with multiple points, containing the text "Relapse".

Relapse

A blue starburst shape with multiple points, containing the text "Communal Living".

Communal
Living

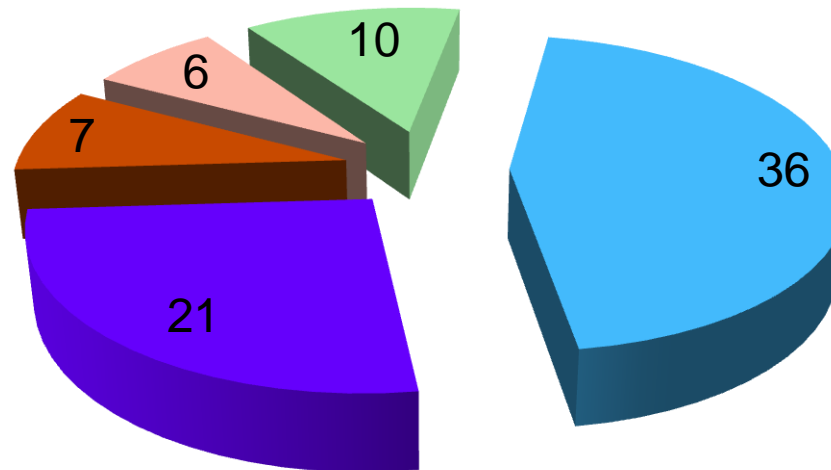
A purple starburst shape with multiple points, containing the text "Mental Health Issues".

Mental
Health
Issues

Quantitative Outcomes



80 admissions since January 2009



- completed programme & secured a tenancy 44%
- left during 1 - 3 months 26%
- left in the 1st month
- moved onto supported accommodation
- currently in service

Qualitative outcomes (former resident survey 2011)



- Recovery / homelessness outcomes
 - 9 out of 14 responded
 - 100% tenancy sustainment (respondents)
 - 88% post service lapse/relapse
 - 88% experienced loneliness & isolation
- Of the 5 non respondents, 1 had moved house, 2 has lost their tenancy & 2 declined to engage in the study
- 85% tenancy sustainment

Life before Garscube



“My life before Garscube was desperate, I was lonely, isolated, depressed and very little contact with my family. I felt worthless and found solace in the ‘bottle’”

“I felt I was at a point where I couldn’t have sunk any lower. I did a lot of damage to others in my life, especially my family”

“My life was a living hell and I was living in a shithole”

“My doctor said if I didn’t stop drinking, I would be dead before I was 50”

Life after Garscube



“It’s a place I can call my own, I can do my own thing, slowly decorating and seeing it coming together”

“I’m sober now and I’m capable of dealing with things now which I didn’t before.. And I have a home of my own!”

“It gave me confidence in myself, changed me totally with my behaviour”

“Happy to see my child again after quite a long period this time which was heart breaking”

Social Isolation



“It’s hard when the six weeks is over and you realise that’s it – you’re no longer part of the service and you have to get on with it”

“Maybe if I wasn’t so lonely I wouldn’t drink so much”

“I didn’t drink for a whole year while I was in Garscube and I never really missed it but I had company in there and really enjoyed living there”

“I don’t have the same drive to go to the gym the way I did whilst at Garscube, I have no one to go with”

As a result ...



- 6 -12 week 'one to one' outreach support
- Revised/re-structured 'programme' with a greater focus on recovery capital, social networking & sustainability
- Weekly 'Drop In' facility (community based)
- Recovery Champions

Today's Statistics



- 92% tenancy sustainment
 - Up from 85%

- 70% post service lapse/relapse
 - Down from 88%

WIDER BENEFITS



- Health improvement
- Decrease in offending behaviour
- Re-engagement with family / children
- Volunteering/Training/Employability
- TPS connects membership (speaking at events etc.)
- Contribution to society

‘Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing and accept the help, the dawn will come.’