

The newsletter of the TTP family



It's been such a monumentally busy period that the spring newsletter was being outdated quicker than it could be updated so we were forced to acknowledge defeat and skipped the issue entirely – hopefully nobody lost any sleep over it ☺.

As you know, it's been exciting times, initially with the amalgamation of TTP Housing and Inward House Projects and now the management teams are working relentlessly to complete the seamless acquisition of the Inward House Tier 3 and Tier 4 centres.

TTP Chorley aka Withnell House went live on 1st April and it was touching to hear Jef describe this as the most rewarding and painless takeover he's experienced – "all staff and residents welcomed and embraced the improvements and new management and support". Completion of the Tier 4 transfer takes place when, in a few short weeks, the all new TTP Recovery Academy at Lancaster is due to open as the first specialist training unit for secondary care in the UK.

Whilst I'm still expecting a few sleepless nights ahead, it is our plan to have transitioned all HR, Accounts and Operations functions to the current TTP Head Office by the end of May, giving you all access to the best available support from the current TTP and former IHP teams.

None of this would be possible if it wasn't for the incredible commitment and dedication from you all.

Gavin

Revolutionary Recovery Academy Launch



A revolutionary Recovery Academy treatment centre in Lancaster will be the first of three new facilities to be opened by us this summer.

Launching on 1st June, the 18-bed centre will be located in Walter Lyon House and has been designed to prepare former addicts for fulfilling, productive lives in sustained recovery.

Clients will have successfully completed at least 12 weeks of primary care rehab before moving in for a further 12 weeks' treatment. That primary care

may be from TTP, another provider or even from.

The Academy, is a 2nd stage care unit where clients are part of a Therapeutic Community and will receive a personal care plan that addresses five key areas:

- Developing recovery
- Family relationships
- Healthcare
- Housing
- Education, training and employment

Care plans will be developed depending upon individual

circumstances and will focus on whichever areas each particular client needs. Specific needs will be assessed and discussed on arrival to inform the care plan which will be truly personal.

Jef has been instrumental in developing the Academy concept: 'What is really special about the Academy is that residents will receive structured training while they're here receiving care. They remain in treatment, so there is plenty of support to continue their personal recovery journey but the culture will be that of a workplace so residents will experience what it's like to hold down a job while they're learning all the fundamentals of how to help others'.

While at the Academy, residents will complete a course in Peer Mentoring Skills (equivalent of NVQ level 2); after the 12 weeks, they may also benefit from work placements in any of TTP's four sectors: inpatient detox; recovery communities; residential rehab or recovery housing.

Tom hopes that the new Academy will create the next generation of recovery champions: 'TTP has always encouraged its clients to be very ambitious for their lives in recovery and this is a landmark in helping to make those ambitions reality. We expect graduates of the Academy to be wellrounded, highly employable people with the essential tools and experience to continue their recovery along with a broad understanding of treatment and a peer mentoring qualification.'

Twelve clients are already lined up awaiting the opening of the Academy on 1 June and have been involved in the design of the building and gardens.

Further centres are to open in Chorley and Bradford. July will see the opening of a new 12-bed inpatient detox centre at Withnell House in Chorley. Soon afterwards, we will be opening a Community Rehab in Bradford, adjacent to the highly successful detox centre run by Steve Scora, who will also have responsibility for the new facility.

John Wins Creative Writing Competition for March

He wrote:

I heard the Geese flying home this morning, and I felt grateful. It wasn't always like that.

I remember the sounds of the birds early in the morning, I don't know what kinds of birds they were; but I hated the sound of those bloody birds! Yes they had allot to answer for. Their incessant chatter meant that it was at least 3 to 4 hours before I could get any relief from this ache inside, the dealers were all sleeping, the off license was closed. I had to sit, sweat, retch and panic for ages, while they sang happily being alive, awakening. Awake! what was good about that? Obviously their tiny brains would never realize my pain. My problem was I had to feel better, my solution was, I had to score. If I could sort myself out, then maybe I would sing with them, but I never did and they kept on singing, without me. The noise in my head was matching the birds, my heart pounded, all painfully reminding me how bad I felt, and how much I hated those bloody birds.

To say mornings were not good was like saying that breathing was a waste of time! I had to do it: but didn't want to, and hated the fact. My drug using was exactly the same, every day the same monotonous routine of feeling sick, being terrified of relative peace,

then inevitably my head competing with, and despising the sound of those birds! It seemed to me, that the longer I could stay sleeping, the less I would suffer running around with people that I hated., to rob people that hated me, just to end up where I always did, sick, awake and angry at those bloody birds!

Eventually, after spending 25 years trying and failing to find peace, I found a heavy enough combination of heroin, methadone, sleeping tablets and alcohol which allowed me to block out the birds, and for a while I slept. I slept through my son growing and struggling, both my parents and little brother dieing, nearly losing a leg, 2 comas, I woke and simply realised: I can't do this anymore!! that was the day I knew I needed help. So on the 19th August I stumbled through the doors of TTP Drug Rehab Treatment Centre, dreading what was to come, knowing it was 25 years overdue.

I peered out through aching eyes at a group of people in a circle, they peered back; and they smiled. With shaking hands I signed up and knew through my fear, I was in the right place. (Next door there's a funeral parlour... apt!). My Detox was a breeze, though for those how patiently held me through that time, I was more like a hurricane. I was manic, never knowing where I was, talking



John claims his £50 prize at TTP Luton

at anyone who would listen, and ready to change the world! When finally my detox was over, I began to trust my peers and counsellor enough to see that something needed to change that something, was in fact me.

Putting down the opiates, and the booze was painful, but I was willing whole heartedly to do it! So I became clean and sober, then a little more sober, and then the work began. At times it was only the acre an guidance from my peers and staff that helped

me through a long hard look at myself. I've worked through the barriers I built, cried in process, learned to trust, to be honest, to be open minded, to take one day at a time, and be willing to change.

So i'm grateful today, my life has become something I want to wake up to, I'm grateful I have a sponsor to work through the twelve steps, and i'm grateful I heard the geese this morning, cos like me they are coming home from a dark place. it's so much better than hearing my head blaming those bloody birds.

Blackburn news

By James Carter

Blackburn has had a busy start to the year and now just recently revamped the Programs.

The Team has worked hard to do this and the early signs are promising. Hopefully we will be acquiring housing in the very near future, so fingers cross as this would be added value. Also in the pipe line is some

partnership working with Create who are based in Leeds.

This will provide Social Enterprise and job training for clients so they can become work ready.

For all of those whom haven't visited us you are more than welcome anytime!