

Specialised Drug & Alcohol Services

Abstinence Based Structured Supported Housing



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How can we help?

Chrysalis provides high quality, abstinence based structured safe accommodation. Support will be high/medium/low to very low structured support This will depend on your needs, and where you are in your recovery journey. This service is only for people in Recovery from Addiction and its related issues. People who are eligible must have successfully completed our Treatment Programme or other residential or Community-based Rehabilitation Addiction Treatment.

Living in a safe, supportive, structured communal environment will enable you to continue to cement your recovery life, maintain consistency and self-discipline, adopt healthy boundaries whilst meaningfully promoting positive relationships. ***We provide as a condition of the support a requirement that you attend for 3 days a week our Compass Project as well as group and one to one support.*** People will work, supported by us, at a realistic pace toward positive self-directed goals and aspirations and will be encouraged to act maturely, embracing personal responsibility, increasing a sense at positive self-image and self-esteem consistent with your personal Recovery.



Our objectives are to:

- Provide safe, secure, quality supported accommodation
- Prevent relapse and increase engagement in recovery
- Support residents as they process their difficult and painful experiences
- Prevent the harmful consequences of addiction such as incarceration, hospitalisation, homelessness, and the high risk of death, to name but some
- Provide flexible, structured, and appropriately targeted support
- Assist residents to improve their health and general wellbeing
- Encourage residents to acquire and develop life and social skills, to access community resources, seek voluntary work and explore educational and employment options, such as with our Compass Project
- Support residents to take greater personal responsibility for themselves and their recovery
- Support residents to explore and work towards 'move-on' options.
- Assist residents to integrate and resettle into the community in a stable and constructive way
- Enable residents to feel confident to manage their future

What will my accommodation be like?



"On my arrival at Chrysalis, I was made to feel very welcome and at ease. Everything was ready and straight-forward, all the documents and induction pack was awaiting my signatures. The house more than met my expectations, I settled in quickly and feel like this is my home. I'm happy I made the choice to join Chrysalis."

- Resident

All the Chrysalis properties are non-smoking, and pets, children and couples are not permitted.

Shared Accommodation

You will start your Chrysalis journey in a beautifully furnished shared house typically with 4-6 other People in Bristol. You will have your own double bedroom, some will have ensuite's or a shared shower room or bathroom for no more than 2/3 to share. Most homes will have visitor and resident cloak rooms/WC's. There is a communal kitchen and dining area, living room, utility room, and a garden. Properties are of a high standard and there is an expectation that you commit to maintain the quality, standards and general upkeep of the house as a condition of your stay.

Utilities (except in Self-Contained Flats/Studios or Bed-Sits) such as Electric/Gas, TV License, Water, Wi-Fi, and Council Tax are included in the Eligible Core Rent and Service Charge, any Ineligible shortfalls will need to be paid by you in advance as agreed. You will be provided with your own Fridge-Freezer and designated kitchen cupboards.

Individual Accommodation

When the time is right, you may be offered one of Chrysalis' high-quality one-bedroom flats that are provided with lower support. This is provided to further support you in your journey towards independent living. Each flat consists of built-in fridge-freezer, washing machine, dryer, microwave and tv and is fully furnished to a high standard. Unlike the shared houses, you are expected to pay personally for your own utilities separately from your service charge and rent, this is the final step before taking up an unsupported tenancy and is designed to help you gain confidence whilst still retaining the safety net of the support available to you as you navigate this final transition to full independence.

What will it cost?

Typically housing benefit will cover the accommodation if you have savings under £10,000, otherwise, you can pay the difference or self-fund. You may be asked to pay a contribution towards the service charge to cover utilities and other household service costs. Please contact us for a breakdown of these costs, they will be provided to you as part of the induction, typically they can range from £5/20 per week.

What specialist support does Chrysalis offer?

Counselling & Key Worker Support

This is an essential weekly or bi-weekly 1:1 session. This takes an integrated approach to the Person and your recovery. These sessions offer the space for you to explore and challenge yourself to work through painful or difficult to process emotions whilst adapting and integrating these into your new life in Recovery.

Residential community groups

You are required to attend the weekly group meeting at the house or at the Compass Project, so that you can get the support you need from others. These groups can become a much-needed space to evaluate and safely address difficult relationship dynamics with yourself and other people. This will enable you to build confidence and develop healthy behavioural skills.

Psycho-educational workshops

You will as required also participate in other kinds of structured group activity, debate, or theme to deepen your understanding of yourself, recovery, the world you occupy and your place in it with others.

Chrysalis community led gatherings

This is a great opportunity for you to meet and socialise with all residents in the service. These are informal and entirely led by you and your recovery peers. You might choose to have a BBQ in the garden, a meal together or to spend time participating in an activity or hobby together.

Peer mentoring

A peer mentor is someone who has been there and navigated some of the experiences you may be having. They can offer practical support such as advice on local services, propose helpful reading materials, and share ideas and suggestions about skills development, education, and/or volunteering as well as day to day practical knowledge around life in recovery.

Specialist Housing Officer

You will be designated a housing officer on arrival who will be your main point of contact for all housing related support. They are separate from your Counsellor or Support Workers, and they will visit you on a regular basis to help you and support you with your home life and any relevant tenancy matters.

Responsive Maintenance Service

Chrysalis operates a 365 day - 24 hour reactive and responsive maintenance service to all tenants and all properties are maintained and meet our high quality standards.

What are the rules?

Chrysalis expects you to act maturely, taking pride in yourself and the environment in which you live in, you are expected to comply with the accommodation license agreement, that you agree to enter in to. You are responsible for keeping your home and communal areas clean, tidy and to treat it with respect and there is a **daily & monthly rota** for the communal and garden areas that you need to adhere to, this is a condition of the license to reside in your home.



Building structure such as attending our **Compass Project**, and integrating education, training including approved part-time employment, for example the **Permitted to Work Scheme**, or engaging with **Voluntary work** at the **Compass Project** or elsewhere, are necessary aspects of life at Chrysalis and are conditional from the start of your residency, this is part of the conditions of your stay. **You must attend and actively participate in all support and activities offered or agreed with you as appropriate.**

In shared accommodation, there is a curfew, and you are expected to be home before 11 pm Sunday to Thursday and 1 am on Friday and Saturday. Any events that finish later, must be agreed in advance.

We operate a **zero-tolerance towards abuse policy**, everyone is expected to challenge their own, and other's outdated, prejudicial views. You will be instantly discharged from Chrysalis if you exhibit harassment, discrimination, threatening/aggressive behaviour, or are party to criminal activity. A negative drug and alcohol urine test, and alcohol breath test is required by all residents on your day of admission. You are also required to give consent to comply with any request for testing and this will be required throughout your stay. We cannot force you to give a test, but you agree as part of accepting our offer for this place that you **knowingly** and **willingly** give your consent. Refusal will be deemed by us as if you had provided us with a positive result and you will be discharged from your home as per the rules. **We expect you to remain totally abstinent throughout your stay with Chrysalis** in line with our policy on total abstinence, and **your** commitment to **recovery**.



What happens if I relapse?

If this does happen, then as long as you are open, honest and willing to recommit to abstinence and your recovery, we will try our best to support you. This will however be on a case by case basis and must be something that is seen as constructive and viable by your peers and all support staff. The environment operates on the principle of this being a community of recovering people, they are first and foremost at the centre of all decisions that are agreed upon, including any flexibility offered.



This is not to be taken as a green light that a lapse will be tolerated, if it is deemed alongside other factors that you are clearly unable to commit to the rules and the structure in place then this will in all instances result in your removal from the property and the support offered.

What happens if I break the rules?



Chrysalis always works with transparency, and we want you to be successful in your recovery; we recognise that mistakes can be a vital tool for growth, and it is never our aim to punish you and or add to your difficulties. We recognise that change does not always occur in a straight line and often the greatest lessons are learned from experiences that are later regretted. Where evident that breaches have been made, you will face consequences in the form of therapeutic contracts, assignments to address the type and severity of the behaviour, warnings, including therapeutic discharge, or actual discharge. Should an immediate discharge be issued, Chrysalis will aim to support a secure move-on wherever reasonably possible and if done during out of hours we would look to place you overnight in a bed and breakfast.

Am I eligible?

Yes - if you:

- Are an individual over 18, understand and have full capacity to willingly understand the structure, the support offered and the rules governing the conditions of your residency, and feel it is what you need and agree to be bound by it
- Have been abstinent for at least 6-12 weeks before applying
- Have a history of complex addiction (substance / behaviour) and an unsettled history due to addiction
- Have been through or are undertaking treatment from substance misuse and/or dependency
- Will participate in 1-1 support, The Compass Project and all Support Groups
- Are at risk of relapse and/or becoming homeless without Chrysalis' support
- Will agree on our request to allow alcohol and drug tests
- Are in receipt of either Employment Support Allowance, Personal Independent Payment or Universal Credit or can self-fund.



No - if you:

- Are a couple, are pregnant or have pets
- Need a medical detox
- Have been diagnosed with an enduring severe / complicated mental health condition not related to addiction that requires specialist and ongoing treatment
- Have committed any schedule 1 violent or sexual offences, that places you on a statutory register.



How to apply

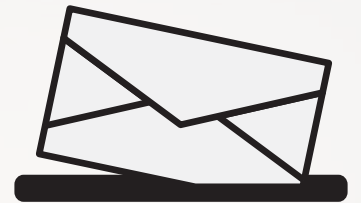


Applications can be made by you or any professional you work with, and at least one written reference is required. You will also need to provide two approved forms of ID, proof of benefits/income and a current bank statement. If you are taking medications prescribed by health professionals, this will also need to be included and pre-agreed.

Permission to contact your medical professional will be required.

The application form can be found on our website:
www.chrysalishousing.co.uk

or call our freephone number:
0300 365 4040



Completed applications and supporting documentation should be emailed to
referrals@chrysalishousing.co.uk

Next Steps:

- **Initial Assessment:** Once your application has been processed, you will be contacted by a member of staff and, provided we feel we can offer the right support, an initial assessment will be arranged (either face-to-face or remotely).
- **Meet the residents:** If this part of your assessment is successful, you will be invited to meet with the current residents at the property. This gives you the opportunity to ask questions, ease anxieties and hear the lived experiences of Chrysalis' clients. The meeting usually takes place at the property or remotely.
- **Decision:** After you have met with the residents, Chrysalis will inform you via phone call or email as to whether your application has been successful.
- **Move in date:** If your application was successful, a move-in date will be arranged for the earliest available date.



PLEASE NOTE: This assessment process can take up to two weeks, so it is vital that it is done so with plenty of time before discharge from a Treatment Centre it that is where you currently stay.

What if I don't get a place?

We will let you know the reason for our decision at any stage in a timely manner, and usually within 7 working days. We will always provide you details of other possible Agencies or Organisations that may be able to help.

You do have the right to appeal this decision, either yourself or with the help of a representative, if you think we have acted unfairly.

Please be aware that we only have a limited number of places at any time.



Contact us

WEB: www.chrysalishousing.co.uk

TEL: 0300 369 4040

EMAIL: info@chrysalishousing.co.uk



"A safe home, A fresh start, A bright future!"[®]