

## Chrysalis STARS Application guidance

This guidance refers to the application process for Chrysalis's abstinence-based specialised support service which provides high quality, safe accommodation and medium to low structured support for people recovering from problem substance use and/or dependency.

Our Structured Therapeutic Addiction Recovery Support (STARS) Program is primarily aimed at people who are looking to build recovery capital having completed an intensive Residential or Community treatment program. Residents in this scheme are committed to an abstinence-based lifestyle and might otherwise be at risk of relapse and/or homelessness.

Chrysalis believes that living in a safe and supportive recovery community can help individuals work towards developing healthy relationships, structure and self-discipline. By residing in a change-focused setting, individuals can work at a realistic pace toward positive self-directed goals and aspirations.

Our code of conduct sets high behavioural standards for the safety of the individual and our recovery community. These are non-negotiable and program participants will be expected to maintain these standards in order to receive ongoing support and accommodation with us.

## **Objectives**

- ✓ Provide high quality, secure accommodation and to prevent homelessness.
- ✓ Provide a flexible, structured and appropriate level of support for all residents.
- ✓ Assist residents in identifying and addressing their primary health needs.
- ✓ Encourage residents to acquire and develop skills for life and work.
- ✓ Encourage residents to access community resources and explore educational and employment options.
- ✓ Support residents to take greater personal responsibility for themselves and their recovery.
- ✓ Support residents to explore 'move-on' options when they feel they are ready.
- ✓ Assist residents to fully integrate with the wider community in a stable and constructive way.
- ✓ Assist residents to reach their potential.
- ✓

**Our program is designed to meet the needs of people who are able to manage their daily living with a low to moderate level of support. Our team does not include medical or nursing staff and cannot provide additional support for complex physical or mental health conditions or medications that cannot be safely managed by the applicant themselves and their GP.**

**We are also unable to consider the following applicants:**

- Pregnant
- Couples
- Pets
- Those requiring medical detox
- Any schedule 1 offence, past or present
- Any offence committed under the Sexual Offences Act 2003

## **Important Information Before Applying**

**Our program consists of the following and all participants will be required to commit to the following for ongoing accommodation and support:**

- High-quality, abstinence-based supported shared living with peer accountability, keyworker check-ins and an integrated support package.
- Funded via Housing Benefit (where eligible) with personal contribution towards service charges and support costs of c. £15-£35 per week.
- Residents sign a license agreement outlining expectations including:
  - Ongoing abstinence and consent to regular drug and alcohol testing
  - Communal responsibilities (Therapeutic duties): cleaning rotas, budgeting, shopping and meal preparation.
- Attendance at set internal (Psycho-educational groups, Therapeutic 1-1's) and external (12-step Fellowships/SMART/commissioned recovery support services) weekly recovery activities
- Commitment to attend Compass Project three days per week (retail, furniture delivery and assembly, maintenance, commercial and domestic services and other work-based training activities)
- Applications can be made by the applicant, a professional agency or appropriate third party representing the applicant. If someone else completes this application form on behalf of the applicant, please provide details in the section provided.
- Applicants must have achieved at least six weeks' abstinence from illicit substances before we will admit to our program.
- Applicants must be in receipt of either Employment Support Allowance, Personal Independent Payment or Universal Credit in order to reside with Chrysalis, unless they are paying for services and accommodation from personal money.
- A negative drug and alcohol urine test is required by all residents on day of admission, and consent and compliance to unscheduled drug and alcohol testing throughout their residency.
- The licence agreement requires abstinence from alcohol and illicit substances for all participants in this service, and the failure to adhere to this could result in the licence being terminated immediately.
- Medications prescribed by health professionals such as a GP, dentist or psychiatrist may be permitted. They need to have been discussed and agreed with Chrysalis, safely stored and taken as instructed by the prescribing clinician.
- If applicants are accepted on controlled medication they may be required to bear the cost of specialist test kits to ensure that the prescribed medication is being taken as instructed.
- Two written references are required to support the application.
- This form must be completed in full and submitted to Chrysalis along with two approved forms of identification (ID), proof of benefits and a current bank statement.

We understand that those that have experienced problematic substance use are more likely to experience ongoing health conditions. However, we expect all applicants to be able to participate for a minimum of 3 days' per week in our Compass Project, plus attend all internal and external support activities as directed by us and that this will take priority over other commitments or activities.

We are a trauma-informed service and we recognise that problematic substance use can often result from Adverse Childhood Experiences and past trauma. The therapeutic component of our support program is focused on Psycho-education, Relapse Prevention and your Recovery goals. We do not provide specialist trauma counselling and ask that you inform us as part of your assessment if this is something that you intend to seek externally whilst engaged in our program. We will need to assess your needs and our ability to adequately support you through this process alongside your program participation.

Our application form asks if the applicant has been diagnosed with a number of specific health conditions or has neurodiversity support needs and to provide details. If the applicant experiences the effects of any of the conditions listed but does not have a formal diagnosis, please record this along with any reasonable adjustment that they would need in order to fully engage in all aspects of our program. If we believe that we are unable to provide adequate support for you, we will respond as per our unsuccessful application process (see below).

If the symptoms of any current illness or condition changes or the applicant is diagnosed with a new condition whilst participating in our program, we may reassess our ability to provide effective ongoing support. If we believe that we are no longer able to meet the applicant's needs we will, where possible, provide an onward referral but may end our support and accommodation offer. Please consider this carefully before applying.

Please ensure that the application is fully completed. If you require further clarification on any sections, please contact us prior to sending the application. Please note that if all the supporting evidence is not provided with the completed application, we will not be able to offer an assessment.

Please return the application form and supporting documents to:  
[referrals@journeycareservices.co.uk](mailto:referrals@journeycareservices.co.uk) OR Chrysalis Supported Association Limited, 3 Brook Office Park, Emerson's Green, Bristol, BS16 7FL

***Information sent to this address is shared by more than one company within the group to offer the best support possible. Please only use this address if you are happy with the information being shared***

## **Assessment Process**

Once the application has been reviewed, we will make contact to arrange an assessment if your application indicates that we are an appropriate service for the applicant's needs. The initial assessment takes place either face-to-face or online.

If successful, the applicant will be invited to meet residents at the property and staff at Compass Project to discuss the recovery support program. This gives the applicant the opportunity to ask questions, see the service and hear the experiences of current program participants.

We will then provide a final decision on the success of the application via phone call or email. If successful, a move-in date will be arranged for the earliest convenient date.

This assessment process can take up to two weeks and so it is vital that when referring to Chrysalis, it is done so with plenty of time before discharge from a treatment center.

## **Unsuccessful Applications**

If we are unable to offer a place for any reason, the applicant will be informed via phone call or email within fourteen working days, outlining the reasons why.

The applicant has the right to appeal this decision and has the right to appoint an advocate or representative who can request a review by an external review. If it is deemed that Chrysalis has acted unfairly, we will review our initial decision.

Chrysalis aims, where it is possible, to provide clear and appropriate guidance to other agencies or organisations that may be able to provide support or appropriate help.

### **What is provided**

- High quality communal furnishings
- Modern cooking facilities
- Cooking utensils, cutlery, crockery, etc
- Fridge and freezer space for each individual
- Kitchen cupboard space for each individual
- Bedroom furniture: bed, wardrobe, chest of drawers, bedside cabinet, lamp, mirror, washing basket, pictures, bedding (if required)
- Cleaning products and equipment

### **What is not provided**

- Clothing
- Food, drinks, supplies
- Washing detergent, personal hygiene products

Please note that all furniture and bedroom furniture is provided and so it is not permitted to bring any additional items. It is also not permitted to have a TV in the bedrooms. This is to promote and encourage the community within the house.