

## Contact us

Contact for Dual Diagnosis  
**0117 378 4086 (Fromeside)**  
**0117 3784329 (Wickham)**

For information on Trust Services, visit  
[www.awp.nhs.uk](http://www.awp.nhs.uk)

## PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01225 362900  
Freephone: 0800 073 1778  
Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

## Other formats and languages

If you need this information in other formats such as large print, Braille) or another language, please call the PALS number.

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**Avon and Wiltshire  
Mental Health Partnership**  
NHS Trust

**Support in secure services for  
people using drugs and  
alcohol**

**Information for service users, relatives  
and visitors**

## Introduction

This leaflet tells you about Secure Services' approach to non-prescription drugs, illegal substance and alcohol use. It also gives some suggestions about how services can help to support you during your time here.

There are many reasons why people use illegal substances and alcohol, such as addiction, social pressures or boredom. Drugs and alcohol affect people in different ways and, for some, it can make a person's mental illness worse with related problem behaviours.

While in hospital, having conversations with staff and taking part in treatment can help you make changes for the future. Some people may feel they are likely to take up some form of alcohol or drug use again after discharge. This can be recognised in treatment which can involve teaching self-management, relapse prevention skills and planning.

For a small number of people, their offence will have been severe and considered directly related to substance and/or alcohol use. If this is the case, your treatment will require total abstinence and non-using will be part of your discharge plans.

However, whether the treatment aims are abstinence or reducing alcohol or drug related harm, we will be open and honest about how we will work with you, ask you for your views and involve you in planning your treatment.

### **HAWKS (Hartcliffe and Withywood Kick Start)**

Community-based drug and alcohol service provider.

Tel: 0117 964 2859

[www.hwcp.org.uk](http://www.hwcp.org.uk)

### **KWADS (Knowle West Alcohol and Drug Service)**

Free confidential advice, information, support, & referrals for drug/alcohol users and their carers.

Tel: 0117 953 3870

[www.kwads.org.uk](http://www.kwads.org.uk)

### **Nilaari Agency**

Culturally specific service for drug and alcohol issues, aimed at young black people and adults.

Tel: 0117 952 5742

<http://nilaari.co.uk/>

### **The SWAN Project**

Alcohol support group service for people committed to stopping drinking and those who have already stopped and want to maintain it.

Tel: 0117 989 2521

[www.akousis.co.uk/theswanproject.htm](http://www.akousis.co.uk/theswanproject.htm)

## Helpful organisations in Bristol

### **Alcoholics Anonymous (AA)**

Group support for people trying to recover from alcohol addiction  
Tel: 0117 926 5520 (24hours). [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **Narcotics Anonymous (NA)**

NA is a non profit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

Tel: 0117 924 0084

### **Addiction Recovery Agency (ARA)**

Advice and counselling on alcohol and drugs

Tel: 0117 929 3028 [www.addictionrecovery.org.uk](http://www.addictionrecovery.org.uk)

### **Bristol Drugs Project (BDP)**

The main aim of BDP is to reduce drug and alcohol-related harm, through a range of services for people at all stages of addiction.

Tel: 0117 987 1500 (General Office) <http://www.bdp.org.uk/>

### **Bristol Specialist Drug & Alcohol Service**

A specialist outpatient day unit for people with serious alcohol problems, aiming to provide help and support for those trying to stop drinking.

Tel: 0117 919 2345

### **DHI Bristol ROADS Support Service**

Tel: 0117 916 6588

Email: [info@dhibristol.org.uk](mailto:info@dhibristol.org.uk)

Brunswick Court, Brunswick Square, Bristol, BS2 8PE

Ask your team for information about services outside Bristol.

## Drug & alcohol procedure

Avon and Wiltshire Mental Health Partnership NHS Trust has a legal duty to prevent the use of all illegal substances, as well as alcohol, solvents, Khat and legal highs on its premises.

Our Secure Services have a Drug and Alcohol procedure to make sure you have the best possible chance of recovery from mental illness and substance use.

We also have a zero tolerance policy for any person (service user, visitors, staff) **carrying, using, supplying or trading** illegal substances and alcohol within the building or the hospital grounds.

There are some service users who may have an alcohol allowance as part of their therapy. Any use of alcohol as a therapeutic aim will be in specified places in the community and never on hospital premises.

If you do not stick to the Drug and Alcohol procedure, you may have more nursing observations on the ward and /or loss of community and ground leave. In some cases, you may have to be transferred to a more secure ward or reported to the police.

Staff may need to search you or your belongings or test you (such as a urine screen or breath test) to make sure you are keeping to the policy.

While these procedures can be unpleasant, they are there to make sure everyone and the environment remains safe.

## What can I do?

If you think you may struggle without alcohol or drugs, there are a number of ways you can make it easier:

- Keeping busy is a great way of taking your mind off alcohol and drugs. In hospital, there are opportunities to take part in a wide range of activities and therapies.
- It is important to find ways to relax which do not involve turning to drugs or alcohol. Music, meditation, breathing techniques and muscular relaxation can help. Talk to your team if you would like support in doing these activities.
- Getting good quality sleep can help. Talk to your team if you want ideas on how to improve your sleep.
- If friends and family are supportive of you not using drugs and alcohol, you may find it helpful to talk to them.

## Which services can help?

If you are worried about coping without drugs and/or alcohol during your time at Wickham or Fromeside, the following support is available:

- Information and advice from specialised staff
- Specialised drug and alcohol groups
- One-to-one drug and alcohol sessions
- Linking with community services
- Attend NA / AA meetings in Malago group room at Fromeside on Wednesdays 6.30 -7.30. Listen to, and share stories of hope and recovery.

Please tell a member of your care team what you would find helpful.

For further information about what services are available and how the services are offered, please contact the please contact the Dual Diagnosis Lead on

0117 378 4086 (Fromeside) or

0117 3784329 (Wickham)