

Look out for this sticker across Birmingham!



It will help you identify the various locations where you can access Reach Out Recovery across the city.

Contact us for more information or to book an appointment:

T: 0121 227 5890 (24 hr)

E: birmingham.info@cri.org.uk

W: www.reachoutrecovery.org.uk

Opening hours vary, contact us for details.

If you or someone you know is in danger and needs urgent help, contact the emergency services immediately by calling 999.

Please get in touch if you'd like to get involved in supporting Reach Out Recovery in your local community, we'd love to hear from you.

Other languages

This leaflet is available in other languages upon request.

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Ta ulotka jest dostępna w innych językach na życzenie.

بیلطلا دنخ یرخا تاغل یف حاتم وه قرشنلا هذه



Crime Reduction Initiatives (CRI) is a social care and health charity, registered in England and Wales (1079327) and Scotland (SCO39861). Company Registration Number 3861209 (England and Wales)



Drug and Alcohol Support
Birmingham

www.reachoutrecovery.org.uk

0121 227 5890 (24 hr)



WHO WE ARE

Reach Out Recovery is funded by Birmingham City Council and the services are provided by CRI, a health and social care charity.

Reach Out Recovery offers treatment and recovery services to support any adult experiencing difficulties with drugs and/or alcohol in a range of local community settings across Birmingham. We have recovery teams across the city which include doctors, recovery coordinators, nurses, recovery champions, peer mentors and volunteers.

ARE YOU?

- Worried about your drinking or drug use or that of someone you know?
- Concerned about your health or personal relationships?
- Worried that your use of drugs or alcohol is getting worse?
- In need of tailored support to make changes in your life?
- Worried about someone else in respect of any of the above?

WHAT WE OFFER

Our services are free and confidential.

We aim to empower people struggling with addiction to identify and realise their goals throughout their recovery journey towards a healthier lifestyle. Reach Out Recovery encourages community participation; ensuring services are based on quality, timely interventions that provide exactly what's needed at the time and place it's needed most.

HOW CAN WE HELP

We believe that everyone has the potential to change. Reach Out Recovery will work with you to help you to regain control of your life, tackle your problems and reach your goals.

Advice, guidance and information

We offer free, confidential advice and information about drugs and alcohol for anyone struggling with an addiction. We know everybody's journey is different, which is why your dedicated Recovery Coordinator will work closely with you to design a personal support plan.

If you're worried about someone else then we can explain the kind of help we can offer, and talk to you about the best way to support the person you're worried about.

A personal plan

Your Recovery Coordinator will design a package of care that harnesses your strengths, addresses unmet needs and helps you to achieve your goals. Support will be provided as close to your home as possible, through a whole network of community venues across the city.

You'll have access to:

- One-to-one and group support, programmes and complementary therapies
- Peer mentoring by people with personal experience of the issues you're facing and opportunities to become a Peer Mentor yourself
- Foundations of Recovery (a non-religious twelve-step programme)
- Other sources of support, like Alcoholics Anonymous and Narcotics Anonymous or other mutual aid groups
- Breaking Free Online (an online support tool for your recovery journey)

Healthcare Clinics

Advice, screening and vaccinations for blood-borne viruses, such as HIV and hepatitis. We also offer Naloxone kits and training.

Needle Exchange

Provision of safe equipment and harm reduction advice for injecting drug users

Medically Assisted Recovery

Medical interventions, such as opiate substitute prescribing, aimed at reducing or ceasing drug dependence.

Community and Inpatient Detoxification

Access to both community and inpatient detoxification for both drugs and alcohol.

Education, training, employment & volunteering (ETEV)

Support in accessing training, employment and volunteering opportunities in your local community

Support for families and carers

Are you affected by someone else's addiction? If yes, we can help. We understand that it can be very difficult to deal with the behaviour of someone close to you who misuses drugs and/or alcohol, and we will support you to have a voice and a role in supporting your loved one.

We provide access to a range of options including peer led groups, mutual aid, recovery and family recovery coaching.

Domestic Abuse support

We help victims find out what their options are, including housing, safety and legal issues, and guidance through the court process. We can also put them in touch with other organisations that may be able to address their concerns.

Criminal Justice / prison services (DIP, PPO, IOM, prisons)

We encourage people to tackle their drug and/or alcohol use and criminal offending related to substance misuse.

Aftercare (The Recovery Network)

We want you to celebrate your recovery and continue being supported long after your treatment plan has come to an end. We provide recovery check-ins and offer access to peer-led activity groups from film clubs to fishing as well as mutual aid and wider recovery networks. Perhaps you would like to set up your own business or a community interest company that serves the wider community – we can help.

Equal Opportunities

We operate an equal opportunities policy which means that anyone using the service, or any employee, volunteer or mentor, will not be discriminated against on the basis of racial, ethnic or national origin, gender, marital status, disability, sexual orientation, age, religious beliefs, HIV/AIDS status, or criminal offences.

Confidentiality

Our services are strictly confidential and we have an open access policy. This means we are transparent about what we do with documentation, information and data held on each of our clients and will keep them informed as to who we are working with. Ask for a copy of our Client Confidentiality Agreement for further information.

Service User Involvement (SUI)

This is crucial to the ongoing development of Reach Out Recovery. We are always looking for suggestions, views and critical feedback from all persons that are affected by our work. We welcome your input and encourage you to tell us what could be better.

