



NORTH YORKSHIRE HORIZONS

**Do you, or anyone you know,
want to be free from drugs
or alcohol misuse?**

We're here to help



If you, or someone you know, wants to be free from alcohol or drugs, we can help.

North Yorkshire Horizons offer a range of free, confidential and non-judgemental services for individuals and their families whose lives are affected by drugs and/or alcohol, and who live within the North Yorkshire county. Our aim is to support people to stay safe and live happier, healthy lives, free from drugs and alcohol.

Please contact us on 01723 330730 for assistance.

What we can offer

We have experienced and professional teams who will work with individuals on their journey to recovery from drugs and/or alcohol. You will be allocated a key worker who will support you throughout your treatment and help you to develop a Recovery Plan, that is built around you and your circumstances. As part of our support, we can offer the following:

- One-to-one support
- Structured group therapy work
- Support to family members, involving them as part of your recovery plan wherever possible and with your consent
- A health and wellbeing check, health screenings, blood testing and vaccinations
- Help you achieve a balanced approach to life through therapeutic intervention
- Support to reduce the harm of drugs on you and how to prevent overdose
- Substitute medication is available for some drugs that you may use
- Detox from alcohol and/or drugs – these can be at rehab centres (if you choose) or in the community/near your home
- A peer mentor/volunteer to give you additional support (see section on Recovery and Mentoring)

We actively encourage everyone who works with us to take ownership over their recovery plan to make sure it's right for each individual, giving them the best chance at a successful recovery!

Contact us for support or referral

You can contact us on **01723 330730, 9am to 5:30pm, Monday to Friday.**
You can also contact the service via email on **info@nyhorizons.org.uk.**

Anyone can make a referral to the North Yorkshire Horizons service eg. self-referrals, family members.

Where we are

North Yorkshire Horizons operates from 5 main Hubs across North Yorkshire as well as providing support to rural areas where we utilise a wide range of local community venues to offer recovery groups. The 5 HUBS are: Harrogate, Northallerton, Selby, Skipton, and Scarborough (see back page for details).

Early Intervention and Prevention

Our Early Intervention and Prevention Team provides support for people going through the criminal justice system, injecting drug users and those that use drugs other than heroin. We can provide:

- Guidance for people using New Psychoactive Substances ('legal highs'), 'club drugs', cannabis and steroids
- Sterile injecting equipment through local pharmacies, the hubs and mobile to your home
- Assessment and support for people in police custody
- Resettlement support for people released from prison

Recovery and Mentoring

We can support you with your treatment and recovery in a number of ways:

- You can join one of our local recovery groups
- When you leave treatment, we can give you ongoing support in the community
- We can support you to get specialist services and mutual aid
- Working with community groups, we can help you find opportunities for employment, education and voluntary work

Our service works in local communities to support people with drugs and/or alcohol issues. We recruit and train volunteers - if you would like to volunteer with North Yorkshire Horizons, please contact us on 01723 330730.

Q: How will my treatment work?

The service has been designed to be more recovery focused than what was in place previously and as part of this we have improved access to recovery support and grown the local peer mentor network.

Q: What alcohol services will be available?

A range of alcohol treatment and support options are available across North Yorkshire, including 1:1 support, group support and detoxification. The service will provide support for people who have been assessed as “harmful or dependent drinkers.” The service also supports an increase in availability and access to peer support groups, including AA (Alcoholics Anonymous) and other alcohol support groups where the need for these is identified.

Q: Will substitute medication, including methadone and subutex still be available to me?

New referrals to the service will be able to be assessed for suitability for opiate replacement therapy. Although the new service is recovery focused, no one accessing treatment will be made to come off prescribed medication before they are ready to do so, and it is recognised that some people may need to stay on prescribed treatment for several years. However the new service will try and make it easier for those who are ready to come off medication to do so.

Q: What groups are available?

The North Yorkshire Horizons service delivers and supports a range of different groups, depending on the need identified by service users. Any groups which have been identified as being helpful for people will be supported to continue where possible.

Q: Will rehab and detox (tier 4) be available for people?

Yes. If you are interested in either of these treatment options then discuss further with your keyworker.

Q: What training and support will be available for peer mentors and volunteers?

Training and support is available for peer mentors and volunteers as it is for all staff. Volunteer roles are varied and matched with individuals based on a competency framework.

Q: Will there be any evening and weekend support available from the service?

Yes there are, and these vary depending on what service users need.

Q: What aftercare support will be available?

For those who have completed detox/rehab or become abstinent in the community, there is a wide range of support available from the Recovery and Mentoring service. This will include support from a peer mentor and support in accessing a range of community resources to help sustain long-term recovery.

We have invested in Recovery Champions and Volunteer and Mentoring coordinators. We want people completing their treatment to have support from their peers for as long as they need it. This might be through mutual aid, social enterprises, activity groups etc, we want to see a thriving recovery community across North Yorkshire doing lots of different things and which attract different people.

Q: What help is there be for people with mental health issues, including depression?

Mental health is assessed throughout people's involvement, and links will be made with local services to help people access the best support for them. Development of "Dual diagnosis" (where an identifiable mental health diagnosis and substance misuse issues occur at the same time) support pathways takes place to make sure these work well throughout the area.

Q: How does the service avoid people being left without support?

Helping people to stay engaged with services is key. There is community outreach to help engage people into treatment and keep them engaged until they have achieved their personal goals. If people do disengage with service then staff or peer mentors will make contact with them to find out why and support them to re-engage.

Q: Are those who have experience of recover supported to deliver groups?

Yes. North Yorkshire Horizons delivers more groups and service users and peer mentors are supported to access training to deliver these themselves where appropriate.

Q: What are NICE guidelines?

These are sets of recommendations made for delivering services –including drug and alcohol treatment- based on what has been proven to be effective. These guidelines have been taken into account in developing the new service, and these guidelines are followed to make sure that people receive the best service possible.

For more information visit: <https://www.nice.org.uk/about/what-we-do>

Q: Will there be opportunities to volunteer delivering holistic therapies within services?

There will be the opportunity to volunteer in a number of different roles within the North Yorkshire Horizons service- if service users have any ideas for volunteering opportunities not currently available then they can ask to discuss with a staff member. It might be possible to look at volunteering to deliver holistic therapies within the service, but this would depend on what was planned to be delivered and whether the appropriate safeguards/governance could be put in place.

Q. What is 'Recovery' – can people choose

Recovery is about reducing from the physical and psychological damage of dependency and misuse. Abstinence would therefore be the ideal aspiration but we support any change that reduces harm and look for further changes that will continue to enhance people's lives. The people who want to use the term recovery are the people who define it which means that choice is inherent in it. It is a positive term that people use to define a change they are making in their life that implies their ambition to move forward in their life and challenge themselves to be the best they can be.

Q. Who can I contact?

For information, advice, support and to 'self-refer' to the service, please call 01723 330 730.

North Yorkshire Horizons is an integrated drug and alcohol recovery service for North Yorkshire. Our aim is to help as many people as possible to recover from and be free from drug and alcohol dependency, and to reduce the harm that is caused to individuals, families and communities.

The North Yorkshire Horizons service is provided on behalf of North Yorkshire County Council, by DISC, Lifeline, Spectrum, The Cambridge Centre and Changing Lives.

If you, or someone you know, wants to be free from alcohol or drugs, contact us:

Contact details

Hub Addresses:

Harrogate - 7 North Park Road, HG1 5PD

Northallerton - 5 The Applegarth, DL7 8LZ

Scarborough - 56-60 Castle Road, YO11 1XE

Selby - 74-76 Gowthorpe, YO8 4ET

Skipton - Mill Bridge House, 4A Mill Bridge, Skipton, BD23 1NJ

For information, advice, support and to ‘self-refer’ to the service, please call: 01723 330 730 (9am to 5.30pm)

**Visit www.nyhorizons.org.uk
email: info@nyhorizons.org.uk
facebook.com/northyorkshirehorizons
twitter.com/nyhorizons**