

Group Boundaries

We know that people may be uncertain or nervous about being in a group setting, and it may be useful to consider most people attending the group may be feeling the same.

We understand and appreciate these concerns are by no means unusual. It is important your rights to privacy are respected by group members. What we do ask is that you have an open mind and a willingness to participate in the group process. You will not need to share any information with the group that you do not feel comfortable in doing so.

The group boundaries are one way your safety will be maintained.

We expect all clients to be aware of and to abide by the following group rules:

1. **Respect confidentiality.**
2. **You are not required to reveal things about yourself that you do not wish to.**
3. **Non-judgemental acceptance of others.**
4. **Valuing the importance of the group.**
5. **Recognising the available support in the group.**
6. **Respecting others (using constructive criticism, no “name calling”).**
7. **Do not attend under the influence of alcohol or other drugs.**
8. **No smoking is permitted in the building**
9. **To attend the groups on time**
10. **To talk with their Keyworker or one of the group leaders if they have a problem that may affect their attendance in the group**

New Horizons, New Beginnings

This is a three session programme looking at change, treatment and recovery.

Straight Ahead Workshop sessions can be joined at any time:

Thursday 12.30 p.m.—1.30 p.m.
at Walnut Lodge

This document can be made available in other languages and formats. For more information telephone 01803 604330



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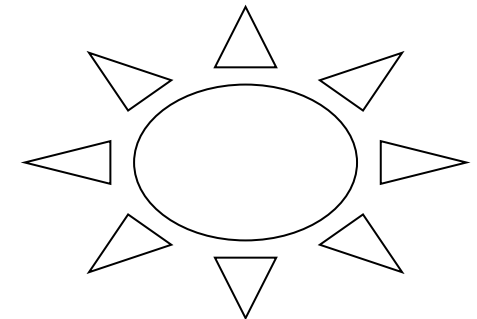
Partners in Care

Torbay and South Devon 
NHS Foundation Trust

Devon Partnership 
NHS Trust

Straight Ahead

Ready, Steady, Go



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Working with you. For you

Where am I now?

This session involves looking at the current situation, consequences of substance misuse, what needs to change, what gets in the way of making changes, and the benefits of change.

- Cycle of Change
- Cost and Benefit Analysis
- Setting Goals

Where do I want to be?

Treatment

This session will focus on service treatment which includes:

- Treatment Expectations
- How prescribing fits into recovery
- Group work

What treatments will I access?

Recovery

This session will look at what recovery means, support networks and how they can assist with recovery

- What recovery means to me
- Recovery Support
- What helps in recovery

What support will I have in my recovery plan?