

**Who this service is for**

Anyone who struggles with dependence upon alcohol. This is a therapeutic community where service users are encouraged and helped to develop the skills necessary to address psychological and emotional dependence on alcohol. We believe that freedom from dependence is possible for all, regardless of age, gender, race, beliefs or background.

**Funding**

Funding must be in place prior to commencement of the programme. Funding may be secured via local authorities within the community. Service users in a position to self-fund can access the service directly. Information relating to current tariffs can be gained by contacting Shardale

**Referral and assessment process**

Service users and referring bodies may access this service by directly contacting Shardale and speaking to, writing to or e.mailing: Dale

Mordlock or Sharon Smith (directors), John Ford (Lead Recovery Practitioner). Individuals must be assessed by the placing local authority and funding secured prior to Shardale's own assessment process. Shardale's assessments can be carried out within 48 hours of initial contact.

**Aims of the service**

To empower individuals to abstain from alcohol and make positive changes within their life; to educate service users in all aspects of alcohol dependency; to provide ongoing support via delivery of specialist therapeutic interventions within a safe and nurturing environment; to encourage service users through ongoing psychological/emotional support to take responsibility, not only for difficult situations that they may be in, but also their own recovery process.

**Treatment programme structure modules**

Choice Theory group work, Acceptance and Commitment Theory work, ongoing monitoring of psychological and emotional functioning; educational aspects relating to alcohol dependency, solution focussed interventions, anxiety management, self-esteem, creative therapy, self-awareness, coping strategies, conflict resolution, anger management, relationship building, self-acceptance, self-obsession, depression management, eco-therapy mindfulness and relaxation techniques, specialist men's and women's groups, employment and housing groups.

**Facility**

Woolfield House is a fully CQC registered, 22 bed facility, (5 of which form a secure, female wing). There are both shared and single rooms, most with en-suite facilities. Based in the centre of Bury, it has good transport links and access to local amenities.

**Aftercare**

On completion of a stay of at least 6 months, service users qualify to attend the aftercare service held weekly at the same site. There is also a monthly meeting for 'Concerned Others', including partners, family, et al.

**Day-care**

There is also a day-care programme available for those unable to access the full rehabilitation residential programme.

**Recovery practitioners**

John Ford *Doctorate in Counselling, MA in Counselling, Dip Alcohol/Drug Addiction, Dip. Psychology, Dip. Psychiatry, Dip. Gestalt Therapy, Dip. Mental Health Care, Dip. Reality Therapy, Dip. Forensic Psychology, Dip. Stress Management, Dip. Psychotherapy, Dip. Hypnoanalysis, Dip. Child and Adolescent Development, Dip. Mindfulness, Dip. REBT*

Anne Culkin-Smith *BA Hons. Psychology, Dip. Psychotherapy, Dip. Hypnotherapy, Cert. EMDR, PG Cert. Addiction*

**Quality assurance**

Shardale Ltd have created a robust quality monitoring and reviewing system where service user input and involvement is integral to the process. Several systems are currently used to collate and review service user satisfaction and ongoing service development. All aspects of Shardale provision are maintained and regulated by established internal policies and procedures relating to quality assurance. All aspects of service provision are continually reviewed, assessed and monitored by CQC. [enquiries.northwest@cqc.org.uk](mailto:enquiries.northwest@cqc.org.uk)

## Alcohol Dependency Rehabilitation Provision

**SHARDALE Ltd.**

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## An Abstinence-based Therapeutic Community