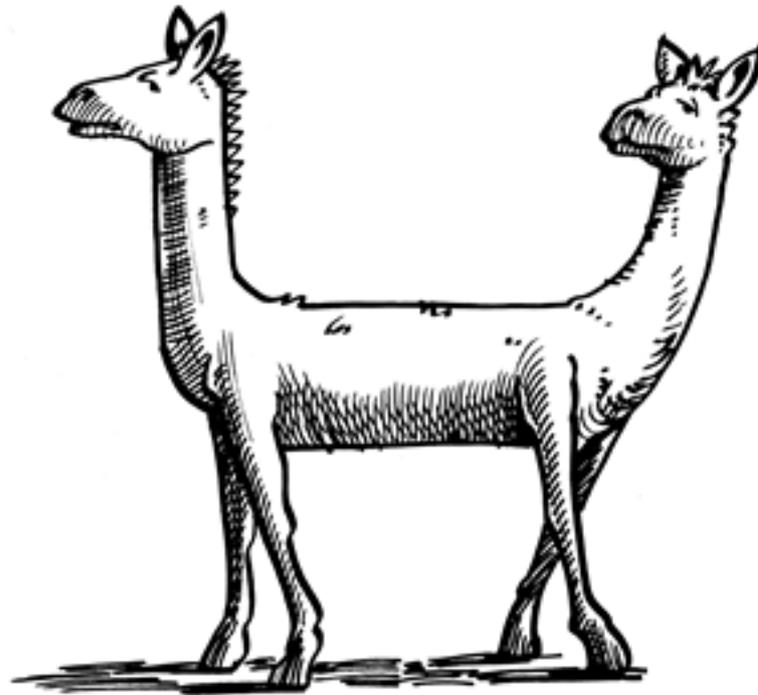


# Intuitive Recovery™

**Re-Education for addictions**



**“The specialists in  
attitude change”**

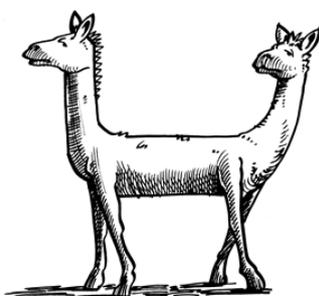
**nocn**  
CREATING OPPORTUNITIES



**Intuitive Recovery**™ is a highly recognisable, respected and accredited educational programme that promotes **SIMPLE** and **PRACTICAL** abstinence based tools as a means to achieve better health for individuals, families and communities. The course, delivered over a minimum of six 2½ hour sessions teaching the **BASIC SCIENCE OF ADDICTION** along with an understanding of their addictive desire. This provides people with **SKILLS, KNOWLEDGE** and **TOOLS** to recognise the consequences of their **CONDUCT**, therefore encouraging full responsibility for their own **CHOICES** whilst also removing fear of change. The final part of the course is the development of a personalised and meaningful plan of abstinence.

The course is delivered in both **COMMUNITY** and **CUSTODIAL** settings as well as through an online package. Delivery is typically offered across four consecutive days although it can be facilitated weekly, during evenings, weekends or **ONLINE** to ensure accessibility.

Intuitive Recovery is available also as an **EXTENDED COURSE**, taught over 31 hours of classroom time, and giving our students additional modules such as critical thinking, forward planning and in-depth conflict resolution. Further information is available on request.



The final two sessions are delivered after one month of completion and follow-up/graduation at three months. After completion the outcomes and anecdotes made by each student are collated to form an impact report. Each graduating student is presented with their **NOCN QUALIFICATION** at a celebration event ensuring their achievements are fully recognised but also highly visible to other service-users and partner agencies. Where graduates provide additional consent, we will continue to track their achievements for up to two years post graduation.

Our highly respected and recognised courses are delivered to individuals with **ALCOHOL, DRUGS** and **GAMBLING** problems and our key skills are transferable including:

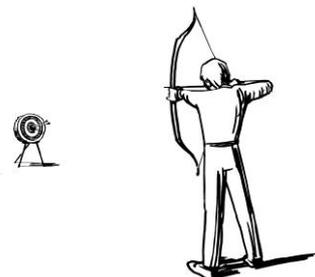
- **Problem solving**
- **Understanding ambivalence**
- **Conflict resolution**
- **Effective planning**
- **Goal setting**
- **Changed language/changed thinking**

Intuitive Recovery is now delivered across most of England and Wales and is our most widely commissioned service

## Targeting

A large part of our new and existing work revolves around targeted priority learners identified by:

- **Serious health conditions**
- **Immediate social needs (Families)**
- **Long term in treatment**
- **Prison leavers (through the gate)**
- **Repetitive offenders**
- **Pre and post detox**



Our work with more challenging groups is particularly successful since many of our Tutors have themselves been amongst the most difficult to engage and understand how entrenched mind-sets change.

By employing former learners and ex offenders we have developed a specialism for engaging and motivating the hardest to engage, whilst also providing skills and insight for our partners, delivering sustainable and meaningful outcomes for our commissioning authorities.

Our prison work offers a simple and highly effective solution for individuals serving the last few months pre-release and as such offers an opportunity to improve through the gate outcomes.

## Challenges

Part of working with difficult to move individuals is recognising the challenges that come with institutional dependence, long term addiction, health inequalities and/or lack of academic qualifications. The people we meet are often a mixture of disaffected, apathetic, sceptical or resistant.



By utilising existing relationships, peer led education, skilled Tutors and a central office we provide a highly flexible service aimed at helping existing services and partners achieve their key outcomes. We deliver partnership training for identification and referral along with post course strategies to improve and support best practice.

## **Intuitive Recovery learning outcomes**

### **Unit Title: Addictive Desire recognition**

#### **The learner will/can:**

- Understand the concepts of addiction.
- Define addiction.
- Outline the structural approach to addiction.
- Identify the ambivalence of addiction.
- Outline how this ambivalence can be used to support recovery.
- Understand the tools available to support recovery.
- Define Addictive Desire Recognition.
- Identify examples of transposing to recognise and resist addictive desire self-talk.
- Identify the practical and emotional costs to you and your family and friends from addiction.
- Know the importance of planning future behaviour
- Using the skills of Addictive Desire Recognition, plan future behaviour.

## **Outcomes and Targets**

Intuitive Recovery works right across the tiers of treatment so applying one, universal target or outcome is problematic. Our work in needle exchanges for instance requires a different outcome measurement than that of a structured after care program. Measuring outcomes in prisons is clearly different from those in the community.

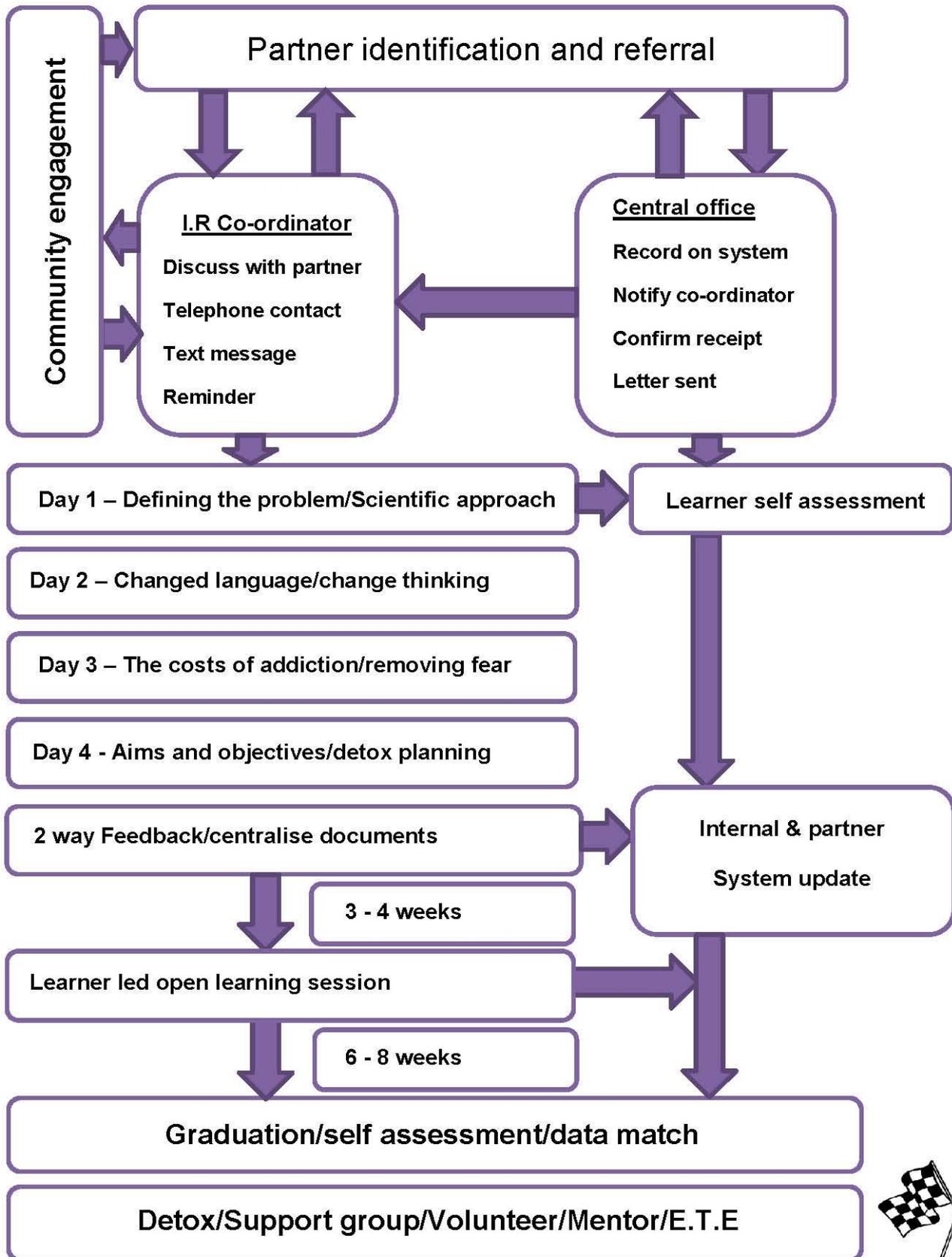
#### **Having said that in broad terms we aim to achieve the following minimum outcomes:**

- 1) 80% of learners complete the programme through to graduation and gain their NOCN accreditation.
- 2) 40% of completing learners report themselves as abstinent from their primary presenting substance at graduation.
- 3) 30% of completing learners report significant reductions in their primary presenting substance at graduation.
- 4) 50% of scripted learners who complete have either detoxed or embarked upon a reduction programme leading to cessation with six months of graduation.

#### **These outcomes contribute to:**

- 1) Improved successful treatment exits, particularly amongst target groups such as 4 year plus.
- 2) Reduced crime.
- 3) Promotion of work as a positive aspiration.
- 4) Improved and sustainable outcomes for the medium to long term unemployed, including ex-offenders.
- 5) Improved engagement with remote communities.
- 6) "Through the gate" support and skilling opportunities for offenders leaving prison.
- 7) Vibrant, positive role-models as living proof of the value of investing in treatment.

# Intuitive Recovery Model





## “The Barker baker”



Intuitive Recovery

Re-education for addictions

### Francesca's Story – Intuitive Recovery

I had spent years of my life addicted to substances, ashamed of whom and what I had become. I committed crimes, cast aside my morals and values all in a quest to justify my behaviour and continued use. Eventually my luck ran out and I was now in the position of having to face the consequences of my actions, I was arrested and put before the courts. Fortunately I was spared a custodial sentence and ordered to change my behaviour by seeking support to undergo drug rehabilitation.

My initial experience of treatment was not what I was expecting but in my quest for rehabilitation my drug worker at DARS in Wigan referred me to Intuitive Recovery. This course was the light at the end of the tunnel for me. After only 10 hours of learning, this course provided me with the education, knowledge and skills I needed to draw a line in the sand and put an end to my addiction once and for all. The course made me realise that I could live a life free from addiction, crime and dependency.

With a renewed sense of freedom and motivation I was ready for real change. My biggest motivation was to ensure my independence and in order to do so I would need to find employment. It was of great importance to me to have accommodation, to earn a wage, to feel worthy, to be trusted again. Having a criminal conviction, I knew that there would be some real challenges but I worked hard to find a way around this, utterly determined I put in the effort and dedication and with the guidance and support of my probation officer, we identified what my interests were and set about developing my skills further. My probation officer struck gold when she decided it would be a great idea to send me on a baking course, a decision that I will be ever thankful to Greater Manchester Probation service for because not only did I complete the course, I went on to set up my own business and proud to say that I am the founder of “**The Barker Baker**”. I can't believe that I am about to say that baking changed my life! But it did! For me, baking embodies everything I need and want in my life, it provides focus: discipline: passion: creativity and a tangible beautiful end result every time.

I am absolutely thrilled and delighted to say that I have built and maintained my business for 6 months, my confidence has soared, I am working hard, have stable accommodation, I am gaining respect, rebuilding relationships and taking home a wage. My aim and ambition is to build up my business and employ others in similar situations to mine. Thank you Intuitive Recovery for showing me that change is possible. Life is good.

Post note\* Francesca went on to further her business goals with a variety of successful projects including a spot on BBC The One Show to promote social enterprises and her passion for baking.

For further information please do not hesitate to contact Head of Business Development on the details below:

## **Getting in touch**

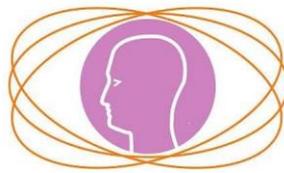
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**Empowering people through education**



# **Intuitive Thinking Skills™**

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