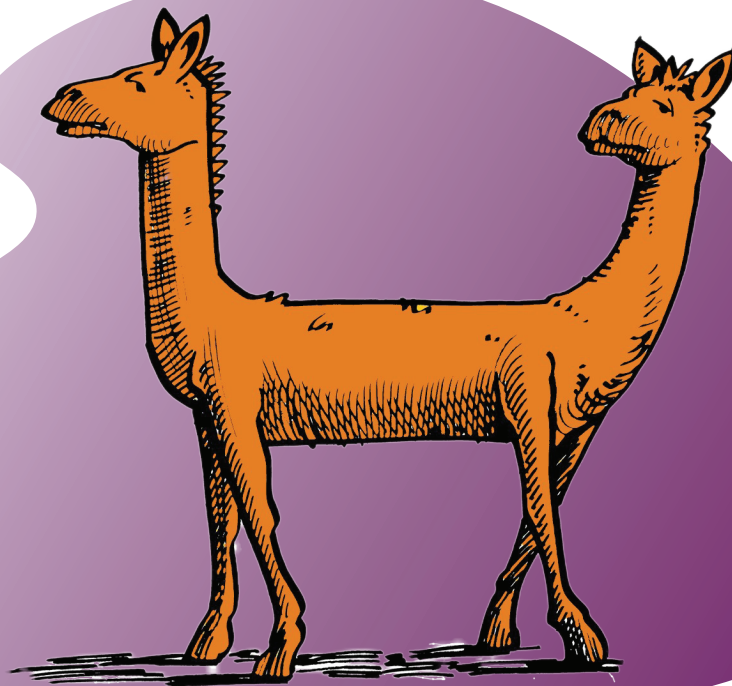




INTUITIVE RECOVERY®
Re-education for addictions

Intuitive Recovery

Helping people resolve their addiction with confidence



This is our very first peer-led programme that continues to be a challenging, effective and well evidenced accredited programme, 18 years after it was written. We promote abstinence through lived experience, education and practical tools busting myths with science.

The course is delivered over six 3 hour sessions, teaching the basic science of addiction along with an understanding of addictive desire (thoughts, feelings and rationale for continuing to use, drink or gamble). This provides people with skills, knowledge and tools to recognise the consequences of their behaviour, 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.

Intuitive Recovery can be delivered through a variety of delivery models and is suitable to be delivered both in the community, as well as in custodial settings. Delivery is typically offered across four consecutive days and can be facilitated weekly for both groups and on a 1:1 basis.

Possible Delivery Models:

- Face to Face Classroom Environment
- Virtual Classroom using Microsoft Teams or other digital communication platforms
- 1:1 Distanced Learning using Microsoft Teams or other digital communication platforms
- 1:1 Intensive Telephone Learning supported by hard copy resources and work book posted to the learner

Our dynamic and interactive multimedia E-Learning platform also provides the option for self-learning of the course in the following models:

- E-Learning Self Learning supported by Specialised tutor mentoring
- Stand Alone E-Learning course

Intuitive Recovery is available also as an extended course depending on the needs of the learner.



Sessions:

- Defining addiction
- A structural approach to addiction
- The hierarchy of addiction
- Transposing
- Addictive Desire recognition
- The Great Brain robbery
- Costs and consequences
- Removing stress
- The big plan

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 challenges, our key skills are transferable including:

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

Recovery is getting people through and out of services healthier, better skilled and more resilient than when they came in. It means promoting and skilling people for abstinence from problematic substances and giving them the tools to become independent.



Targeting

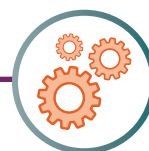
A large part of our new and existing work revolves around targeted priority learners identified by:

- Related chronic or 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 who can come with labels such as ex-users 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 Model

