

St Anne's Alcohol Services Leeds



An Introductory Guide

St Anne's Mission...

“Provide quality support, care and housing services;
promoting independence, opportunity and inclusion.”



How we can help

St Anne's Alcohol Services, Leeds, provides two residential services—alcohol detoxification and rehabilitation—and a community-based floating support service. The residential services are both based at St Mark's House, 186 Woodhouse Lane, Leeds, LS2 9DX.

Detoxification—the service has four beds, all in single room accommodation. One bed is operating as a pilot scheme with Leeds PCT, to provide alcohol detoxification for people on methadone substitute prescribing programmes. The programme lasts for 10 days.

Rehabilitation—the service has 15 beds in single room accommodation, including a training flat. The programme lasts for 13 weeks, and is a structured group work programme.

St Mark's House is easily accessible, being close to Leeds city centre, and is close to many local amenities.

Floating Support—provides short-term community support to

people who may be experiencing problems in maintaining their tenancy due to alcohol related issues, and for people leaving the rehabilitation programme.

The **detoxification** programme is medically supervised; a visiting GP prescribes appropriate medication and nursing staff supervise a safe withdrawal.

In addition to treating withdrawal symptoms, a programme of nursing interventions and sessional work runs during the Client's stay. This includes preparing the individual for the period after completing the detoxification programme.

Residential rehabilitation is designed to introduce stability and structure to Clients' lives.

Abstinence from alcohol is encouraged and endorsed throughout the programme. Group sessions run throughout the day.

The groups cover factual and educational issues about alcohol, with a focus on the personal skills that Clients need in order to change behaviour.

Who we can help

The **floating support scheme** provides short term tenancy support to people whose tenancy may be at risk because of alcohol related issues. Individual support planning will identify the kind of support the person requires. The length of time that the scheme can provide support to a person can vary from 6 weeks to 2 years.

These are some guidelines for suitable referrals to the different services:

Detoxification

- ⇒ Alcohol is the primary substance used
- ⇒ Other illicit substance use is not a risk factor in the detoxification process
- ⇒ Community detoxification is assessed as not being an option
- ⇒ Absence of acute physical and/or acute mental health symptoms

Rehabilitation

- ⇒ Not currently using alcohol and illicit drugs
- ⇒ Alcohol is the primary substance used

- ⇒ Motivated to address use of alcohol through lifestyle changes
- ⇒ Motivated and committed to engage in the rehabilitation programme
- ⇒ Community rehabilitation is assessed as not being an option

Referrals:

- ⇒ **Detoxification**—from GP's community-based alcohol and drug services.
- ⇒ **Rehabilitation**—from any source. (if a detoxification programme is required for the person to access rehabilitation, then the above referral route needs to be followed)
- ⇒ **Floating Support**—from any source

All referrals will require an assessment to be completed before the services can be accessed.

Referrals can be made by telephone, or in writing to our address, by fax or by email. The contact details are overleaf.

How to get in contact

We have separate Client guides for our Detoxification, Rehabilitation and Floating Support Services, as well as a Referrer's guide. For copies of these guides, to make a referral, or for any other information, please contact us:

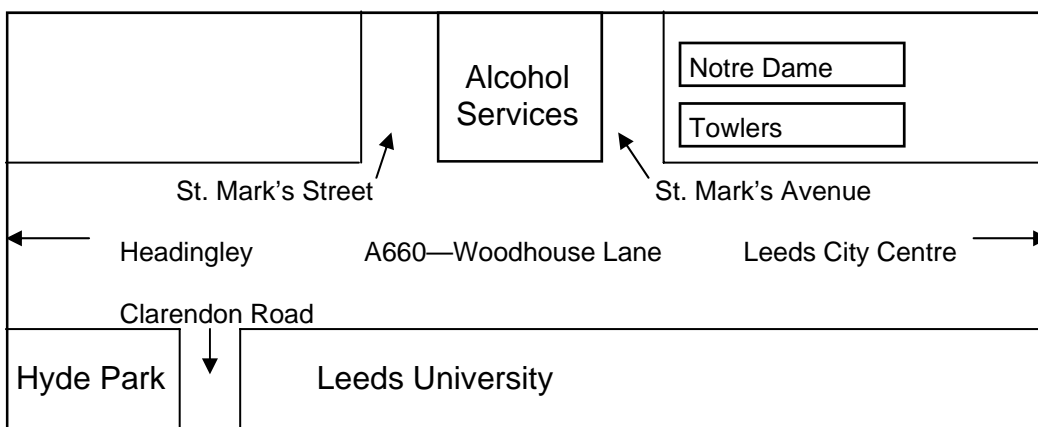
Address: [186 Woodhouse Lane, Leeds, LS2 9DX](#)

Tel: [0113 243 4486](tel:01132434486)

Fax: [0113 281 6974](tel:01132816974)

Email: detox@st-annes.org.uk

Or visit our website at: www.st-annes.org.uk



St Anne's is a not for profit, person centred organisation. We provide a range of services in the North of England to people who have learning disabilities, mental health issues, substance use issues or who are homeless. Last year we supported over 3,000 people.

St Anne's Community Services is a Registered Charity Number 50224 and a Housing Association registered with the Tenant Services Authority, number H3158