Recovery Day Programme
A recovery focused treatment programme for people with an addiction in Brent
What’s the Recovery Day Programme?

The Recovery Day Programme (RDP) is a new service providing effective recovery treatment for people with an addiction in Brent. The primary purpose of the RDP is to help service users get back to a clean and sober lifestyle. This means to be free from addiction and to live a healthy, productive and enjoyable life.

We help people focus on the solutions they can find to the challenges they’re confronted with. To get this right the programme has a professional and motivated team to deliver these interventions.

How does it work?

The Recovery Day Programme uses evidence based therapies including Cognitive Behaviour Therapy (CBT), which is used along with Peer Support Workers to help people overcome their addiction.
The Recovery Day Programme is headed up by a Consultant Psychologist, a team of Assistant Psychologists and follows the latest therapy guidelines from the National Institute for Health and Care Excellence (NICE). The programme is co-produced with Service Users, the Senior Service User Co-ordinator and a team of Peer Support Workers who bring their experience of recovery.

The programme helps service users to develop life skills and make positive behavioural changes and has links with further education and employment, providing signposting and support.

**How long is the programme?**

The programme is a 12-week commitment running for six days of the week. The programme runs from 9.30am-4pm and features a mixture of group sessions and one-on-one care planned counselling sessions (programme outline on centre pages). Additionally the RDP offers an aftercare telephone service and psychology staff will make telephone contact to review how the individual is continuing to put their new skills into practice.
## Recovery Day Programme

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>10 - 10.30am</td>
<td>10 - 11.15am</td>
<td>10 - 11.15am</td>
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<tr>
<td>Breakfast group</td>
<td>Positive Psychology</td>
<td>Women’s Group Men’s Group</td>
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<tr>
<td>10.30 - 11.45am</td>
<td>Let’s Go - All</td>
<td>15 mins break</td>
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<tr>
<td>15 mins break</td>
<td>15 mins break</td>
<td>Loss Group</td>
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<tr>
<td>12 - 1pm</td>
<td>12 - 1pm</td>
<td>11.30am - 1pm</td>
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<tr>
<td>Motivation</td>
<td>Wellbeing Group</td>
<td>Loss Group</td>
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<tr>
<td>1 - 2pm</td>
<td>Lunch</td>
<td>Lunch</td>
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<tr>
<td>Lunch</td>
<td>1 - 2pm</td>
<td>Lunch</td>
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<tr>
<td>2 - 4pm</td>
<td>2 - 5pm</td>
<td>2 - 4pm</td>
</tr>
<tr>
<td>The Practicalities of Life</td>
<td>Staff Meeting</td>
<td>CTAG Open Group</td>
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<tr>
<td>4.15 - 5pm</td>
<td>1-2-1 (by appointment only)</td>
<td>4 - 5pm</td>
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<tr>
<td>Tea &amp; Coffee</td>
<td>30 mins break</td>
<td>Tea &amp; Coffee</td>
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<tr>
<td>5.30 - 7pm</td>
<td>The Know How</td>
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**Lesser Go...**
Launching the week with a positive start

**Positive Psychology...**
Learning about an alternative way to look at situations

**Loss Group...**
Looking at the impact of loss and how to regain control

**Wellbeing Group...**
Exploring how to enhance overall wellbeing

**The practicalities of Life...**
Looking at how to manage daily tasks and building practical skills

**Employment Support...**
1-2-1 appointments with our specialist

**Women’s Group...**
A group just for women

**CTAG...**
Cognitive Therapy for Addictions Group

**Loss Group...**
Acknowledging loss and regaining control
<table>
<thead>
<tr>
<th>Time</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>10 - 11.15am</td>
<td>Life Goals</td>
<td>10 - 11.15am Emotional Intelligence</td>
<td>10am - 1pm Saturday Group</td>
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<tr>
<td>11.30am - 1pm</td>
<td>Brain Bites</td>
<td>11.30am - 12.30pm Reiki</td>
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<td>1 - 2pm</td>
<td>Lunch</td>
<td>12.30 - 1.30pm Lunch</td>
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<tr>
<td>11.30am - 12.30pm</td>
<td>Gardening Group</td>
<td>Anxiety &amp; Depression</td>
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<td>2 - 3.15pm</td>
<td>Anger Management</td>
<td>1.30 - 3pm Life Effectiveness Training</td>
<td>Highlights &amp; Graduation - All</td>
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<tr>
<td>3.30 - 5pm</td>
<td>Life Effectiveness Training</td>
<td>3.15 - 4.15pm Highlights &amp; Graduation - All</td>
<td>Tea &amp; Coffee</td>
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<tr>
<td>5.30 - 7pm</td>
<td>Booster Group</td>
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**Thursday**

- **Life Goals**: Learning about an alternative way to look at situations
- **Brain Bites**: A group just for men
- **Anger Management**: Combine coaching with mind training to improve wellbeing
- **Life Effectiveness Training**: A chance to get in touch with nature and give back to the RDP
- **Gardening Group**: Enhancing overall wellbeing
- **The practicalities of Life**: Looking at how to manage daily tasks and building practical skills
- **Employment Support**: 1-2-1 appointments with our specialist
- **Loss Group**: Combining coaching with mind training to improve wellbeing
- **CTAG**: Cognitive Therapy for Addictions
- **Life Effectiveness Training**: Combining coaching with mind training to improve wellbeing
- **Gardening Group**: A chance to get in touch with nature and give back to the RDP
- **Anger Management**: Learning techniques for managing anger constructively
- **Highlights and Graduation**: Ending the week on a positive note
How to apply for a place on the RDP

• A key worker completes the Day Programme Referral Form and sends it to: dayprogrammeinfo.cnwl@nhs.net

• The RDP Service Team will call the potential service user for an initial assessment, arranged at a mutually convenient time.

• A programme staff member will sit down with the service user and look at how the programme can be of help.

• The service user will attend group and /or one-to-one sessions with regular reviews. Groups can be attended for a period of up to 12 weeks. This is a rolling programme and service users can join at any time.

• Service users graduate from the programme and will have the opportunity to celebrate this at their graduation ceremony (held every Friday).

• Following graduation from the Recovery Day Programme the service user receives monthly phone calls and/or group support over six months for ongoing recovery maintenance.

The programme is funded by Brent Council Public Health and this leaflet was co-produced with Service Users.
How to apply for a place on the RDP Addiction Recovery and Clinical Centre (ARCC)
Willesden Centre for Health
Harlesden Road
NW10 3RY

T. 020 8438 1777
F. 020 8438 1799
www.cnwl.nhs.uk
This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net