

TERMS & CONDITIONS OF ADMISSION TO FREEDOM COMMUNITIES THERAPEUTIC COMMUNITY

- 1) Freedom Communities offers you accommodation and a supportive therapeutic programme for drug and alcohol misuse.
- 2) You must be prepared to commit to, and fully participate, in a 9 month residential programme. The length of the programme, and its key elements, are non-negotiable.
- 3) Full engagement with all programme elements is mandatory and full disciplinary procedures will be instigated if any programme commitment is not completed or is late without a good reason.
- 4) The programme is based on the Theory, Model and Method described by De Leon (2000). A key element of this treatment method is the challenge of negative thinking and behavioural patterns which are directly and indirectly related to your drug and alcohol misuse.
- 5) The first 6 months of the programme is residential at Croscombe Barton, near Lynton, and involves rigorous but thoughtful group-work. It has often been described as a journey of self-discovery. It will be a different experience for each resident yet within the same structured programme.
- 6) The final 3 months of the programme is residential in one of our four move-on houses in Barnstaple and will involve you continuing to consolidate your treatment for 3 days of the week. Transport to and from Barnstaple will be provided. You will also be required to attend at least 3 mutual aid meetings a week, e.g. 12 Step.
- 7) At the end of the 9 month programme you will graduate with the option of applying to become a part-time volunteer at Croscombe Barton.

What to expect when you apply:

- 8) You must, first, complete an application form. This can be downloaded at:
<https://www.freedomcommunityalliance.org.uk/therapeutic-community>
- 9) If you are subject to a probation order you must notify your supervising probation officer of your intentions.
- 10) If you are subject to a custodial sentence, then your substance misuse worker can assist you with your application.
- 11) Likewise, if you are engaging with a drug agency [e.g. TOGETHER], then you should discuss your application with your support worker so that you can decide together if this treatment programme meets your needs.

- 12) After your application has been received by the Admissions Manager at Freedom Communities, you will participate in two telephone interviews, one with the Therapeutic Community Manager and a second with the Programme Manager.
- 13) If you are within reasonable travelling distance of Freedom Communities, then you will be invited to attend for a visit and an interview.
- 14) If you are already receiving assistance from the Freedom Centre in Barnstaple, the Admissions Manager may be able to interview you at the Centre, usually on a Thursday.
- 15) Your interview[s] will be scheduled and it is in your best interests to refrain from using drugs and/or alcohol prior to your interviews so that the Admissions Manager can fully assess your needs adequately.
- 16) You will need to be completely honest and open about your past medical, psychiatric and offending history in the interviews. You may be asked to leave the programme if you have failed to disclose an issue which adversely affects either your treatment or the treatment of other residents on the community.
- 17) During the course of the interviews you will be expected to communicate your needs, demonstrate that you have a basic understanding of Freedom Communities treatment programme and are ready to deal with your problems.
- 18) Once the interviews have taken place, a decision will be made on whether we can meet your needs, if so you will be given a suitable date to join the programme.
- 19) If you are currently on a custodial sentence and/or subject to license conditions, then you will be required to join the community as soon as you leave custody.
- 20) After your interviews, if we feel this programme is unsuitable for your needs, alternative suggestions will be made by us to assist you further.
- 21) You will be required to provide your own transport to Freedom Communities. We will, however, be able to meet you at either Barnstaple railway or bus station to take you to Freedom Communities.

What to expect when you arrive:

- 22) Once you arrive on the community you will be drug tested and breathalyzed. If either of these tests is positive, your admittance to the community will be at the discretion of the Therapeutic Community Manager and the Managing Director.

- 23) If we are unable to admit you onto the community, for whatever reason e.g. being intoxicated, then it will be your responsibility to find alternative provision.
- 24) Your property will be searched with verbal and written consent. The following items are not permitted during your stay:
- a) Knives.
 - b) Scissors
 - c) Aerosols
 - d) Personal computers/laptops
 - e) All I.T. removable storage devices
 - f) Mobile phones
 - g) Sharp implements including hypodermic needles
 - h) Illegal/illicit substances
 - i) Alcohol
 - j) Radio transmitters and receivers, (e.g. C.B. radios/walkie-talkies)
 - k) Pornographic material
 - l) Discriminatory literature
 - m) Laser lights
 - n) Firearms
 - o) Recording devices
 - p) Portable gaming devices including Sony® PSP®, Vita®, Nintendo DS® etc.
 - q) MP3 and MP4 players
 - r) Audio, CDs, DVDs and Video Tapes
 - s) Tobacco that is not duty paid
 - t) Opened containers of E-cigarette liquid
- 25) Please note you are strongly advised to not to have a Smart Phone® until you at least have some length of recovery. We realise that we cannot insist on this and that this is now the way of technology; however, some of our ex-residents have subjected themselves to unsuitable and inappropriate websites and as a consequence have damaged their recovery, and in some cases this has led them to relapse. A simple pay-as-you-go 'phone is more than adequate.
- 26) Any of the above items, and other items which we consider detrimental to your treatment and that of others will be confiscated and locked away. These items are recorded in our property book, which you sign to say you agree, and these items will be returned to you when you leave.
- 27) After completion of routine paperwork, you will be shown to your room and allocated a "buddy"

who will help you settle into the community.

- 28) While we appreciate that admission to treatment is daunting, our experience shows that early participation on the programme is essential.
- 29) You will be registered with a local GP.
- 30) You will have an appointment with the Administrative Department who will help you with your benefits.
- 31) You will not be permitted any personal telephone calls or personal mail for the first 6 weeks of the programme.
- 32) This initial 6 week induction period allows both you and the therapeutic community time for adjustment, and to gauge if this method of treatment is suitable for your needs.
- 33) After this time, you will be permitted a telephone call, up to 20 minutes per evening, and a weekly, supervised town visit depending on the cleanliness of your room and meeting the expectations/requirements to complete this level of the programme - complete and present all case conference criteria, participate in sanction process, paperwork up to date and full life story written and presented.
- 34) Feedback will be given to re-present, if staff feel that all criteria has not been met, this could also result in an extension of your programme, or discharge depending on the extent of this problem and willingness to complete feedback request.

Rules and boundaries

- 35) Your “buddy” will inform you of the house rules and you must abide by the house rules at all times.
- 36) There must also be no violence or threats of violence, no sexual or racial discrimination, no drugs or alcohol use, no bullying, no sexual contact with another resident or member of staff. Breach of these cardinal rules may result in you being asked to leave the programme.
- 37) You are currently permitted to smoke in designated areas and at designated times. The use of E-cigarettes must be treated in the same manner as tobacco cigarettes.

Dress code

- 38) You are expected to wear smart-casual clothes during official programme time, e.g. jeans/sweater/smart sweatshirts/T shirts/shirts.
- 39) You are not permitted to wear:
- a) “Hoodies”
 - b) Ripped jeans
 - c) Clothing with depictions/insignia of drug and alcohol use, violence, and/or sexual references

d) Headwear [unless for religious or cultural reasons] and jogging attire in meetings, groups and church

40) You must be clean shaven every day. You are permitted to have a beard/moustache if it is already fully grown by the time you arrive here: you are not permitted to grow a beard/moustache while resident at Croscombe and the move-on house in Barnstaple.

41) Sleeveless vests may be worn outside during work programme days, but nowhere else.

42) We understand that some people arrive with little in the way of clothing. You will be able to visit the Freedom Church clothing store on Sunday morning to obtain suitable clothing.

Leaving the programme

43) Our only aim for you is to overcome causes of self-defeating behaviours and achieve a productive and rewarding life. The programme is challenging with its ups and downs, but you can successfully complete and graduate, as many do.

44) In the unlikely event that you are unable to complete the programme or are asked to leave, then it will be your responsibility to finance your departure. If you are subject to license conditions or are court-mandated to be here, then this is a particularly serious decision and will involve your offender manager/supervising probation officer. We will of course assist you in any way we can to settle any concerns which would give you reason to move-on early. If this is not possible, we aim to do our best to assist you in moving-on safely

Any questions?

- Please contact:

☎ 01598 753558/886

✉ Freedom Communities, Croscombe Barton, Lynton, Devon, EX35 6JW

📧 carolyn@freedomcommunities.co.uk

PLEASE SIGN TO SAY THAT YOU UNDERSTAND & ACCEPT THE ABOVE TERMS AND CONDITIONS.



You will not be permitted admission to Freedom Communities Therapeutic Community unless this part of the form is completed.

I, _____ [NAME, PRINT]

_____ [SIGNATURE]

DATE _____

understand and agree to the above terms and conditions. Any breach of these terms and conditions may result in my being asked to leave the programme.

WITNESS _____ [NAME, PRINT]

_____ [SIGNATURE]

DATE _____