

## Our underpinning values we believe:

- Everyone has the capacity to change
- People are more important than the substances they are using
- People may make a choice to drink or use drugs but they rarely choose to become dependent or hurt others
- Once someone takes responsibility for their drug or alcohol use and seeks support, there is a strong chance they will succeed and go on to achieve their goals!

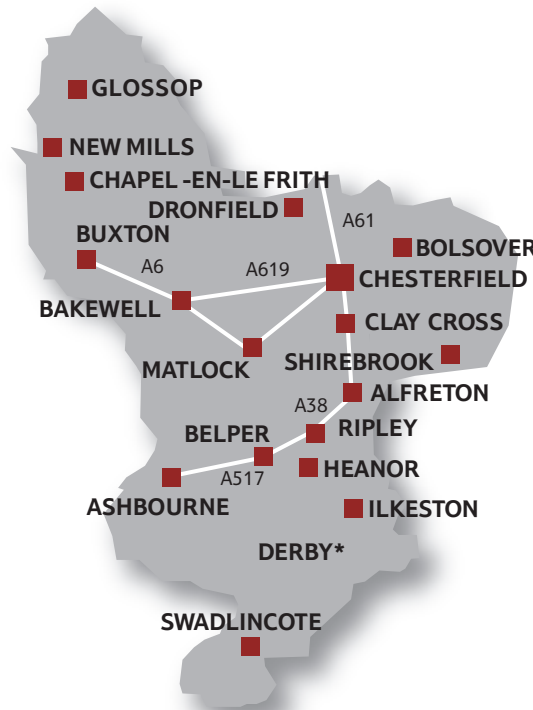
In some areas we also offer hypnotherapy relaxation and auricular acupuncture, visit our website or phone us for more information.



Bases in Chesterfield, Ilkeston, Ripley and Swadlincote. We also offer some appointments at other venues throughout Derbyshire  
Contact The Derbyshire Recovery Partnership on 0845 308 4010 or 01246 206514

### OPENING HOURS:

Monday - Friday 9am to 5pm  
with one late evening  
Phone us or visit our website for further information.



**Derbyshire Recovery Partnership substance misuse counselling team is provided by DAAS (Derbyshire Alcohol Advice Service) and is affiliated with the BACP - British Association of Counselling and Psychotherapy**

**0845 308 4010  
01246 206514**



Email: [info@derbyshirerecoverypartnership.co.uk](mailto:info@derbyshirerecoverypartnership.co.uk)  
[www.derbyshirerecoverypartnership.co.uk](http://www.derbyshirerecoverypartnership.co.uk)

**Derbyshire  
Recovery  
Partnership**



## Substance Misuse Counselling Team



**NHS**  
Derbyshire Community  
Health Services  
NHS Foundation Trust

**Phoenix Futures**  
Experts in recovery for more than 40 years



*Working with the person not  
the substance*

## How can counselling help me?

Sometimes people use substances, either alcohol or drugs or both, to help deal with difficult emotions. The counselling we offer will help you to look at some of the reasons you might be using or drinking and support you to make changes. This might involve looking back at some early experiences or learning and help you to develop different ways to think about and deal more effectively with thoughts and emotions.

There are often underlying reasons for substance misuse which we can explore with you, safely and with the support of an experienced substance misuse counsellor.

This might sound scary but often this kind of support leads to long term change and could be a key part of your recovery.

## Will the counselling be confidential?

What you discuss with your counsellor will remain confidential between you. However your counsellor will touch base from time to time with your key worker about whether you have attended and generally how you are progressing. If there are issues of risk which need to be shared your counsellor will discuss these with you. If you do not attend sessions and we cannot get in touch with you, your counsellor will let the key worker know about this.

## How can I get into this counselling?

Once you have been referred (or have referred yourself) into Derbyshire Recovery Partnership you will be allocated to a key worker who will set a recovery plan with you which, if you both agree may include a referral for counselling.

The counselling is free of charge and you can have as much or as little as you feel will help. Usually you will see your counsellor for a maximum of 12 sessions on a weekly basis but we will be flexible to your needs.

## Who will provide this, how will they know how I am feeling?

You are right to think that your counsellor will not know how you are feeling. Only you can really understand what is going on for you right now. However our counsellors are trained and qualified substance misuse practitioners, who have worked for many years to help people get to the bottom of their addictions and dependencies and to safely support them through change.

Our counsellors are all qualified and are all BACP affiliated or accredited. This means they work to a recognised code that requires them to maintain their professional registration and continually reflect on and improve their practice. This means that you can be confident about the counselling you receive.

## Will I be able to keep in touch with my key worker?

Yes your key worker will touch base with you and if needs be, you will be able to contact them. However, whilst you are having counselling your key worker will not provide one to one sessions with you.

Once you have completed counselling you will be able to discuss with your key worker where you go from there. This might be into group support, further key work or a range of recovery activities which you may choose.

## What if a family member or someone close to me wants support to?

We can arrange this and have a specific programme for families called CRAFT® Community Reinforcement Family Training. This programme will help you and those close to you who are affected by your substance use or drinking to work together and improve understanding and communication. Ask us for more information about this at referral point or ask your key worker.

***“counselling helped me to work through some problems and feelings I have been avoiding. I realise now that using substances just became a way for me to try to keep those feelings hidden”***