

**CDP is a registered charity. We have over 20 year's experience of helping people who have problems related to drugs and alcohol.**

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We recognise the need for planned aftercare for drug users who have completed treatment. Developing and adopting the life management skills to pursue a meaningful role in the community requires the cooperation and support of many agencies. We will help you to enlist this support.

We also believe that parents, carers, partners and ex-users often have a vital role in this capacity. We will work to equip the people who are important to you to help you better in the long-term.

Considerable time and effort is invested by individual service users, treatment service providers, families and other key people in trying to achieve a substance free lifestyle.

**Aftercare is about sustaining the gains made whilst in treatment.**

## *Making Life Work*

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This is CDP's Aftercare provision. It is based on an assessment of your needs and includes relapse/risk management strategies.

We consider following factors:

- Daytime activities/employment
- Appropriate accommodation
- Additional specialist counselling
- Personal support networks
- Welfare rights assistance
- Social security arrangements
- Risk/relapse plans
- Unmet needs
- Your own wishes
- The views of people important to you, e.g. relative, friend, mentor, advocate and other professionals (statutory or voluntary)

## **Risk and Relapse Planning**

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We will develop crisis and contingency plans with you, as part of your care plan, based on your individual circumstances.

Contingency planning prevents crises developing by agreeing the arrangements to be used where short notice events disrupt the plan. For example, the absence of a staff member through sickness would be covered by the contact details of substitutes who have agreed to provide this support.

To reduce risk, the plan, as a minimum, includes the following information:

- Who you are most responsive to
- How to contact that person
- Previous strategies that have been successful with you

## Areas Addressed

The areas that we immediately address are:

- Relapse Prevention  
(Relapse Resistance Education)
- Health Decision Making
- Conflict Resolution
- Coping Skills
- Problem Solving
- Peer/Other Support Networking
- Risk Management

## Group Work

An important part of aftercare is structured group work, where people can come together to discuss their problems under the guidance of a trained facilitator. Groups cover specific topics such as assertiveness, anger management and social problem solving.

Group work has many benefits. It brings a sense of belonging and acceptance, a realisation that you are not the only person with a particular problem and current ways of thinking can be challenged safely.



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## Opening Times

### Hull

#### Monday/Tuesday/Friday

9.00 am — 4.30 pm

#### Wednesday/Thursday

11.30 am — 7.00 pm

CDP

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[www.challengingdependency.co.uk](http://www.challengingdependency.co.uk)

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The Council for Dependency Problems

Company No: 2533486

Registered Charity No. 1002636



## Challenging Dependency

# Aftercare



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Life  
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