



THE BRIDGE TO RECOVERY

THE  
**BRIDGES**  
HULL

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TREATMENT & RECOVERY



BREAK THE CYCLE

## The Forward Trust empowers people to break the cycles of addiction or crime to move forward with their lives.

Since 1991, we have been working with people to build positive and productive futures.

Our vision is that anyone – no matter their history or circumstances – gets the opportunity and support to live a positive life that fulfils their potential and inspires others to follow the same path.

We believe that anyone is capable of lasting change, as celebrated in our 'More Than My Past' and 'Taking Action on Addiction' campaigns.

These campaigns exist to reframe existing perceptions of addiction and create awareness of the causes and nature of addiction that improves understanding, tackles stigma, and enables more people to ask for and receive help

### OUR VISION

Our vision that anyone – whatever their history or circumstances – gets the opportunity and support to live a positive life that fulfils their potential, and to inspire others to follow the same path.

### OUR MISSION

We exist to help anyone impacted by addiction, crime, homelessness, or long-term unemployment to turn their lives around. Our services work to inspire the belief in a better life, and support people to achieve that goal. We campaign to build awareness so that more people feel able to ask for help in a society that believes in the power of second chances and long-term recovery.

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# WHO WE ARE

**The Bridges Residential Treatment and Recovery Centre has a rich and distinguished history of aiding individuals in their path towards recovery from substance abuse, with a legacy that spans back to its establishment in 2004.**

Over nearly two decades, our commitment to providing comprehensive and effective support to those battling drug and alcohol addiction has made us a trusted beacon of hope in the field of addiction treatment.

Our journey commenced in 2004 with a shared vision: to establish a haven of safety and support for individuals embarking on their recovery journey. Over time, our unwavering commitment to improvement has steered us towards the incorporation of innovative practices in addiction treatment and holistic care. Our longstanding influence in the field serves as a testament to our unwavering dedication to empowering individuals to reclaim control over their lives.

Over the years, we have refined our approach, nurtured a dedicated team of professionals, and broadened

our services to encompass a comprehensive range of treatment options. This ongoing commitment to growth and adaptability ensures our position at the forefront of evidence-based practices, enabling us to effectively address a wide spectrum of substance use disorders.

The Bridges Residential Treatment and Recovery Centre stands as a symbol of hope, resilience, and transformation. We take immense pride in the profound impact we've made in breaking the cycle of crime and addiction, positively affecting countless lives along our journey.

With our foundation established in 2004 and our vision firmly set on the future, we remain a steadfast pillar of support for individuals seeking recovery from addiction and seeking to break free from the cycle of crime.

# WHY THE BRIDGES?



## Selecting The Bridges Residential Treatment and Recovery Centre represents a pivotal step in the path to recovery, driven by several compelling factors that resonate with individuals.

To begin, our substantial experience, encompassing nearly twenty years, attests to our unwavering dependability and profound expertise in the realm of addiction treatment. Our ongoing commitment to refining and evolving our methods keeps us at the forefront of evidence-based practices, assuring client access to the most effective and current treatment options available.

What truly sets The Bridges apart is our commitment to addressing the whole individual, not just the symptoms of addiction. Our holistic approach considers the physical, emotional, and mental well-being of each resident, empowering them to heal from within and build a solid foundation for lifelong recovery.

Our dedicated team of professionals go beyond mere expertise in their fields; they are compassionate individuals who genuinely care about our clients' well-being. Collaboratively, they design

personalised treatment plans tailored to meet each client's distinctive and individual needs.

The Bridges Residential Treatment and Recovery Centre is more than just a facility; it's a community that provides unwavering support. Our nurturing environment, coupled with comfortable amenities, creates a safe and welcoming space. We understand that the path to recovery is challenging, which is why our team and fellow residents provide a strong support network.

Ultimately, The Bridges is chosen because we represent transformation and hope. We've witnessed countless individuals regain control of their lives, breaking free from the cycle of addiction and crime. Our legacy is built on positive outcomes, making us a beacon of optimism and a trusted partner on the path to recovery.

# OUR FACILITIES



**We provide a welcoming and compassionate environment where individuals receive all the support they require to address their issues with substance misuse without judgment.**

Located in Hull City Centre, our facility can accommodate up to 18 residents concurrently. It features a variety of both single and shared rooms, with separate floors for male and female clients. Each of our rooms are comfortably furnished with some having ensuite facilities. Residents can enjoy a comfortable TV lounge, a spacious dining room, and a tranquil area for personal reflection. All meals are thoughtfully prepared and enjoyed together in our communal kitchen and dining space. Additionally, clients receive a modest weekly allowance to address any other personal needs they may have.

Our recent move has opened new avenues for us to enhance the services we provide to our residents on their recovery journey. This includes the addition of a health and well-being suite, complete with a yoga studio, to foster mindfulness and meditation.

Furthermore, we've introduced a dedicated recovery hub that facilitates the inclusion of external support groups, granting our clients direct access to essential networks such as Narcotics Anonymous (NA) and Alcoholics Anonymous right here within our treatment centre.

Our future aspirations involve extending our facility to incorporate a recovery café, a welcoming space where the local recovery community can gather in a positive environment, offering mutual support. Simultaneously, this café will provide services to the local community, creating opportunities for volunteering and employment for former clients to gain valuable work experience, fostering their ongoing personal growth and progress.



# THE BRIDGES HULL

TREATMENT & RECOVERY



# TREATMENT PROGRAMME



Our programme is structured around the principles of the Minnesota model, employing evidence-based interventions proven to be effective in addressing addiction and instigating shifts in attitudes and behaviours.

## STAGE ONE

In the first phase of our comprehensive treatment programme, known as Stage One, we employ a balanced blend of individual counselling and group therapy sessions. Through the combination of individual and group sessions in this initial phase, we not only address the fundamental aspects of addiction but also nurture a supportive and transformative environment where individuals gain the insights and skills necessary to succeed in their ongoing journey towards recovery.

## STAGE TWO

Stage two is dedicated to equipping the client for a successful transition into the community, free from the influence of drugs and/or alcohol. This phase places a strong emphasis on aspects such as volunteering and education. At The Bridges, we have established local partnerships with a variety of organisations and charities that provide a wide array of activities and volunteering opportunities tailored to the needs and interests of our clients. Phase two of the treatment will proceed to involve clients in the therapeutic programme featuring one-on-one interventions, educational workshops, and step groups.



**During the pivotal STAGE ONE, participants embark on a transformative journey where they will:**

#### **IDENTIFY AND ADDRESS ADDICTIVE BEHAVIOURS**

Clients will gain a deep understanding of their addictive behaviours and the root causes driving their struggles. Through introspection and professional guidance, they will pinpoint the triggers and patterns associated with their addiction, empowering them to confront and overcome these challenges.

#### **DEVELOP VITAL COPING SKILLS**

Equipped with essential knowledge and practical tools, individuals will acquire valuable coping skills to navigate the challenges of recovery. These skills empower clients to effectively manage stress, cravings, and other potential triggers, fostering their ability to maintain their newfound sobriety.

#### **GUIDANCE FOR SUBSTANTIVE TRANSFORMATION**

Our counselling team form a strong partnership with clients to craft a roadmap for enduring meaningful change. This includes establishing attainable goals, fostering a positive outlook, and developing strategies to break free from the cycle of addiction.

#### **ACQUIRE RESILIENT RECOVERY TECHNIQUES**

Clients gain access to a diverse range of strategies and methods designed to fortify their long-term recovery journey. These techniques encompass relapse prevention, the establishment of enduring support networks, and a comprehensive approach to well-being, ensuring that clients are thoroughly prepared to face the hurdles on their route to a drug-free and healthier future.



MOVING FORWARD



**Our commitment to client well-being extends far beyond their time at The Bridges. We recognise the pivotal role of stable accommodation in sustaining recovery.**

#### **LIFE AFTER THE BRIDGES**

As clients prepare for their transition from our treatment facility, they collaborate with our Resettlement Worker to create a comprehensive resettlement plan, ensuring they secure a suitable place to reside upon completing their treatment.

For those clients choosing to remain in the Hull area after their treatment, we offer tenancy support during the initial four to six weeks.

#### **SUPPORT IN THE COMMUNITY**

The Forward Trust's national Recovery Support team provides clients with continuous recovery support and aftercare. They maintain regular contact with individuals to facilitate a secure and seamless transition into the community.

This may involve directing clients to local community group sessions and meetings in their local areas. Clients will also have the opportunity to connect with Forward Connect, a nationwide community initiative that offers social activities and a support network for those who have successfully completed treatment with The Forward Trust.



# ADMISSIONS PROCESS

Commencing the path to recovery from addiction marks a pivotal and life-altering choice for individuals. At The Bridges, we acknowledge the gravity of this decision and have created an admission process with simplicity in mind.

## 1. GETTING STARTED

The process commences with your initial inquiry, and our approachable admissions team is ready to assist. You can contact The Bridges by phone, email, or through our website. Our committed admissions team is here to provide information, address your questions, and extend guidance from the very outset.

## 2. PERSONALISED EVALUATION

To guarantee that the treatment is customised to meet clients' specific requirements, our team will conduct a comprehensive assessment. This evaluation may encompass conversations about the nature and severity of the client's addiction, their medical history, and any needs they may have. This assessment plays a crucial role in formulating the most suitable treatment plan.

## 3. TREATMENT PLANNING

Following the assessment, our team will engage clients in creating a treatment plan tailored to their individual needs. This plan will detail specific therapies, counselling, group sessions, and holistic methods best suited to address their specific addiction and recovery goals.

## 4. ADMISSION & ORIENTATION

Upon admission confirmation, individuals will receive a warm welcome to The Bridges Residential Treatment Centre. An orientation session will familiarise them with our facility, introduce them to our dedicated treatment team, and provide a comprehensive overview of the treatment programme. Any queries or concerns will be actively addressed to ensure that clients feel at ease and assured throughout their stay.

## The admission process continues with:

### 5. THERAPEUTIC JOURNEY

Throughout their stay at The Bridges, clients will have the valuable opportunity to gain the knowledge and assistance provided by our dedicated staff. Our residential treatment programme offers a structured setting that encourages the process of healing, personal growth, and the journey toward recovery. Individual therapy, group activities, and holistic wellness practices are all integral components of this therapeutic journey.

*At The Bridges, our focus is on providing compassionate and tailored approach to addiction treatment. Our admission process is designed to be a supportive and efficient experience, setting this stage for a successful and transformative recovery journey.*

### 6. DISCHARGE PLANNING

As clients make progress through treatment, we will begin planning for transition back into the community. Our team will work closely with referral partners to create a discharge plan, ensuring that clients are well-prepared for life beyond The Bridges. This plan may include recommendations for ongoing support, therapy, or additional resources to support a successful reintegration.



# ELIGIBILITY & REFERRALS



We're here to support anyone aged 18 years or above who want to make change in their lives where they have come from the community or custody setting, and no matter what substance they use.

## OTHER CRITERIA

- Clients who come to The Bridges must have either gone through detoxification or be able to provide a negative drug and alcohol screening before arriving.
- We may not be able to admit individuals who could post a high risk of harm to themselves or others, but we would complete a comprehensive risk assessment to evaluate this.
- All offers of treatment are subject to written confirmation of funding including the completion of a financial assessment.
- Individuals who are released from prison or who may be on licence must be subject to offender management approval.

## REFERRAL

If you are working with someone who is ready to embark on their recovery journey with The Bridges and would benefit from our treatment package, contact our admission department, or visit our website to complete a referral.

T: 01482 588 454

E: [thebridges@forwardtrust.org.uk](mailto:thebridges@forwardtrust.org.uk)

[www.thebridges.org.uk](http://www.thebridges.org.uk)

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The Bridges Hull is part of The Forward Trust, a National Charity which believes that another life is possible and that everyone has the potential to live a fulfilling life no matter their past.

**forward**

[www.forwardtrust.org.uk](http://www.forwardtrust.org.uk)

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