

WHY WOMEN ONLY?

Women-only environments can help foster healthy attachments, provide positive peer reinforcement, strengthen self-expression and help people develop skills.

Our model has been developed using evidence and best practice around trauma-informed care, with staff trained to recognise and respond sensitively to the effects of trauma.

DETOX OPTIONS

Please email ophelia.house@phoenixfutures.org.uk for more information.



OPHELIA HOUSE

A community that
EMPOWERS
WOMEN




OPENING AUTUMN 2023

Trauma Responsive residential treatment for women

Phoenix Futures brings positive change in the lives of people, families and communities affected by substance use. We reduce the impact of drug and alcohol related harm and support the people who use our services to rebuild their lives. Our purpose is achieved through the skills and dedication of our staff and volunteers.

Phoenix Futures is a registered charity in England and Wales (No 284880) and in Scotland (No SC039008); Company Limited by Guarantee Number 1626869; Registered Tenant Services Authority Number H3795.

**PHOENIX
FUTURES**

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TRAUMA RESPONSIVE RESIDENTIAL TREATMENT FOR WOMEN WITH SUBSTANCE USE ISSUES.

With an all-female staff team Ophelia House is a Therapeutic Community offering CQC-registered drug and alcohol residential care to women.

The service has been developed to meet the needs of women who require abstinence-based residential substance use treatment in a safe and therapeutic environment. Residents stay in a large newly redeveloped and refurbished property in the leafy suburbs of Oxford.

Our multi-disciplinary team provide personalised support through one-to-one, group and complementary therapies within a Therapeutic Community approach. Gender specific treatment will feature a bespoke group programme designed by our clinical interventions team.

TRAUMA RESPONSIVE RESIDENTIAL TREATMENT FOR WOMEN WITH SUBSTANCE USE ISSUES.

- ✓ Accommodation for up to 22 residents in single rooms with ensuite bathrooms
- ✓ Accessible bedrooms rooms with ensuite wet rooms - please speak to us about your specific accessibility needs
- ✓ Senior move-on accommodation on-site
- ✓ Large fully equipped kitchen and dining area
- ✓ Purpose built group space
- ✓ On-site leisure activities may include, art therapy, yoga, cooking & baking, board games and books. TV/DVD and stereo equipment are available in the Lounge Room.
- ✓ Off site activities may include: hiking, access to local leisure centres and activities, art classes.
- ✓ Large mature garden space for outdoor activities and our Recovery Through Nature programme



THE PROGRAMME

The programme, delivered by an all-female staff team, is based on the Therapeutic Community model where social relationships, daily structures and a variety of activities are all deliberately designed to support women's health and wellbeing.

Community Members spend their first few weeks in what we call 'the welcome house' stage while they settle into their new surroundings. They will then move through the phases for the rest of the programme, which lasts between 3 and 6 months. Community Members are responsible for the day-to-day running of the house and support each other throughout the programme with more senior Community Members becoming 'buddies' for newcomers.

After completing treatment at the residential, people are supported through our structured aftercare support programme.

Our bespoke structured group programme may include a focus on personal and behavioural development interventions, relapse prevention, harm reduction, peer-led groups and meetings, social and community activities, mutual aid and employability.

Progress reports and meetings can be provided to family/significant others in agreement with the Community Members.

We provide a 3 to 6-month programme personalised to each resident's need. To experience the entire benefits of the programme, 6 months is recommended.