

TERMS & CONDITIONS OF ADMISSION TO FREEDOM COMMUNITY THERAPEUTIC COMMUNITY

- Freedom Community offers you accommodation and a supportive therapeutic programme for drug and alcohol misuse.
- You must be prepared to commit to and fully participate in a **minimum** 9-month programme, (minimum 6-months residential). The length of the programme, and its key elements, are non-negotiable.
- 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 drug and alcohol misuse. It also utilises the concept of inner child and stuck points in our childhood. We also embrace the twelve-step mutual aid recovery. Using was our solution, but to what?
- The first 6 months of the programme is residential in North Devon and involves rigorous but thoughtful group-work. It has often been described as a journey of self-discovery. The programme is tough due to the nature truth telling and deep self-examination aided by the various interventions. It will be a different experience for each resident yet within the same structured programme.
- The final 3 months or so of the programme is in one of our move-on houses in Barnstaple where you be required to continue to practice your recovery program. If you stay at the house after this period, you will be expected to facilitate key elements of the programme to more junior peers, and can volunteer in some sort of work at Croscombe Barton for a varying lengths each month from 5-1 day/week. Transport to and from Barnstaple will be provided. You will also be required to attend at least **five** mutual aid meetings a week.
- At the end of the 9 months or so programme you will graduate with the option of applying to become a full-time volunteer at Croscombe Barton.

What to expect when you apply:

- You must, first, complete an application form. This can be downloaded from our website at : <https://freedomcommunityalliance.org.uk>
- If you are subject to a probation order, then you must notify your supervising probation officer of your intentions and get their approval.
- If you are subject to a custodial sentence, then your substance misuse worker [e.g. RAPt] can assist you with your application.

- Likewise, if you are engaging with a drug agency then you should discuss your application with your support worker.
- After your application has been received by the Admissions Manager at Freedom Community, you will participate in two telephone interviews, one with the Therapeutic Community Manager and a second with another member of staff.
- If you are within reasonable travelling distance of Freedom Community, then you come for a visit and an interview.
- 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 Wednesday.
- 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.
- 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, the treatment of other residents on the community or the programme.
- During the course of the interviews you will be expected to communicate your needs, demonstrate that you have a basic understanding of Freedom Community treatment programme and are ready to deal with your problems. This will also be your opportunity to ask questions.
- 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 or put on the waiting list.
- If you are currently on a custodial sentence and/or subject to licence conditions, you will be required to join the community as soon as you leave custody **without making any stops at shops, café, or haircut etc.**
- You will be required to provide your own transport to Freedom Community or the Barnstaple train station. We will however, be able to meet you at either Barnstaple railway or bus station to take you to Freedom Community.

What to expect when you arrive:

- Once you arrive in the community, you will be drug tested and breathalysed. If either of these tests is positive, your admittance to the community will be at the discretion of the Manager.



- If we are unable to admit you onto the community then it will be your responsibility to find alternative provision.
- Your property will be searched with verbal and written consent. The following items are not permitted during your stay:
 - Knives, Scissors or Aerosols
 - Personal computers/laptops o All I.T. movable storage devices o Mobile phones
 - Sharp implements including hypodermic needles
 - Illegal/illicit substances Alcohol or medications not already agreed.
 - Radio transmitters and receivers, (e.g. C.B. radios/walkie-talkies) Recording devices
 - Pornographic or sexually related material
 - Discriminatory literature
 - Laser lights, weapons, Firearms
 - Portable gaming devices including Sony® PSP®, Vita®, Nintendo DS® etc.
 - MP3 and MP4 players Audio, CDs, DVDs
 - Tobacco that is not duty paid o Opened containers of E-cigarette liquid

Any of these items, and others which we consider detrimental to your treatment and that of others will be confiscated and locked away. You will be provided with a receipt and these items will be returned to you when you leave.

- After completion of routine paperwork, you will be shown to your room and allocated a “buddy” who will help you settle into the community.
- While we appreciate that admission to treatment is daunting, our experience shows that early participation on the programme is essential.
- You will be registered with a local GP and make sure you have enough meds for a month.
- **Any needed dental work to be completed before you come.**
- You will have an appointment with the Administrative Department who will arrange for your housing benefit and a portion of your other benefits, to be paid directly to Freedom Community to cover the cost of your food, accommodation and support. The residual amount will be paid to you every fortnight to cover the cost of personal items
- You will not be permitted any personal telephone calls or personal mail for at least the first 6 weeks of the programme.
- This initial induction period allows both you and the therapeutic community time to adjust to and to gauge if this method of treatment is suitable for your needs.
- After this time, you will be permitted a telephone call up to 20 minutes per evening. Possibly and a weekly, supervised town visit depending on the cleanliness of your room and meeting

expectations/requirements to complete this level of the programme (post Covid) - completion and present all case conference criteria, participation in sanction process, paperwork up to date and full life story written and presented.

- 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

- Your “buddy” will inform you of the house rules and you must abide by the house rules at all times.
- 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.
- You are currently permitted to smoke/vape in designated areas and at designated times. The use of E-cigarettes must be treated in the same manner as tobacco cigarettes.

Dress code

- You are expected to wear smart-casual clothes during official programme time, e.g. jeans/sweater/smart sweatshirts/T shirts/shirts.
- You are not permitted to wear:
 - “Hoodies” o Ripped jeans
 - Clothing with depictions/insignia of drug and alcohol use, violence, and/or sexual references
 - Headwear [unless for religious or cultural reasons] and jogging attire in meetings, groups and church
- Sleeveless vests may be worn outside during work programme days, but nowhere else.
- 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

- Our only aim for you 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.



- 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 licence 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.

By signing this document you agree that if you decide that you want to leave the community outside of the office hours 9am to 5pm M-F that you:

- **Will wait either peaceably, without disruption, negative talk on the community or wait in your room until staff are able to take you (during office hours) to the nearest bus stop or train station when convenient for us to do so.**
- **You are free to leave outside of these hours; however, staff (including any overnight or weekend staff) will not assist you.**
- **Any personal belongings locked in the office will returned to you during the above hours. You may need to arrange for them to be sent to you at your cost.**

Any questions? Please contact: 01598 753558/886

- Freedom Community, Croscombe Barton, Lynton, Devon, EX35 6JW
- kevin@freedomcommunityalliance.org.uk

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

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

I, [NAME, PRINT] _____ [SIGN] _____

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: _____ [SIGN] _____

DATE _____