

**Pathways into Rehab Treatment**

**Thinking about Rehab?**

**Talk to:**  
**Drug or Alcohol worker**  
**Probation**  
**GP**  
**Health worker**

**Referral to Substance Misuse Service**

**Assessment**

**DVD - Rehab: real life stories**

A DVD is available to view at Turning Point. It shows people who have experienced rehab, describing what it is like. If you would like to see it, please contact:  
 Turning Point, 44 Sidney Street, S1 4RH.  
 Tel: 0114 275 5973

**Want to**

**know more?**

These are some Useful Contacts:

Sheffield Health & Social Care NHS Foundation Trust Reviewing Officers	Tel: 0114 3050500 Email: rehabinfo@shsc.nhs.uk Website: www.shsc.nhs.uk
Sheffield Drug & Alcohol Action Team	Tel: 0114 273 6851 Website: www.sheffielddaat.org.uk
Turning Point Adult Services	0114 275 5973

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*\* Quotes from men and women who have been through rehab*



**Rehab**

**Sheffield Residential Rehabilitation Services for Drug and Alcohol Users**

**Other languages**

A version of this leaflet is available in:

**Arabic, Urdu, Somali, Farsi, Portuguese, Polish, French and Kurdish** on the DAAT website: [www.sheffielddaat.org.uk/](http://www.sheffielddaat.org.uk/)

A large print version is also available at this site.

## What is Rehab?

Rehab is short for Residential Rehabilitation. It is a treatment programme for people with drug and alcohol problems. There are often news items about celebrities going into rehab, but it is not just for the rich and famous. It is one of the treatments available to Sheffield residents who have a drug and/or alcohol problem.

*I went into rehab in Jan '07. It gave me another chance at life because I needed to tackle my drug addiction. I'm now leading a drug-free life.\**

## What is Rehab like?

There are different kinds of rehab to meet different needs. Most people need help to choose the rehab that best meets their needs.

There are places offering rehab around the country, including in Sheffield. Sheffield people may go to a place outside Sheffield as it has proven often better for them if they are away from the place where they have had problems.

All rehabs require participants to be abstinent (clean) from drugs and/or alcohol while the programme lasts. People who need to detox before going to rehab can get help from Sheffield Substance Misuse Service.

The programme is usually intensive and participants need to be open and honest about their thoughts, feelings and emotions.

The length of rehab programmes vary from three months to over a year.

## Is Rehab for me?

Rehab is one of a number of treatments available. It may be suitable for people who have not been able to address their problems while living in the community.

The main aim of rehab is to help people lead a life without problematic use of drugs or alcohol.

*Rehab helped me discover who I really am.\**

## Ask yourself these questions:

- Do I want to stop using drugs and alcohol?
- Have I tried to stop using but found it too difficult?
- Do I need to make some big changes in my life?
- Would I like to talk to people who have been in my situation, to help me sort out my drug/alcohol problem?
- Do I need a new way of looking at my life?
- Am I prepared to look at the reasons why I have a problem with drugs/alcohol?
- Am I prepared to leave Sheffield for a while - maybe for good?

**Answered YES to most of the above? Rehab may be for you. Read on...**

## What next?

If you think that Rehab may be the best option for you, you can talk to any of these people:

- A drug or alcohol worker
- Probation Officer
- Health worker or GP
- Social worker

At the appropriate time, they will refer you to the Sheffield Substance Misuse Service for an assessment. This normally starts within 3 weeks - or for someone in prison, an assessment will be arranged to fit in with any release date.

If rehab is a good option for you, the Assessor will advise you about which rehabs can best meet your needs.

Rehab is expensive and you may need financial help. The Assessor will talk to you about any funding that may be available but you should be aware that funding can't be guaranteed.

*I started to work on myself with the support and guidance of people who were just like me. Finally the chain that was holding me started to undo and I moved forward for the first time in my life.\**