



EMPLOYER
RECOGNITION
SCHEME

GOLD WINNER 2019

MILITARY SPECIFIC ADDICTION RECOVERY



Tom Harrison House

“Honour, Hope, Healing”



EMPLOYER
RECOGNITION
SCHEME

GOLD WINNER 2019



Tom Harrison House

“Honour, Hope, Healing”

Veterans and the mainstream addiction treatment system

“Civvies”

Veterans are reluctant and often struggle to engage with local community (civilian-led) services. They have a genuine fear of vulnerability within a civilian setting. Civilian staff can sometimes lack empathy towards combat/military experience. This can lead to inappropriate questioning of service experience.

Clinical Services

High levels of bureaucracy create obstacles to service access. Veterans expect to be given plan A which they will stick to and a plan B, which is very rarely required. Perceived risks and “service bouncing” – dual diagnosis.

Armed Forces Loyalty

Fear of representing the armed forces as bad, mad or sad. Not wanting to disrespect those still serving. Official Secrets Act dilemmas.



Tom Harrison House

“Honour, Hope, Healing”

Why is the provision of addiction treatment for military veterans so vital?



The Numbers

The rates of substance misuse in the general population is 6-8%.

The rate in military populations is double that, at **13-16%**.

Military Culture

Trained not to show vulnerability and therefore least likely to seek help.

Drinking culture in services - harmful drinking rates are still considered normal.

Complex Needs

Bouncing back from service to service, i.e. mental health vs addiction treatment.



Tom Harrison House

“Honour, Hope, Healing”

The THH treatment environment



Core staff knowledge and shared experience

Awareness of veterans' issues

Assignment programme modelled on Honour, Hope and Healing.

Community service & connection to the veteran community

Veteran graduates and recovery mentors

Staff and volunteer support and training

Partnership working



Tom Harrison House

“Honour, Hope, Healing”

Our key stakeholders include;

NHS Op Courage

Everton Veterans' Hub

Everton in the Community

Liverpool City Council

Combat Stress

Future For Heroes

Brathay Trust

Rydal Hall

Active Me

Project NOVA

Walking With The Wounded

The Royal British Legion

Veterans Community Network

Liverpool Veterans' HQ

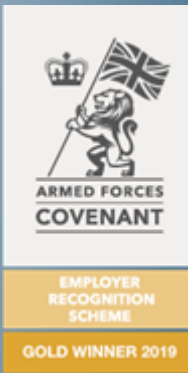
Mersey Care

LCAS

SSAFA

The Warrior Programme

The Bridge House Project



Tom Harrison House
"Honour, Hope, Healing"

The THH programme

THH's sensory and wellbeing model promotes full recovery; incorporating elements of cognitive behavioural therapy, motivational interviewing, motivational enhancement therapy and a range of evidence-based psychosocial interventions, NICE-compliant and therapeutic approaches.

Specialist / evidence based elements that THH provide, includes:

- Full-time group programme
- Trauma informed / military ethos
- Interpersonal group therapy
- One-to-one counselling
- Peer support
- Equine therapy



Tom Harrison House

"Honour, Hope, Healing"

The THH programme

- Mindfulness
- Art therapy
- Emotional Freedom Techniques (EFT)
- Access to community mutual aid meetings
- Access to GPs/other health education/wellbeing services
- Regular outings/social activities in THH's dedicated 17 seater mini-bus
- Regular gym and veteran boxing classes
- Experiential residential retreats in the Lake District



Tom Harrison House
"Honour, Hope, Healing"

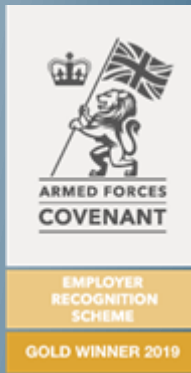
How do we support beneficiaries who present with challenging behaviour?

- Key tenets of THH's addiction recovery programme is behaviour change
- Many of our beneficiaries present with challenging behaviours
- Thorough assessment / induction process
- Explicit commitment and sign up to a treatment contract, specific to their issues
- Clearly outlines the boundaries of therapy



Tom Harrison House

“Honour, Hope, Healing”



- Military ethos / strong sense of camaraderie
- Strong ‘therapeutic container’ created by both staff and peers alike
- Group work sessions are essential for addressing these underlying behavioural issues
- Transformation through challenge, validation and belonging.



Tom Harrison House
“Honour, Hope, Healing”

Week Commencing: 25/04/2022



| | 25/04/2022 | 26/04/2022 | 27/04/2022 | 28/04/2022 | 29/04/2022 | 30/04/2022 | 01/05/2022 |
|---------|--|--|--|---|--|--|------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | Gym Session (optional) 6.00 pick up | | | | Gym Session (optional) 6.00 pick up | | |
| 08.00 | Meditation and Daily Reflections 8.00 - 08.30 | Meditation and Daily Reflections 8.00 - 08.30 | Meditation and Daily Reflections 8.00 - 08.30 | Meditation and Daily Reflections 8.00 - 08.30 | Meditation and Daily Reflections 8.00 - 08.30 | | |
| 08.30 | One-to-Ones - AB / SF / SE | One-to-Ones - CR / NP / ML | | One-to-Ones - PT / PR / RB / BC | One-to-Ones - DR / PF / JN | | |
| 09.00 | Client-Led Check-In 09.00 at THH | Client-Led Check-In 09.00 at THH | | Client-Led Check-In 09.00 at THH | | Meditation and Daily Reflections 9.00 - 10.00 | |
| 09.30 | | | | | | | |
| 10.00 | Push Ups & Pull Ups 10.00 - 11.30 | Art Therapy 10.00 - 11.30 | Equine Therapy 09.30 - 11.30 | Assignment Group Life Story - BC 10.00 - 11.00 | Outing with BNENC 9.00 - 13.00 | | |
| 10.30 | | | | | | | |
| 11.00 | | | | | | | |
| 11.30 | Community Brunch | | | Group Therapy 11.15 - 12.30 | | | |
| 12.00 | Group Therapy 12.00 - 13.15 | Graduation - CR 11.45 - 13.00 | | Lunch Break (30 mins) | | | |
| 12.30 | | | | | | | |
| 13.00 | Lunch Break (30 mins) | Lunch Break (30 mins) | Assignment Group Life Story - RB 12.45 - 13.45 | Assignment Group Peer Evaluation - ML 13.00 - 13.45 | Workshop 13.00 - 13.45 | | |
| 13.30 | | Family Questionnaires 13.30 - 15.00 | | | | | |
| 14.00 | Graduation - AB 13.45 - 15.00 | | Assignment Group Assignment 3 - JN 12.45 - 13.45 | Assignment Group Assignment 2 - SF 14.00 - 14.45 | Assignment Group Assignment 3 - PT 14.30 - 14.45 | | |
| 14.30 | | | | | | | |
| 15.00 | | | | | | | |
| 15.30 | Pre-Graduation - CR 15.15 - 16.15 | 5-a-Side 15.30 - 16.30 | BoxFit 15.30 - 16.30 | Mindfulness 15.00 - 16.30 | End of Week Meeting 15.00 - 16.00 | | |
| 16.00 | | | | | | | |
| 16.30 | | | | | | | |
| 17.00 | | | | | | | |
| 17.30 | | | | Guest Speaker Session (@THH) 17.30 | | Community Meal & Film | |
| | Evening Meal | | | | | | |
| Evening | | Fellowship Meeting | | | Fellowship Meeting | | |



Tom Harrison House
"Honour, Hope, Healing"

Personal Admin
Assignment Work

Volunteering at Sensory Hive