

**Summergrove**  
helping you live your best life



**What is Summergrove?**

**Summergrove is a supported housing project, consisting of eleven high quality two-bedroom self-contained flats. It provides support to families recovering from drug and/or alcohol dependency. Summergrove is a partnership between Big Life Centres (the managing agent), Maritime Housing (part of Regenda) and Liverpool City Council.**

Summergrove is for families that have been affected by parental substance misuse and are 'drug-free'. At the point of referral, the parent(s) may be using drugs or using prescribed treatment (e.g. methadone) however if accepted, would need to be drug free on moving into the property. The staff team liaise with relevant agencies to help parents achieve drug-free status before the tenancy sign up. Staff will also visit successful referrals that are in local Detox facilities and due to move into the project, to address any anxieties around the transition to Summergrove and to ensure that they will recognise at least one face on arrival! Similarly, before the formal assessment process begins, all prospective families referred to the service will be invited for an informal visit.

### **What does Summergrove Family Service aim to achieve?**

Summergrove offers a safe, secure and family friendly environment. By providing clients with a secure and stable base the project aims to support families to:

- Encourage individuals within the family to identify and address their emotional and physical needs and identify problem areas within their lives
- Encourage parents to commit to remaining abstinent from all substances including alcohol
- Develop a person and family centered support plan for parents which will be tailored to produce positive outcomes for both the

parent and their family

- Encourage clients to access a range of services tailored to address their own needs such as counselling, structured day programmes, complimentary therapies and other non talking therapies such as CBT
- Encourage clients to access programmes to support/develop independent living and parenting skills such as parenting classes and techniques, family development, home management etc...

Successful applicants will be offered an Assured Shorthold Tenancy which is funded for up to 12 months. During this time, staff will work with families to re-locate them into their own permanent accommodation. Failure to adhere to the conditions of the tenancy and the Resident's Contract may affect the right to live at the service.

### **How is the service staffed?**

Summergrove has 24-hour staff cover, incorporating waking night staff and so ensuring that there are always staff available to offer support.

The staff team comprises of:

- A Project Manager
- Seven Project Workers
- Two Waking Night workers
- An Administrator (part time)
- Holistic Therapist (part time)
- We also have an in-house Counsellor/ Psychotherapist

In certain circumstances temporary relief staff will provide cover for staff annual leave, sickness etc. Temporary staff are suitably qualified and subject to the same stringent recruitment and CRB criteria as permanent staff.

### **Staff offices and communal areas**

Summergrove is a residential service and therefore the staff have workspace in two

flats both situated on the ground floor: Flat 4 is the staff flat and communal area and Flat 5 is the main office and reception area.

The communal areas within Flat 4 are the lounge area which is comfortably furnished with dvd and digital tv and a fully equipped kitchen. Both rooms are used for community/children's activities and residents meetings which are facilitated at least once a month by the Project Manager. The communal areas are open to residents until 10.30pm 7 days a week.

### **What kind of support and services can someone expect?**

Living at Summergrove requires a huge commitment. Families must be prepared to participate in a minimum of 16 hours therapeutic activities a week, via a range of different external agencies and in-house therapies and activities. This can be from a range of opportunities including training and employment, personal development, family work and group work.

Interventions come in the form of a range of therapeutic services; complimentary therapies, family support, parenting skills, counselling, information and advice. Tenants are also encouraged to access local support services including training and employment services.

Families will be expected to participate in the upkeep and security of the house and garden. Families are also expected to take part in community activities designed to promote socialization and children's activities where appropriate.

### **How is the support structured?**

The support is structured both generically to all residents through the resident's contract and individually via a support plan.

The Resident's Contract: An agreement between Summergrove and all residents

which details the rights and responsibilities of each resident. The contract is developed according to many factors and residents are encouraged to put forward suggestions via the monthly resident's meetings with the Project Manager.

Support Plans: After securing a tenancy at Summergrove a Key-worker will help parents to construct a family centred support plan. The support plan will initially detail how the first three months of a stay will be structured according to the most pressing needs. For example, an initial support plan will include targets including registering with the local GP surgery and ensuring each family is maximising their benefit entitlement. Additionally this is an opportunity for residents to prioritise their needs and set goals for themselves and their families. These goals will vary from person to person.

After three months the support plan will be reviewed and new goals and targets set, residents can ask for a support plan review at any time. Support plans can be constructed with other agencies to ensure that everyone concerned with a residents plan is aware of their role within it.

### **Balance wheel**

Key-workers will monitor and evaluate the effectiveness of the individual parents' support plan by using a balance wheel tool. This enables the resident to mark the respective areas of their lives such as family, social, money, relationships etc. on a paper wheel. This helps both the parent and the key-worker to prioritise the areas of the parents life that they may wish to begin working towards improving. This exercise is repeated every three months to evaluate the success of each support plan.

## How do service users spend their time at the service?

### Individual keywork sessions

Each family has an allocated Key-worker who will be their named contact throughout their stay.

Key-workers will hold one-to-one meetings with parents weekly to assist the individual in working through their support plan, make referrals and offer guidance and support.

The staff at Summergrove work as a team and therefore families will have access to a full package of support 24 hours a day.

### Therapies

Summergrove has an in-house holistic therapist who provides complimentary therapies such as massage, reiki, reflexology and auricular acupuncture. These treatments can be booked either directly from the office or through a Key-worker.

### Counselling

Summergrove employs a counsellor/ psychotherapist on a sessional basis.

### Group Activities

As part of the programme, residents can access a range of services provided at the project through external agencies such as:

- Fag ends
- Community Food Workers / Squash healthy eating
- First Aid training
- Lantern making

Additionally, staff deliver group activities to families weekly which encourage community integration and help families to interact with their children, these include:

- Community meals
- Quiz and games nights

- Themed events such as Spanish, Mexican evenings etc.
- Arts and crafts sessions
- Pamper nights

### Children and family work

Summergrove realises the importance of supporting parents to care, educate, stimulate and entertain their children. Staff will encourage parents to use techniques that will create structure within their children's lives such as:

- Clear boundaries in relation to language and behaviour
- Curfews for older children
- Respect for themselves, others and property
- The importance of education, attendance at school and punctuality
- Access to family and children focused counselling.

Children under 5 will have access to:

- A computer to develop IT skills
- A reading library to develop literacy skills and encourage parents to support their child's development
- A toy library which focuses upon educational toys and games
- Outdoor area and suitable play equipment
- Arts and crafts

All children will have the opportunity to access the computer at appropriate times to help them with their studies/homework and access to activities such as:

- Children's community evenings
- Painting and art work
- Craft work sessions
- Film nights
- Healthy meals
- Gardening project

Children can also access external support through:

- Impact (PSS)
- Barnardos
- NSPCC
- OK:UK
- KIND

Summergrove does not provide childcare facilities. It is the responsibility of the parent(s) to care for their child / children and supervise them on and off the project. However, staff will work with parents to identify appropriate childcare placements.

### **Can Summergrove accommodate children who are subject to a child protection plan?**

Yes, the project has the necessary policies, procedures and protocols to work in partnership with Children's Services. We can:

- Provide support to parents who are working with Children's Services
- Liaise with Social Workers
- Support parents at LAC reviews, court proceedings and core meetings
- Provide reports to Children's Services including testing results and progress reports

We cannot:

- Supervise contact between children and parents whether this is ordered by either a court or a Child Protection Conference
- Withhold information or test results when this is requested as part of a child protection plan

Summergrove Family Service has strict guidelines regarding the protection of children from abuse and or neglect. If concerns are raised regarding the welfare of a child/children accommodated within the project then it may be necessary to make a referral to Children's Services to ensure the correct level of support is secured for the family concerned. However, staff will make parents aware of any planned action and

ensure they understand what is required from them.

### **Multi-agency work**

Summergrove is a safe, comfortable and supportive environment which provides an ideal base from which parents can access services most suitable to their needs. As part of this we work with agencies across the city. Many parents choose to follow a 12 step programme to assist them in adhering to Summergrove's abstinence based recovery programme. The project works closely with SHARP Liverpool and many residents attend their structured day programme.

However, Summergrove is not a 12 step model and therefore we would encourage all parents to access a wide range of services.

### **Are there any rules?**

All families must comply with the strict drug and alcohol free policy and will be drug tested (saliva and/or urine and breathalyser) on a random basis.

The rules regarding an individual's stay at Summergrove are contained within the Resident's Contract, these include:

- A curfew
- Restrictions upon visitors times
- Restrictions upon overnight guests
- Restrictions regarding requests to stay away from the project overnight
- Warning system for breaches of the Resident's Contract

### **Can parents come to Summergrove whilst on a script or medication?**

Summergrove is an abstinence based service and therefore we cannot accept service users who are scripted for Methadone, Buprenorphine (Subutex) or any other form of opiate based medication. We can accept parents who have been prescribed Naltraxone.

When a family move into to Summergrove they will be encouraged to register with a local medical centre, who work closely with the service to ensure that nothing is prescribed to individuals which would cause a positive drug test result.

### **What will happen if a lapse occurs?**

Summergrove will endeavour to support individuals through the cycle of change through support plan reviews, counselling, one-to-one sessions etc. The project operates a strict warning procedure to ensure compliance with the terms and conditions within the Residents' Contract. Each breach of the contract will incur a warning, this often in itself is sufficient to encourage residents to identify causes and work towards resolving problems that may have led to a lapse or a return to unwanted behaviours.

However, in a limited number of cases parents may choose to return to those unwanted behaviours for a prolonged period of time and in such cases Summergrove will instigate a multi-agency meeting to agree a way forward. In cases where the accommodation of a resident is felt to be detrimental to other tenants, notice may be given to leave the service.

### **Will Summergrove provide move-on accommodation?**

Work will begin within the first week of being accommodated at the project to address future accommodation needs. Staff will work in partnership with other agencies to identify the most appropriate routes and areas for re-housing and ensure that they are able to manage a permanent tenancy. However living at Summergrove is a commitment to addressing substance misuse issues and learning to live drug/alcohol free, we cannot guarantee to arrange a secure tenancy in the community and therefore families will be discouraged from surrendering tenancies to move into the project and this will be discussed

during the referral/assessment process.

### **What will happen when it's time for a family to move on from Summergrove?**

Families will continue to receive support from Summergrove for an agreed timescale, dependent on individual situations and the other agencies involved. Staff will arrange a mutually convenient time to facilitate weekly out-reach sessions, which will aim to help the individual to settle into the new property and address any concerns or practical problems that people may face at the beginning of independent living.

### **What is the admission criteria?**

Referrals from both single parents and couples are welcomed. Children may or may not be living with the parents at the time of referral or accommodation but we would expect that the parent(s) would be working towards their children being accommodated with them.

We also accommodate pregnant women.

The minimum age of any parent(s) that can be referred to Summergrove is 19. However, exceptions may be considered in consultation with Social Services.

We do not place an age limit on children however older children may find the conditions of residency (10pm curfew) difficult to adhere to.

We would expect applicants to have some independent living skills or a willingness to learn. They should also be motivated to address their issues around substance misuse and have a willingness to work with staff.

Summergrove cannot accommodate:

- Individuals with an offence history that includes violence, sex offending or acts of arson
- A parent for whom there is no chance of contact with their children i.e. child moved

into permanent placement away from parent with no arrangements for contact

### **What about contact with family and friends?**

Friends and family are often a vital part of the support structure for clients. Summergrove has produced a booklet aimed at informing families and friends of residents about the project, which includes information about support services for families and carers.

### **How do you apply?**

Following referral (this can be via an agency or a self referral) the client will be invited to visit Summergrove. A member of staff will explain the service and there will be an opportunity to ask questions. The referral agent is welcome to accompany the client, although this isn't necessary.

If the applicant is still interested we will ask for application forms to be filled in.

We welcome supporting information. Relevant social / psychiatric / family history reports should be sent with the applicant's permission.

Pre Sentence Reports and a list of pre-convictions will be sought for anyone with an offending history.

On collation of all material, we will invite the applicant back to the project and conduct a thorough assessment that addresses all aspects of their life. If necessary we may be able to conduct assessments elsewhere, depending on the needs of the client.

Following assessments, each case will be discussed within our weekly Team Meeting. If successful, we will notify the client directly and agree a date to move in. If unsuccessful, we will contact the client to explain why. We will also notify agencies involved in the support of the client.

We are happy to review applications that have

previously been unsuccessful.

Clients should refer any appeal regarding an unsuccessful application to the Project Manager. The Project Manager will respond in writing within seven days of receiving the letter. Service users are encouraged to access third party help or support if they require support with this process.

### **What do parents say about Summergrove?**

"Its great here, you can keep your kids with you".

**"Being at Summergrove has given me the opportunity to get my life back on track".**

"Summergrove gives you direction".

**"Being at Summergrove enabled me to live independently but get the support when I needed it".**

"It's good to interact with people but also have your own privacy when you need it".

**"Summergrove is a road to free living".**

## Information for agencies outside Liverpool and Sefton

Summergrove will accept referrals from across the country, however staff will need to liaise with the relevant Drug and Alcohol Team (DAAT) to ensure that funding is available. Please refer to our separate leaflet which outlines the price for living at Summergrove.

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