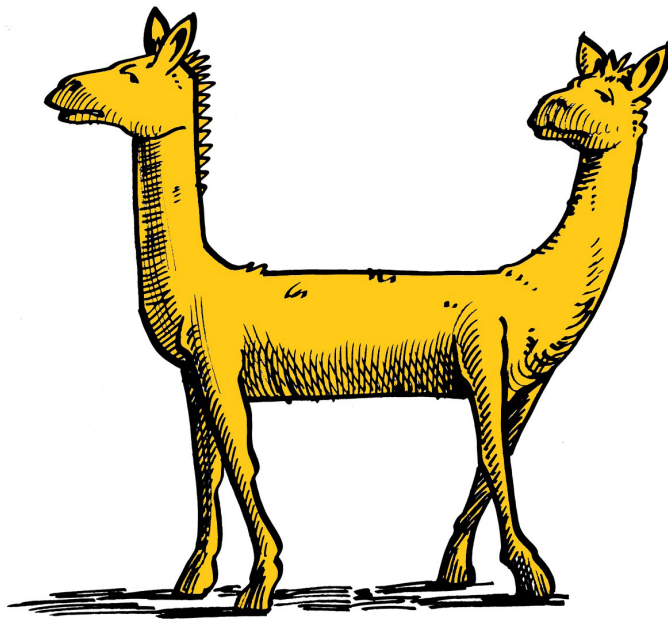# INTUITIVE RECOVERY ®

Re-education for addictions

Helping people resolve their addiction with confidence

Drugs/Alcohol/Tobacco/Gambling

"The specialists in attitude change"

nocn GROUP

disability confident LEADER

Intuitive Recovery ™

This is our very first **PEER LED** programme that continues to be a challenging, effective and well evidenced accredited programme, 13 years after it was written. We promote abstinence through lived experience, education and practical tools busting myths with science.

The course, delivered six 2½ hour sessions teaching the **BASIC SCIENCE OF ADDICTION** along with an understanding of addictive desire (thoughts, feelings and rationale for continuing to use, drink or gamble). This provides people with **SKILLS, KNOWLEDGE** and **TOOLS** to recognise the consequences of their **BEHAVIOUR**, therefore encouraging full responsibility for their own **CHOICES** whilst also removing fear of change. The final part of the course is the development of a personalised and meaningful plan of abstinence.

Intuitive Recovery can be delivered through a variety of delivery models and is suitable to be delivered both in the community, as well as in custodial settings. Delivery is typically offered across four consecutive days and can be facilitated weekly for both groups and on a 1:1 basis.

Possible Delivery Models
•   Face to Face Classroom Environment
•   Virtual Classroom using Zoom or Windows Teams
•   1:1 Distanced Learning using Zoom or Windows Teams
•   1:1 Intensive Telephone Learning supported by hard copy resources and work book posted to the learner

Our dynamic and interactive multimedia E-Learning platform also provides the option for self-learning of the course in the following models
•   E-Learning Self Learning supported by Specialised tutor mentoring
•   Stand Alone E-Learning course

Intuitive Recovery is available also as an **EXTENDED COURSE** depending on the needs of the learner.

Sessions:

✓ **Defining addiction**
✓ **A structural approach to addiction**
✓ **The hierarchy of addiction**
✓ **Transposing**
✓ **Addictive Desire recognition**
✓ **The Great Brain robbery**
✓ **Costs and consequences**
✓ **Removing stress**
✓ **The big plan**
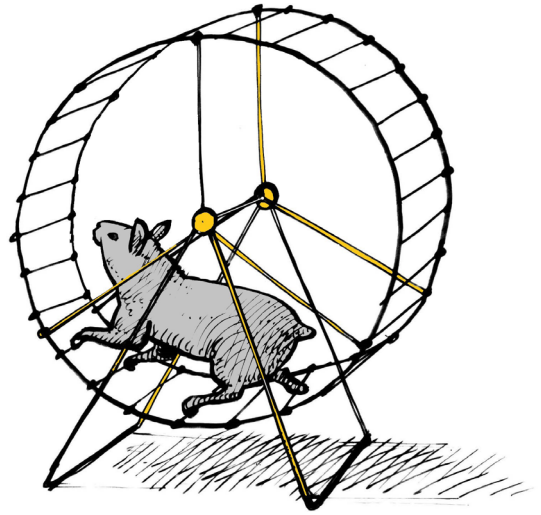
After completion the outcomes and anecdotes made by each student are collated to form an impact report. Each graduating student is presented with their **NOCN QUALIFICATION** at a celebration event ensuring their achievements are fully recognised but also highly visible to other service-users and partner agencies. Where graduates provide additional consent, we will continue to track their achievements for up to two years post-graduation.

Our highly respected and recognised courses are delivered to individuals with **ALCOHOL**, **DRUGS** and **GAMBLING** problems, our key skills are transferable including:

✓ **Problem solving**
✓ **Understanding ambivalence**
✓ **Conflict resolution**
✓ **Effective planning**
✓ **Goal setting**
✓ **Changed language/changed thinking**

Recovery is getting people through and out of services healthier, better skilled and more resilient than when they came in. It means promoting and skilling people for abstinence from problematic substances and giving them the tools to become independent.

Targeting

A large part of our new and existing work revolves around targeted priority learners identified by:

- ✓ **Related chronic or serious health conditions**
- ✓ **Immediate social needs (Families)**
- ✓ **Long term in treatment**
- ✓ **Prison leavers (through the gate)**
- ✓ **Repetitive offenders**
- ✓ **Pre and post detox**

Our work with more challenging groups is particularly successful since many of our Tutors have themselves been amongst the most difficult to engage and understand how entrenched mind-sets change.

By employing former learners who can come with labels such as ex-users and ex-offenders, we have developed a specialism for engaging and motivating the hardest to engage, whilst also providing skills and insight for our partners, delivering sustainable and meaningful outcomes for our commissioning authorities.
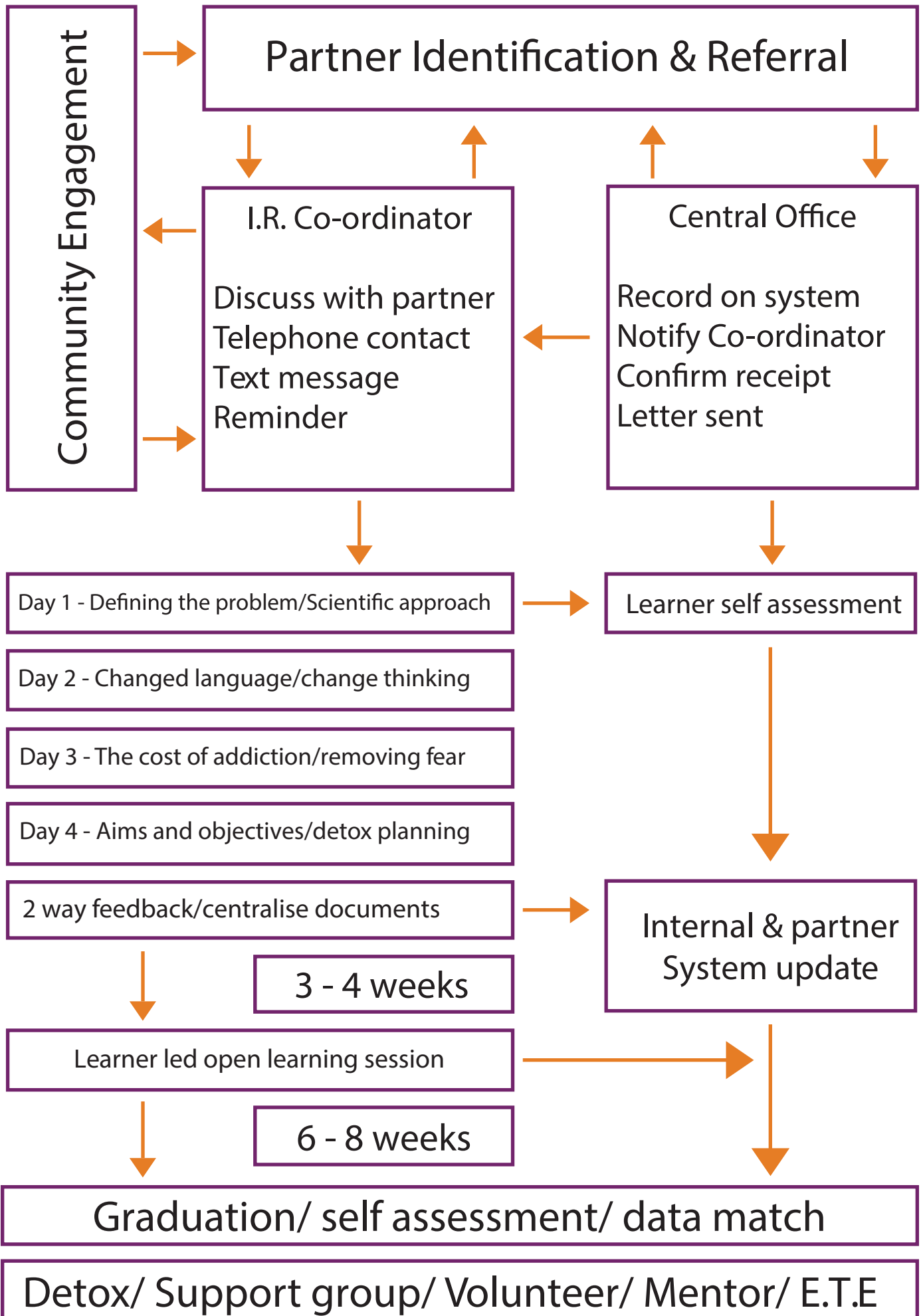
Our prison work offers a simple and highly effective solution for individuals serving the last few months pre-release and as such offers an opportunity to improve through the gate outcomes.

Challenges

Part of working with difficult to move individuals is recognising the challenges that come with institutional dependence, long term addiction, health inequalities and/or lack of academic qualifications. The people we meet are often a mixture of disaffected, apathetic, sceptical or resistant.

By utilising existing relationships, peer led education, skilled Tutors and a central office we provide a highly flexible service aimed at helping existing services and partners achieve their key outcomes. We deliver partnership training for identification and referral along with post course strategies to improve and support best practice.

Intuitive Recovery Model

Community Engagement

Partner Identification & Referral

I.R. Co-ordinator

Discuss with partner
Telephone contact
Text message
Reminder

Central Office

Record on system
Notify Co-ordinator
Confirm receipt
Letter sent

Day 1 - Defining the problem/Scientific approach

Learner self assessment

Day 2 - Changed language/change thinking

Day 3 - The cost of addiction/removing fear

Day 4 - Aims and objectives/detox planning

2 way feedback/centralise documents

Internal & partner System update

3 - 4 weeks

Learner led open learning session

6 - 8 weeks

Graduation/ self assessment/ data match

Detox/ Support group/ Volunteer/ Mentor/ E.T.E

Unit Title	Addictive Desire Recognition
Ofqual unit reference number (code)	R/505/3501
Organisation Reference	ADR1
Unit Level	One
Unit Sub Level	None
Unit Credit Value	1
GLH	10
Review Date (dd/mm/yyyy)	31/07/2018
Sector Subject Areas	1.3 Health and Social Care
Unit Grading Structure	Pass
Availability	Restricted
Restricted Organisations	N/A
Assessment Guidance	N/A

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	**The learner can:**
1. Understand the concepts of addiction.	1.1. Define addiction. 1.2. Outline the structural approach to addiction. 1.3. Identify the ambivalence of addiction. 1.4. Outline how this ambivalence can be used to support recovery.
2. Understand the tools available to support recovery.	2.1. Define Addictive Desire Recognition. 2.2. Identify examples of transposing to recognise and resist addictive desire self-talk. 2.3. Identify the practical and emotional costs to you and your family and friends from addiction.
3. Know the importance of planning future behaviour	3.1. Using the skills of Addictive Desire Recognition, plan future behaviour.

Equivalences	A/504/1228 Addictive Desire Recognition