

Recovery Online



Introducing Forward's structured rehab programme that enables people to remotely access group therapy and tailored support from anywhere in the UK:

- ✓ Offering all the therapeutic benefits of residential rehabilitation or in-person day programmes at a fraction of the cost
- ✓ Facilitating inclusive access to recovery from drug and alcohol addiction as well as co-occurring conditions such as gambling harm
- ✓ Helping to reach new and under-represented groups.

“ I felt so isolated and desperate that I would never get the treatment I needed. Forward offered me a place on the online programme and it literally saved my life! It enabled me to reconnect with life and meet like-minded people. Now I am living in recovery. I have a job, I volunteer, I am studying and able to pass on my experience, strength and hope to those who need it. ”

- Katie Cole, former online programme participant from East Kent



Why Recovery Online?

Forward is an established provider of substance misuse, addiction and mental health services. We have over 30 years of experience in delivering structured, abstinence-based group programmes in a range of settings, working in partnership with public health commissioners and with treatment providers across the UK and enabling thousands of people to achieve lasting recovery and transformational change. Our structured programmes currently include:

- Residential rehabilitation at Clouds House (Wiltshire) and The Bridges - Hull
- Structured day programmes in Essex and Liverpool (SHARP), East Kent and Hull
- Prison-based substance dependence programmes in eight prisons across England and Wales

We know from experience how effective these intensive structured programmes can be. We also know that many people can't afford to be away from home to access residential rehab, or aren't able to leave their house or travel to in-person day programmes. Many people also feel shame and stigma about accessing support in public and would prefer to get help discretely and privately. This is why we've developed Recovery Online, based on a successful online pilot programme for residents in East Kent which has supported 48 people to date.

Who the programme can reach

Suitable participants who would not be able to attend residential treatment including:

- ✓ People who can't afford time away from work, or are self-employed
- ✓ People who are housebound
- ✓ People who have young children or other dependents
- ✓ People who have disabilities or medical problems

How they benefit

- ✓ Convenience, flexibility and discretion
- ✓ Full therapeutic experience, with no compromise on quality
- ✓ Connecting with peers, combating isolation
- ✓ Building confidence and recovery skills

Feedback from pilot participants

"I came from a place where my living arrangements were not secure. Thank you so much for an amazing life-changing chance which I would never have been able to get if the programme wasn't online."

"Due to my severe agoraphobia of almost 30 years, I wouldn't have been able to join the day programme if it hadn't been offered online."

"I don't drive and access to Dover would have required hours I might not have been able to spare."

How it works

Referral and assessment

Partners (substance misuse commissioners and providers) can refer clients using a simple online referral form. We then conduct an online assessment to ensure suitability, safety and a tailored support package. Our criteria:

- Abstinent from all mind-altering substances
- Prescribed medication considered and assessed on case by case basis
- Recommend referrals prior to completing detox
- Mental health needs assessed collaboratively with the referrer on a case by case basis

The programme

At the heart of Recovery Online is a 12-week group programme that people can access flexibly at a time that suits them:

- **Weekdays:** Three days a week, five hours a day, or,
- **Evenings and weekends:** Two evenings and one weekend session

Week 1 Introduction to Group Therapy 	Week 2 Motivational Enhancement 	Week 3 Introduction to 12-steps 	Week 4 Taking back your power 
Week 5 Safety 	Week 6 Healing from anger 	Week 7 Mindfulness, decision making and impulsivity 	Week 8 Asking for help 
Week 9 Honesty 	Week 10 Letting go 	Week 11 Family Relationships 	Week 12 Employability and Housing 

How it works

These thematic group programme sessions are supplemented by ongoing access to:

- Step assignments – working through the first three steps of the 12-steps
- Reading groups, lectures and workshops – all based around motivational enhancement
- Family sessions – exploring topics such as family identity, relationships and co-dependency
- Education, training and employment sessions – including an introduction to Forward's employment services
- Weekly one-to-one sessions

Aftercare

On completing the 12-week programme, clients can access our aftercare packages:

- **Core** - A four-week programme with one-to-one sessions, including the option to return to the programme as a peer supporter offering inspiration and hope to others
- **Enhanced** - 12 weeks including a weekly counselling session and weekly structured peer support group

In both packages, graduates are encouraged to return to the programme as peer supporters offering inspiration and hope to others.

Lifelong peer support – Forward Connect

Peer support is central to Forward's approach to recovery. From the start of the programme and for however long after completion, clients can access Forward Connect, our peer-based recovery community offering:

- ✓ Online events (e.g. 'pub-less quiz') and meetings
- ✓ In-person social activities (e.g. bowling, or curry nights)
- ✓ Reunion events
- ✓ The 'Connector' app (24/7 peer messaging/resources)

Reporting

Forward is experienced in working with referral partners to produce progress reports and to comply with all requirements related to National Data Treatment Management System (NDTMS).



The delivery team

The online programme is delivered by fully-trained and experienced counsellors who are part of Forward's Recovery Directorate, headed up by Julie Muir, Executive Director (pictured opposite).

Like many of our team, Julie is in recovery and is a graduate of one of our structured programmes. This lived experience brings invaluable experience and insight to delivery and is a limitless source of inspiration and motivation for participants.

The programme is also audited by our Therapeutic Quality Team, ensuring both content and delivery are modified and improved on an ongoing basis.



Evaluation and outcomes

All Forward programmes are evaluated by our in-house Research team, assessing pre- and post-outcome measures and feedback from participants. For example, analysis of our pilot online programme in East Kent showed:

- Resilience scores increased for 88% of participants
- Anxiety symptom scores (GAD-7) decreased for 93% of participants (pre-treatment mean score = 13/21)
- Depression symptom scores (PHQ-9) decreased for 88% of participants (pre-treatment mean score = 16/27)

We also commission independent 3rd party impact studies of our programmes – e.g. the Justice Data Lab conducted a study of our prison - based Footsteps to Recovery programme, which showed a 23% reduction in offending.¹

During 2024, we are embarking on a ground-breaking longitudinal study of the impact of our structured programme on behaviour change and recovery, including our Recovery Online programme.

1. https://assets.publishing.service.gov.uk/media/5d9daa7fed915d354bdf91ca/JDL_report_-_Forward_Trust.pdf

Price

Option	Cost per person
Recovery Online Full cost of 12 week programme, inclusive of additional 4 weeks aftercare*. Payable upfront in 2 instalments. Discounts available for block bookings.	£2,500
Additional Extras	
Detox 3 week detox at our residential centre Clouds House, prior to enrolment.	£4,725
Digital packages To facilitate access for those without resources, including support from a Digital Champion (volunteers in recovery) to help set up.	£550 for device (tablet and data) £220 for device only

*longer and enhanced aftercare packages are available

The cost of Forward's online programme is typically a third of the cost of residential rehab

Contact us:

To find out more contact Andy Jackson, Head of Residential
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"The day programme online gave me so much in a time that I needed it the most... it really worked for me as I had my own cleaning business which meant I had to still work and run it whilst I was getting better. From being a client and now working on the Dover day programme I can see the benefits of each programme [online and face to face] from a different perspective. I believe the online programme is able to deliver just as much as the face to face programme can, and allows flexibility for all of those affected... that in turn allows treatment without discrimination, making treatment more widely available"



Ella Pearson
Graduate, East Kent Online
Day Programme
Trainee Recovery Worker,
East Kent Programmes Team