

Do you have a history of addiction or substance misuse?

Are you still drinking or using substances and want help to become abstinent?

Have you relapsed after a period of abstinence?

The Brink of Change programme could be your ideal starting point!

Brink of Change is a programme of support, information and guidance to help you as you prepare to take the first steps toward long-term change and becoming abstinent.

Based in the safe, welcoming environment of The Brink (Liverpool's first alcohol-free bar), the programme is run by professionals who have personal experience of addiction.

The programme provides a basis on which to prepare for more intensive treatments such as rehab, day treatment, group work and other interventions.

The programme uses motivational and cognitive approaches, delivered through themed workshops and support groups.

Some of the workshop topics include:

- Harm Reduction
- Dependence and Health
- Relapse Prevention
- Developing Positive Networks
- Accessing Support Pathways
- Supported Housing
- Information about the Treatment System

For those wanting to move on to more structured therapeutic treatment programmes, the **Brink of Change** programme also includes preparation for group therapy, communal living and interacting with others.

People accessing the **Brink of Change** Programme are screened and assessed on an individual basis.

Some people may engage with the project for a few weeks prior to detoxification or accessing other services, whilst others may engage for longer periods.

The programme is also accessed by people who have relapsed and wish to re-engage with recovery in a more formal way than just through fellowship or other mutual aid options.

You can self-refer to the programme, or can be referred by other agencies.

Your first session with a **Brink of Change** worker will be the same day or, at the very latest, within 48 hours.

The programme operates 6 days a week including Sundays.

See overleaf for a list of some of the sessions you'll be able to access.

The **Brink of Change** Programme includes:

- Breakfast peer support sessions over tea and toast
- Group-work sessions
- Visits to other support services
- Guest speaker presentations
- Goal Setting
- One-to-one keyworker sessions
- Assertive outreach
- Relapse support groups
- Information sessions for families
- Support to access and attend fellowship or mutual aid groups

Immediate access to informal one-to-one sessions with a member of the **Brink of Change** team is also available for those who need additional advice and support.

See the back page of this leaflet to find out how to get in touch!

WANT TO FIND OUT MORE?

POP INTO THE VENUE OR CONTACT OUR
BRINK OF CHANGE WORKERS
AT THE FOLLOWING
EMAIL ADDRESSES:

eve.christian@actiononaddiction.org.uk

lisa.corless@actiononaddiction.org.uk

brian.dagnall@actiononaddiction.org.uk

The Brink Contact number:

07875 312 202

THE PROGRAMME RUNS
9AM-6PM

AT

THE BRINK,
15-21 PARR STREET
LIVERPOOL
L1 4JN

THE BRINK

OF

CHANGE

GROUP TIMES:

MONDAY: 10AM - 12 NOON

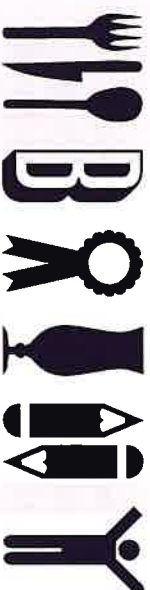
TUESDAY: 3PM-5PM (COACHING CIRCLE)

WEDNESDAY: 12 NOON - 2PM

THURSDAY : 10AM - 12 NOON

FRIDAY: 10AM - 12 NOON

Sunday: Abstinence Based
2PM - 4PM



WWW.THEBRINKLIVERPOOL.COM

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Action on Addiction

WWW.ACTIONONADDICTION.ORG.UK