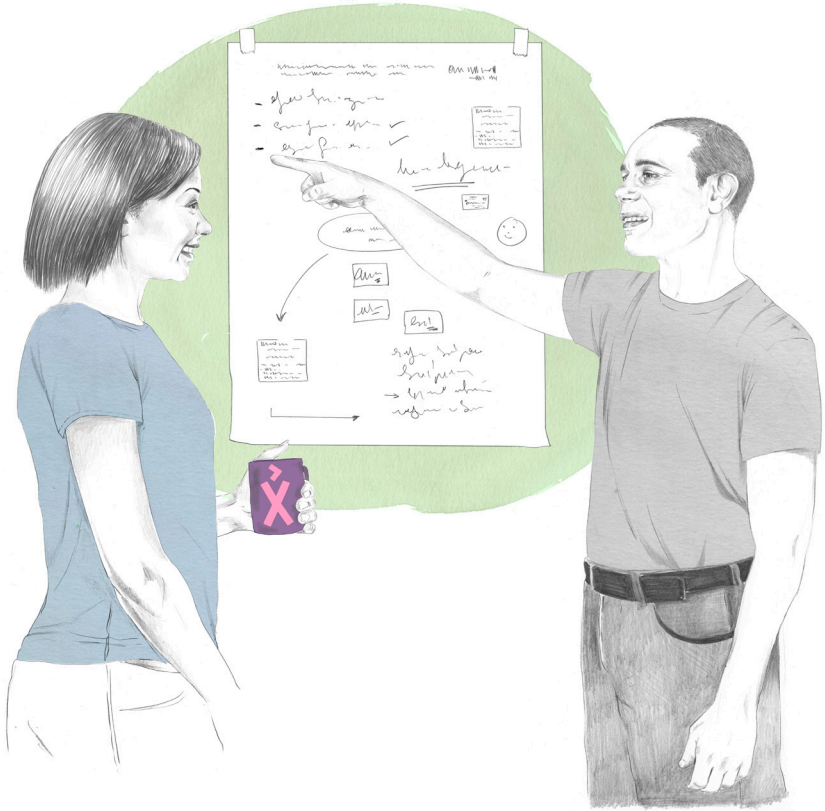


PHOENIX RAE FUTURES HOUSE SCOTLAND



COMMUNITY MEMBERS GUIDE

Information for people
joining Rae House

WELCOME TO RAE HOUSE

We are a compassionate and supportive residential treatment service dedicated to guiding you on your recovery journey. Here, we will empower you to address your substance use, offer support to enhance your mental health, and nurture your overall wellbeing in a safe and caring environment.

Located in the picturesque countryside of Aberdeenshire, near the rural village of Alford, the service provides a drug and alcohol free environment that promotes recovery and personal growth.

We provide tailored care, structured support, and a variety of wellbeing activities to nurture each person's individual journey.

“...you will be able to detox from substances such as opiates, benzodiazepines, and alcohol in a supportive and caring environment”

At Rae House, our programme is typically 6 months and based on individual need. We will work closely with you to recommend a personalised approach that reflects your goals.

Rae House is fully funded until March 2026. The spacious service provides for 27 people who are supported through a holistic, evidence-based Therapeutic Community.

The Therapeutic Community approach to recovery offers a structured, supportive environment designed to support your health and wellbeing. Each person that we support at Rae House is referred to as a 'Community Member' and is an important part of the Therapeutic Community.

The Therapeutic Community is built on Community Members actively participating in your own and each other's recovery process through a combination of peer support, group therapy, and various therapeutic activities, fostering personal growth and recovery within a communal setting. Every part of the service is designed to support you through a carefully blended approach to substance use and wider needs.

Where are we?

We are located near the quiet village of Alford in Aberdeenshire

Find us at AB33 8NU



RAE HOUSE FACILITIES

The service has been designed to offer a psychologically informed and trauma responsive environment, which means we consider our Community Members' thoughts, emotional needs, personalities and past experiences at all times.

RAE HOUSE OFFERS:

- A dedicated staff team of highly skilled and compassionate professionals that are on hand to support 24 hours a day, 7 days a week.
- Accommodation for up to 27 Community Members in single occupancy rooms with ensuite bathrooms, with separate male and female accommodation.
- Fully equipped on-site fitness suite.
- TV/DVD and stereo equipment in the communal areas.
- Regular on and off-site activities, which may include yoga and massage, five-a-side-football, gardening and art classes.
- Over 3 acres of mature garden space.
- Separate Senior accommodation on-site.

DETOX SUPPORT

At Rae House we can offer a medically monitored detox. During the assessment process we will work to understand your substance use and if we identify that a detox is required we will then discuss this with our detox clinician to identify if we can provide this at Rae House or if we need to support you to access an alternative detox service prior to coming to Rae House.



WHAT TO EXPECT HERE

We understand that starting treatment can be a time of adjustment, so during the early stages of the programme, you will receive additional support from staff and fellow Community Members whilst you settle in – we call this the ‘Welcome House’ stage. During this time, you will get used to your surroundings and learn about the programme at a steady pace and in a smaller community, allowing you time and space to adjust.

After Welcome House you will move on to the Primary stage of the programme. Days will become busier with group work, one to-ones and activities within the house.

As you progress from the Primary stages and on to the Senior stage, you will have more available time during evenings and weekends, but there will still be regular groups which all Community Members are expected to attend. This gradual transition is designed to help prepare for life beyond the residential service.

We strive to be consciously inclusive of gender identity and expression. Community Members come together for most of the day, and we also provide gender-specific groups to explore gendered life experiences.

MEETINGS, GROUPS AND SESSIONS:

1 Morning meeting

Held first thing after breakfast each day, everyone attends. It is designed to set Community Members up for the day ahead, with the opportunity to let each other know how you are feeling and if you need extra support.

3 Community meeting

Held once a week to discuss practical activities within the house.

2 Goals group

Setting goals in recovery is vital, as it helps you maintain focus and provides a sense of structure. These groups are an opportunity to discuss goals with peers and make plans to achieve them.

4 Gender groups

We provide gender-specific groups to explore gendered life experiences.

5 Peer groups

Peer groups are responsive to the needs of their members, facilitating discussions on a range of topics as a means of supporting each other.

7 Evening meeting

Brings the community together for the final time of the day.

6 Assignment groups

You will complete several assignments as part of your journey. During these groups, you will present your work to the rest of the group and receive feedback.

8 One-to-one sessions

You will have a dedicated Therapeutic Worker who will provide regular one-to-one sessions.

THE THERAPEUTIC COMMUNITY

The service provides a comprehensive treatment programme within a holistic Therapeutic Community setting, offering a wide range of health and social care services tailored to the individual needs of each Community Member.

The programme promotes positive change by supporting you to develop your self-worth and personal responsibility whilst challenging individual attitudes and behaviours.

“As part of the safe, open and caring Therapeutic Community, you are encouraged to develop essential life and social skills through engagement in daily work and activity routines.”

Additionally, structured group support incorporates cognitive behavioural therapy (CBT) influenced methods and behavioural role play therapy. The programme may include personal and behavioural development interventions, relapse prevention, harm reduction, peer-led groups and meetings, gender support, social and community activities, mutual aid, and employability.

At the heart of the Therapeutic Community is peer support. Community Members help and nurture each other as you journey through the programme. Working together and taking responsibility for the smooth running of the house provides a safe, supportive and structured environment where you can explore the underlying reasons for your substance use and develop the skills necessary to lead a drug and alcohol-free life.

We call people who have completed their treatment programme Graduates. We welcome Graduates to return to support Community Members on their paths to recovery and take part in some aspects of the programme delivery.

IMPROVING MENTAL HEALTH AND WELLBEING



Many people in residential treatment with Phoenix Futures have an emotional or mental health need and a high number have a diagnosed mental health condition.

Our programme and its interventions have a key focus on improving general mental health and wellbeing through our support and therapeutic activities.

To ensure your care is personalised, we first assess your individual needs and with the close support of our multi-disciplinary team we will enable your recovery in a safe and comfortable environment.

Your support will be continually monitored, reviewed and tailored to meet your individual needs. This helps us ensure that your experience at Rae House offers you the greatest opportunity to improve your wellbeing.

Phoenix Futures' residential services have successfully supported thousands of people to achieve long-term recovery. Those who have completed placements with us have reported significant improvements in their wellbeing and mental health.

AN INCLUSIVE ENVIRONMENT

At Phoenix Futures we pride ourselves on providing inclusive services and are committed to ensuring equality of access to treatment, meaning everyone has the same right to our care, treatment and support opportunities. We warmly welcome everyone to join our supportive Therapeutic Community, where our staff are culturally aware and sensitive to diverse needs.

People from all walks of life are affected by drug and alcohol use. We welcome adults of all ages, ethnicities, gender identities or expressions and sexual orientations, and we seek to be as inclusive as possible to people with disabilities. Please contact us to discuss

any adaptations you may require.

Should you require support to access a place of worship, we have established links with local faith-based groups and will endeavour to meet your needs.

Men and women have separate areas of the house where they are based. We can provide separate bedrooms for transgender people and those who identify as non-binary, if required.



TRAUMA INFORMED CARE

At Phoenix Futures we are conscious that many people have experienced trauma in their lives.

All staff are trained in trauma informed care to understand the widespread impact of these experiences, to recognise the signs of trauma, and to provide treatment which addresses the varied needs of people working towards recovery. Interventions, policies and procedures are thoughtfully designed to provide a safe and supportive environment for everyone accessing our services.

We also support the wellbeing of our staff when delivering trauma informed care to help them provide the highest standards of care to you and fellow Community Members.



“We warmly welcome everyone to join our supportive Therapeutic Community, where our staff are culturally aware and sensitive to diverse needs”



RECOVERY THROUGH NATURE

Recovery Through Nature is a core part of the programme at Rae House. This is a highly effective therapeutic programme that engages Community Members in a range of practical conservation and horticultural projects to aid your recovery.

By connecting with our shared natural environment, you can learn new skills, socialise and reflect on your progress surrounded by fresh air and inspiring views.

You have the opportunity to work on projects both within the extensive grounds of Rae House and off-site at various settings across Aberdeenshire, learning about the environment. You can engage in work on tasks such as planting and harvesting produce, developing wildlife habitats, and tree planting.

Wellbeing is enhanced through time engaged in a constructive activity that offers what our Community Members refer to as 'head space' – time to think and reflect away from their everyday therapeutic programmes.



SUPPORTING FAMILY AND FRIENDS ON YOUR RECOVERY JOURNEY

We understand that substance use impacts not only you, but also your family and loved ones. All of our residential services will help facilitate access to mutual and emotional support for families and loved ones.

Whether you have existing relationships with loved ones or wish to rebuild relationships, where appropriate, we will support this. In addition to inviting family members to attend care reviews, we offer family visits to give your loved ones the opportunity to see the service and understand the programme. All visits are subject to a thorough risk assessment, particularly where children are involved, and are pre-arranged to ensure that everyone can enjoy regular visits.

We recognise that those who stay with us may come from different regions across the country, making travel difficult for some. In these cases, we offer the option of virtual visits for loved ones who are unable to travel to the service, ensuring that connections are maintained regardless of distance.

We can also connect your family members and loved ones with partner organisations that offer the support they need.



"we offer the option of virtual visits for loved ones who are unable to travel to the service"

RECOVERY HOUSING

As you approach the end of your residential programme, you may have the option of moving into Phoenix recovery housing services, returning to your own home, or moving on to alternative accommodation provision. Our aftercare services are here to provide ongoing support during this important transition.

Here at Rae House, we have developed links with other providers and agencies who we will work with to provide you with housing and housing-related support both locally and within your Local Authority when you return home.

If you wish to make a fresh start after completing treatment, there is an option to move into Phoenix Futures' recovery housing services, which provide a safe and supportive environment living with others who are also committed to leading abstinent, recovery-orientated lives.

This will support you to develop essential life skills, ensuring you feel empowered and prepared to continue your recovery journey.



“...housing and housing-related support both locally and within your Local Authority”

OUR PASSION FOR SUSTAINABILITY

Our goal is to reduce carbon emissions, increase carbon capture and enhance our connection with the environment through our conservation initiative, Recovery Through Nature.

Our new approach is guided by three key principles:

1

Growing our own produce 'from seed to table'. Food is grown and eaten by people who use our services. Surplus produce is supplied to local foodshare and foodbank projects.

2

Carbon reducing conservation work located at surrounding habitats within the grounds of, and local to, our own properties.

3

Conservation work for our Recovery Through Nature partners.

RESIDENTIAL SUPPORT SERVICES



Harper House, Specialist Family Service Scotland



Scottish Residential Service



Wirral Residential Service



National Specialist Family Service, England



New Oakwood Lodge, Derby



Ophelia House

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