

At Cygnnet Lodge Brighthouse, we have a dedicated Substance Misuse Practitioner who enables the men in our care to identify and engage with the right support for them.

The substance misuse practitioner works closely with other disciplines within our MDT to ensure that an abstinence-based approach is integrated into the care ethos.

Service users will often be at different stages of their relationship with substances when they come to us, and so find a 1:1 approach to treatment to be the most effective. This also means we can tailor timelines to align with care plans, for example, offering a more intensive approach for men on a 12-week discharge to assess admission.

No two journeys are the same and, often, there is no quick fix when it comes to recovery. We focus on the ground work, building strong roots and resilience. True progress requires significant patience and perseverance, with foundational changes occurring internally long before visible signs of success emerge.

Our staff team are encouraged to identify and report trends in drug and alcohol use, which informs staff training about specific areas, and ad-hoc educational group sessions for service users.

We aim to discharge service users to community living fully equipped with the confidence, skills and understanding needed to take ownership of their continued recovery.

We can support individuals that are already being prescribed medication for substance dependence, including those on reduction plans.

Whilst treatment plans are totally bespoke, we do follow the 'Cycle of Change' framework as a foundation for recovery plans.

Substance Misuse Programme

Achieving and Maintaining
Abstinence from Illicit Substances

Cygnnet Lodge Brighthouse



An overview of the Substance Misuse Programme
delivered by our Substance Misuse Therapist at
Cygnnet Lodge Brighthouse



Precontemplation:

Unaware of /
Resistant to the
need to change

In this phase, we focus on minimising risk and harm, whilst still utilising motivational and educational techniques to work towards contemplation.



Contemplation:

Acknowledging the
need for change and
starting to engage

During contemplation we seek to develop a deeper understanding of each person, to identify what their triggers, needs and current barriers may be. Through this understanding, we can begin to build a picture of what benefits abstinence could bring.

Preparation (Decision):

A desire and
plan to make
change happen



With more motivation, we focus on setting achievable goals and building the skills needed to achieve them. Interventions focus on boosting self-confidence, self-belief and understanding of the benefits of abstinence.

Action:

Implementing
changes and working
towards stabilisation



Our team work together to support service users to achieve their goals. Treatment is embedded within all aspects of recovery, including psychology sessions, activities and social work. We cover the importance of 'lapsing', and how these moments do not need to define their future.



Maintenance:

Staying Strong

Towards the end of their care journey, we hope to move into the maintenance phase, building good habits and focusing on relapse prevention. We accept that motivation can fluctuate, and work on strengthening strategies to maintain it.



Lapse / Relapse

Learning & rebuilding

We hope to instil all the confidence and skills each person needs to avoid relapse, but we understand that lapses happen. Our team offer a non-judgemental, safe space. For service users to reflect on the triggers and barriers and how they can move forward.

Following lapse, a person may re-enter the cycle at any stage, but better equipped with more knowledge and skills to move through the recovery process.

Understanding the distinction between lapse and relapse keeps individuals in the cycle and helps to reframe what could feel like a failure.



Upward Spiral

Learning from relapse
and re-entering the
cycle with more insight



Additional Support

Ad-hoc support sessions are available with the Substance Misuse Therapist and our support workers are trained to offer support in a more informal setting.

Individuals are supported to attend community based support groups if they wish to (AA, NA, CA, etc.) We have links with SMART recovery alongside local charities and non-profits who focus on community reintegration.