

# Patient Information



CATCH  
RECOVERY

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# General Programme Structure

- CATCH Recovery provides essential 12-Step, interpersonal group, and individual work for adults experiencing problems related to drug and/or alcohol use.
- Our programmes do not include seclusion or restraints (unless you become a danger to other patients or staff onsite) and we are a smoke-free facility.
- You may only smoke in designated areas outside.
- You will be provided with a treatment schedule of your therapy sessions & groups and an explanation of any fees that you will be responsible to pay (specific fees will be included in your programme-specific contract).
- You are expected to participate in group and/or individual sessions depending on what services you have selected.
- You are expected to follow the programme rules and complete any treatment plan assignments.
- You are expected to participate in the development of, and any revisions to, your treatment plan.
- A comprehensive biopsychosocial assessment is required, and it helps us determine the focus of the work we need to do together.
- We can also provide you with information about service providers who focus on other areas, and you will be given referrals as needed.
- Upon completion of your treatment plan, we will advise you about any continuing care and information about other community resources you might need.
- We welcome your input regarding our services. During your time with us, we will ask you to complete a satisfaction survey.
- Upon discharge from the programme we may attempt to follow up with you to ask you about your satisfaction with our services and for feedback on how we can improve our services and programme outcomes.

# Hours of Operation

CATCH Recovery hours of operation are from Monday to Friday between 9am and 5pm. We provide an after-hours message-taking service. All calls received out of hours will be followed up the next working day. In case of an emergency, you are advised to call 999.

## Services Provided by CATCH Recovery

### Our Services

#### **Therapy: In-person and online**

- One-to-One Therapy
- Couples Therapy
- Family Therapy
- Trauma & EMDR Therapy
- Group Therapy

#### **Other Services**

- Referrals to residential rehab
- Post-rehab continuing care
- Recovery Coaching
- Sober Companionship
- Sober Transport
- Interventions

### What We Treat

- Alcohol Addiction
- Drug Addiction
- Gambling Addiction
- Gaming & Trading Addiction
- Internet & Social Media Addiction
- Sex & Porn Addiction

#### **Continuing Care Programme**

We run a 24 week course of online therapy and recovery coaching, for those leaving residential rehab, to support you back into to your home and work environment.

## Description of Services

### **Therapy & Recovery Coaching**

CATCH Recovery offers individual therapy and recovery coaching sessions. Sessions are delivered either in person or via telehealth.

Psychotherapy, also called talk therapy or counselling, helps individuals to gain insight into difficulties they are facing and helps individuals recognise cognitive distortions, irrational thought patterns, unconscious processes, and other such cognitive areas that typically result in emotional distress and mental health problems.

## **Therapy & Recovery Coaching**

The primary difference between a therapist and a recovery coach is that, generally speaking, therapists tend to focus more on the past or present while coaches tend to focus more on the present and the future. Therapists are often more focused on cognitions while coaches are often more focused on behaviours. Recovery coaches create action plans to achieve those goals, and support and guide them along the way while also providing accountability and motivation.

Recovery coaching is all about developing the lifestyle and the life skills required to stay sober and achieve other goals of your recovery. Coaches are not generally considered clinicians and do not treat mental health conditions. Therapists on the other hand do treat mental health, and in fact, some addiction therapists are also trained recovery coaches.

## **Interpersonal Group**

If you have chosen to attend group therapy, the group facilitator will lead the group and teach you how to effectively participate. This is where you can get peer support and feedback.

The purpose of Group Therapy is to help you develop:

- Insight into addictive diseases
- Understanding of the changes needed to prevent relapse
- Awareness of attitudes and behaviours that prevent recovery
- Recognition of situational and emotional problems that have contributed to the illness
- The tools and skills to resolve these problems.

## **Interventions**

In some cases, we will be asked by a family or employer to arrange an intervention for an individual who is resisting the need for treatment. CATCH provides professionally facilitated interventions for individuals experiencing problematic substance use or other behavioural health concerns. The intervention is a structured, pre-planned meeting led by a qualified Interventionist, designed to encourage the Patient to accept support and/or treatment.

## **Sober Companions**

CATCH can arrange for a Sober Companion to live-in with the patient for a specified time-period to support a patient's sobriety.

## **Sober Transport**

CATCH can provide a Sober Transport service, to provide one-on-one assistance during transportation. In this case, we will arrange for pick-up and drop-off for the patient accompanied by a member of staff or sober companion.

## **Relapse Prevention**

Throughout treatment patients will be provided with education and assignments to teach you to predict and avoid or manage situations that have resulted in unproductive behaviours in the past. Education about relapse prevention will teach you to recognise high-risk situations that influenced your use of drugs and alcohol, and you will learn techniques to prevent them in the future.

## **Family Involvement**

Patients can have family session with their family and therapist upon request to discuss family dynamics, boundaries and how to build healthy family relationships to support you and your family.

## **Self-Help**

You will be introduced to 12-Step and other community support groups. You may be asked to participate in meetings both on and off property and learn to utilise support and develop relationships with those in the recovery community.

## **Alcohol/Drug Screenings**

CATCH can refer patients to an external alcohol and/or drug screening provider upon request.

# Infectious Diseases & Precautions

Patients will be referred out to testing facilities for any blood borne virus high risk assessments, or requests for testing. The following information is presented to help prevent infectious diseases and encourage you to seek appropriate medical treatment if you are concerned. Although there are resources listed as part of this document, this information is not all-inclusive. We encourage you to obtain additional information.

## Infectious Diseases

Diseases that can pass from one person to another are called infectious diseases. Infectious diseases develop when germs invade the body and cause illness. The most common germs are bacteria and viruses.

Bacteria can live outside the body and do not depend on the organisms for life. The number of bacteria that affects humans is very small. Some cause serious infections and are treated with antibiotics.

Viruses depend on other organisms to live. Once in the body, they are hard to remove. Few medications can fight viruses. The body's immune system is the main protection against infection.

To minimise the risk of infection when providing first aid, follow these basic precautions:

- Avoid direct contact with blood or body fluids whenever possible.
- Use barriers such as disposable gloves or a clean, dry cloth between yourself and the affected person.
- Cover any open cuts, scrapes, or skin conditions on your own body with protective clothing or gloves.
- Wash your hands thoroughly with soap and water immediately after providing care.
- Avoid eating, drinking, or touching your mouth, nose, or eyes while giving first aid.
- Do not touch objects that may be contaminated with blood or bodily fluids.
- Keep a first aid kit readily available and stocked with protective items.

If you are exposed to blood or other bodily fluids:

- Wash the affected area with soap and water immediately.
- Inform a staff member or seek medical advice if needed.

# Infectious Diseases & Precautions

## **Infection Control**

Patients will be retained in treatment unless or until their behaviour or physical / mental condition deteriorates to the point where their health may be jeopardised, mental health therapy becomes problematic, or they become a health threat to other clients and / or employees.

Confidentiality procedures will always be followed. Unauthorised disclosure of sensitive health information is strictly prohibited, as is any form of discrimination in decision-making regarding patient care. The organisation's response to infectious diseases will comply with all applicable UK and international guidelines, including notifying the appropriate authorities where required.

## **Precautions and Hygiene Measures**

There should be no direct contact with infectious materials.

Hand hygiene is the most effective way to prevent the spread of infection. All staff and clients are encouraged to wash their hands regularly, particularly after using the toilet, before eating, and after contact with potentially contaminated surfaces or materials.

All blood and certain body fluids are to be treated as potentially infectious, regardless of the person's known or suspected infection status.

All clients are presumed to potentially carry transmissible infections, including airborne illnesses such as tuberculosis, and standard precautions apply at all times.

# Common Infectious Diseases

## Acquired Immune Deficiency Syndrome (AIDS)

Caused by the Human Immunodeficiency Virus (HIV).

A set of diseases and symptoms that usually develops years after infection.

The virus is transmitted through contact with blood products, semen, or vaginal fluids and from mother to child during pregnancy, delivery or breastfeeding.

The most common method of transmission is through sexual contact.

Sharing needles, syringes, fluids, cookers, cotton, spoons, or eyedroppers may result in HIV-infected blood into one's system.

Early symptoms present in a wide variety of ways that include flu-like fever, sore throat, headache, muscle aches and pains, enlarged lymph nodes in neck, armpits & groin, skin rashes, abdominal cramps, nausea, or vomiting and/or diarrhoea. As the disease progresses, the symptoms can become more severe.

Treatment involves the use of anti-retroviral medication that attacks the virus at different stages of its lifecycle.

## Tuberculosis (TB)

TB is bacterial infection that can spread to any organ in the body but it is usually found in the lungs. It is transmitted through the air and can be very contagious. However, it is nearly impossible to catch TB through casual contact with an infected person.

People who are malnourished, live in crowded conditions, or have weakened immune systems, such as those with AIDS or blood cancers such as leukaemia, are at greatest risk for TB.

90% of those infected with TB have latent infections and never develop symptoms, and cannot transmit the infection to others.

A tuberculin skin test is the only way to diagnose TB.

Symptoms begin gradually and develop over a period of weeks or months. Some people have one or two symptoms, others have several symptoms. Symptoms include coughing up a thick, cloudy, sometimes bloody mucus for more than two weeks, fever & chills, fatigue, weight loss, night sweats, shortness of breath, loss of appetite, chest pain that is worse when inhaling, rapid pulse, and muscle weakness.

Treatment is antibiotics used to kill the TB bacteria. People who have inactive TB infections are treated to prevent the infection from becoming active, which can then spread.

## Hepatitis

Liver inflammation caused by a viral infection. There are 5 different viral infections that result in Hepatitis A, B, C, D, and E.

# Hepatitis A to C

## Hepatitis A (HAV)

This is the most common form of hepatitis.

It is caused by eating or drinking food or water that is contaminated with faeces containing the virus.

Symptoms include fatigue, nausea, vomiting, abdominal discomfort, dark urine, yellowing of skin & eyes, jaundice. Liver enzymes may be elevated. Symptoms can last from 3 weeks to 6 months.

Treatment: Immune globulin vaccine for short-term protection & for people already exposed, bed rest and avoidance of intimate contact. Hepatitis A vaccine for long-term protection.

## Hepatitis B (HBV)

Caused by exposure to infected blood, unprotected sex, sharing contaminated needles, through childbirth and breastfeeding by infected mothers.

Symptoms include loss of appetite, nausea, vomiting, fever, fatigue, abdominal pain, dark urine or jaundice. Some people have no symptoms and infections go away without treatment.

If infection remains in blood cells and liver for 6 months or more, chronic HBV is diagnosed.

Chronic HBV can result in cirrhosis and liver cancer. People with chronic HBV usually do not have symptoms unless liver disease is present.

Treatment is injection of interferon alpha.

## Hepatitis C (HCV)

Most serious of the 5 types of hepatitis.

Caused by exposure to infected blood through unsafe, high-risk sexual behaviour, injecting or snorting drugs using contaminated equipment, getting a tattoo or piercing with a contaminated equipment, using infected person's toothbrush, razor or anything else with contaminated blood on.

Less than 5% of spouses of people with HCV become infected, and less than 5% of infants are infected. Infants are infected during childbirth. No evidence of transmission through breastfeeding.

Symptoms may occur immediately, lie dormant for years, or never develop. More than half of infected people have no symptoms. Symptoms include loss of appetite, fatigue, nausea, fever, dark yellow urine, jaundice. Liver enzymes may be elevated.

Treatment is 3 weekly injections of Rebetrone (combination of antiviral drug ribavirin with interferon). No vaccine available.

# Hepatitis D and E

## Hepatitis D (HDV)

Caused by contact with contaminated blood. Hepatitis B must be present for Hepatitis D to survive, so it is contracted at the same time as Hepatitis B, or the person already has Hepatitis B.

Symptoms are the same as Hepatitis B (loss of appetite, nausea, vomiting, fever, fatigue, abdominal pain, dark urine or jaundice), but more severe.

Treatment is interferon alpha for Hepatitis B.

## Hepatitis E (HEV)

Caused by consuming contaminated uncooked shellfish, fruits or vegetables, or contact with water contaminated with faeces.

Symptoms are nausea, vomiting, fever, fatigue, abdominal pain, dark urine, and jaundice.

Treatment is bed rest. No drug treatment or vaccine available.