



Aberlour Mother & Child Recovery House

Service name:	Aberlour Mother & Child Recovery House
Address:	Cowan Grove 5 Cowan Place
Town:	Dundee
Postcode:	DD4 6QL
Telephone number:	01382 711020
Fax number:	N/A
Health board area:	Tayside
Local authority area:	Dundee City
Alcohol and Drug Partnership (ADP) area:	Dundee City
Type of service:	Voluntary
Nature of service:	Residential/In-Patient
Referrals:	Any Agency, Self Referral, GP, Health Professional, Social Work
Client access (please select all that apply):	16-18, 18+, 21+, Women only, Women with children, Other (please specify below)
If other has been selected, please specify:	Women with Children 0 to 5 years old. Also pregnant women.

Service Access

Opening days and times:	Monday: 24/7 Tuesday: 24/7 Wednesday: 24/7 Thursday: 24/7 Friday: 24/7 Saturday: 24/7 Sunday: 24/7
Service access:	By Appointment

Substances treated/targeted:

Substances treated/targeted:	Yes
Selected substances treated/targeted:	Heroin, Dihydrocodeine or other Opiates/Opioids, Cocaine, Amphetamine or other Stimulants, Cannabis or Synthetic Cannabinoids, Diazepam (Valium) or other Benzodiazepines, MDMA/Ecstasy or other Empathogens, Ketamine, Methoxetamine or other Dissociatives, LSD and other Psychedelics, Solvents/volatile substances, Prescription medication, Over the counter medication, Alcohol
Advice and information:	Yes

Counselling:	Yes
Counselling options:	One-to-One, Motivational Interview
Detoxification as part of the service:	Yes
Detoxification options:	In-Patient/In-House Detox

Mental health service

Mental health: does your service provide mental health support and advice?	Yes
Mental health support options:	As part of the service, Joint working with relevant agencies, By referral to specialist unit Depression, Anxiety/Phobic disorder, Physical Abuse, Sexual Abuse, Self Harming, Eating Disorders, Bipolar Disorder, Personality disorder
Mental health support option types:	

Prescribing service

Prescribing:	Yes
Prescribing options:	As part of the service, Methadone, Buprenorphine, Naloxone, Benzodiazepine

Rehabilitation and other services

Rehabilitation and other services provided:	Advocacy, Drop-in sessions, Drug testing, Education and Training, Education and training (by referral), Groupwork, Sexual Health, Structured day programme, Talks/training, Stalls at exhibitions/seminars
Residential support:	Yes
Residential support options:	Crisis intervention/support, Residential rehabilitation, In-patient/In-house detox
Needle exchange:	No

Residential stay When the women and children are staying at the house, there will be 24/7 support available with at least two workers in the house at any time. The women will either choose to stabilise and/or detox at this point and will follow a planned recovery programme throughout, following the Recovery Wellbeing Web. The women will also take part in groupwork that will aim to build resilience, improved self-esteem, and emotional regulation. Women will be supported to strengthen their parenting skills and improve their capacity and understanding of meeting their child's needs.

Further information

Staff are trained in The PuP programme (parents under pressure) that assists supported people to manage emotions in a safe and compassionate environment. When the women are ready to integrate back into the community a transition plan will be put in place. Community outreach We provide an outreach service after the women leave the house that is relationship based and will provide emotional, practical, and therapeutic support in their homes/communities to sustain recovery. We continue to work in partnership with all relevant agencies and

professionals that are important as part of the team around the family. We will not discharge, instead we will offer space with the understanding that the women can contact us at any time in the future if they feel they need our support.