

## What happens if I miss a session?

You have to be at every session. If you miss one, you will need to do a catch-up session before you can carry on with the group. If you miss two sessions without good reason you will be in breach of your order and you may have to go back to court.

Please talk to us if you are having problems attending sessions. We will try to help.

## When and where is it held?

Please ask your probation supervisor about the nearest course.

Group rooms are situated on our own premises or external premises which have been assessed to meet the appropriate standards.

We have CCTV for your safety and to record the tutors for training purposes.

## Your rights

### You have the right:

- to be treated fairly, without discrimination. You must also treat others in this way
- to talk to the tutor about your progress. You can have a copy of the report written by the programme facilitator at the end of the programme
- to make a complaint. Try to sort it out with the tutor first, then with their manager. If you are still not happy, there is a formal complaints procedure that you can follow. Leaflets with further information are available in the probation office waiting area or see our website.

## Any questions?

If you have any questions please ask your probation supervisor.

If you need help to understand this leaflet or you need it in another language or format please ring us on 01622 239147.

[www.ksscrc.co.uk](http://www.ksscrc.co.uk)

Kent  
Surrey  
& Sussex

Community Rehabilitation Company



*reducing reoffending, improving lives*

## Building Skills for Recovery



# What is Building Skills for Recovery?

**This programme will help you plan for a life without drugs or alcohol misuse. The court may have ordered you to attend this programme as part of your sentence, or it may be a condition of your prison licence because of offences related to alcohol/drugs.**

## **The programme will help you to:**

- understand how drugs and alcohol affect your offending
- build a Personal Toolkit aimed at reducing your substance abuse and chances of reoffending
- improve your employment skills
- improve your health and well-being.

# What will it involve?

BSR has 16 two and a half hour group sessions and three one hour one-to-one sessions with a programme facilitator.

## **BSR addresses:**

- drug misuse
- alcohol misuse
- social networks involved in crime
- lack of supportive family relationships
- work/unstable employment
- positive recreation/leisure activities
- acting without thinking/low self-control
- attitudes that support crime.

## **As part of the programme you will:**

- explore your behaviour, environment, risk factors and the factors that may protect you from a return to problematic behaviour
- familiarise yourself with those who matter to you and can help you on your treatment journey
- learn, practise, rehearse and apply new coping skills and strategies
- plan for future change throughout the programme by setting goals.

# What will I need to do?

## **You will need to:**

- talk about what you have done and, if necessary, make changes in your life to avoid reoffending
- attend all sessions, arrive on time and stay to the end
- join in group discussions
- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- be open minded, respectful and listen to what others say and think
- complete some tasks outside of the group
- turn off your mobile phone during sessions.