



HYDE HOUSING

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We run Supported accommodation around Birmingham with of property sizes and specialities

Hyde Housing run a high-level supported hostel, and various smaller supported properties.

Hyde Housing takes an holistic approach to support vulnerable people. The target age range is 18 years and over. Hyde Housing offers:

- Regular Drug & Alcohol support•
- Cognitive Behavioral Therapy •
- Counselling•
- Crisis Intervention & Prevention initiatives•
- Sexual Health Advice•
- Offending behaviour
- Independent Living skills
- Money management
- Advocacy
- Anger Management
- Benefit Advice
- Legal Advice



# Addiction

Addiction can lead to other problems including; social, physical and psychological problems. While death and ill-health related to drug and alcohol abuse has increased, there has been Government cuts to public health budgets. Funding for support on substance use has been reduced by 18% (equivalent to £162m) over the past four years. This means the support that can be offered is more limited than ever, leading to this vicious cycle effect, where people's needs are not being met.

There were 7,545 hospital admissions for drug-related mental and behavioural disorders in 2016/17 – 12% higher than 10 years earlier. Across England and Wales, 3,756 people died as a result of drug poisoning in 2017. Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15–49-year-olds in the UK, and the fifth biggest risk factor across all ages. Our approach and support We understand that addiction has a huge impact on different areas of a person's life.

We work in partnership with other agencies to address an individual's specific needs, raising their awareness of the damage caused by drug and alcohol abuse and supporting them to move on to a positive future. We also acknowledge that a person's substance use may be a coping strategy or learnt behaviour, where support for underlying issues may be needed. We know that the journey to recovery may not be straightforward and can often involve relapses. We stick with people at every step of the way. We offer specialist housing support for people with substance misuse issues. We offer a main hostel with high-level support and smaller shared houses, which can assist with the next stage of independence. Our range of staff include: trained recovery and substance misuse workers, Counsellors, Cognitive Behavioural Psychotherapists and Support Workers. All of which provide a range of support, including one-to-one and group sessions. We also offer the option for regular drug testing to remain free from substance use, while engaging in further support. We also support people in areas: benefits and financial advice, independent living skills, training and employment, offending behaviour and social engagement..



# Female housing

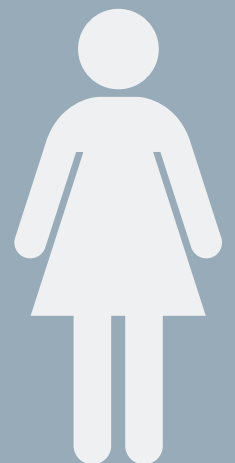
Domestic violence will be experienced by 1 in 4 females. This can result in further problems including; social, physical, psychological problems and substance use. Furthermore, Government cuts have limited women-only-support, which means people are not receiving enough support. Research has found 60% of women leave prison homeless and with little chance of accessing safe and stable accommodation. This increases the risk of entering the vicious-cycle where their needs are not met, leading to further problems.

Furthermore, since 2014, the number of women returning to prison due to breaking a license, no living accommodation, poor mental health, or abusive relationships, has increased by 80%. A recent report by HM Inspectorate of Probation noted that dedicated funding for women's services has now virtually disappeared.

Our approach and working We understand that people's life difficulties can lead them down the path to where they currently are. Most homeless women have suffered some form of past trauma and are vulnerable.

Commonly, homeless women may have children that are no longer with them, have a history of abuse and victimisation. Our range of staff include: trained recovery and substance misuse workers, Counsellors, Cognitive Behavioural Psychotherapists and Support Workers. All of which provide a range of support, including one-to-one and group sessions.

We also support people in areas: benefits and financial advice, independent living skills, training and employment, offending behaviour and social engagement. We offer female-only supported housing, for women that may have been a victim of domestic violence, lost or not in contact with children, or lost houses and in need of support to gain independence.





# CBT

We acknowledge that mental health concerns are a common problem within our client group (vulnerable adults over the age of 18 years). This can include, but not limited to:

- Depression•Anxiety •Obsessive Compulsive Disorder •Addictions (including substance misuse)•Eating Disorder •Social Anxiety •Panic Disorder •Post Traumatic Stress Disorder •Personality Disorder
- We acknowledge the boundaries and limitations with using external sources and agencies of support.

Problems may include: attendance, assessment, suitability, drop-outs, transport, costings and co-morbidity. We now have qualified mental health practitioners including a trained: Cognitive Behavioural Therapist, Counsellor, and Substance Misuse Worker. Clients can then access a wide range of internal support including:•One to one intervention•Group interventions•Guided Self-Help This benefits our clients that need the support but have problems accessing it. Furthermore, it provides clients that have previously needed in-patient, secondary care, or rehabilitation, another stepping stone to full independence.

