

“You will never know what results will come of your action, but if you do nothing there will be no result.”

Gandhi

Milestone community drug and alcohol rehabilitation day service provides support to people in the East of the City who have begun to address their substance use.

At Milestone we know that recovery can and does happen.

We recognise that each recovery journey is as unique as the individual who makes it.

Contact details:

Milestone
26 Orr Street
Glasgow
G40 2AJ
T 0141 556 5880
E info@tpsmilestone.co.uk



This leaflet is available in alternative formats. Please contact the Communications Department on **0141 427 8200**.

Milestone is one of the many services provided by Turning Point Scotland (TPS). We provide person centred support to adults with a range of complex needs throughout Scotland.

Turning Point Scotland
54 Govan Road
Glasgow
G51 1JL
T 0141 427 8200
W www.turningpointscotland.com

Turning Point Scotland is a company limited by guarantee No 194639 (Scotland) Registered Office 7 West George Street, Glasgow G2 1BA. Charity No SCO28827.



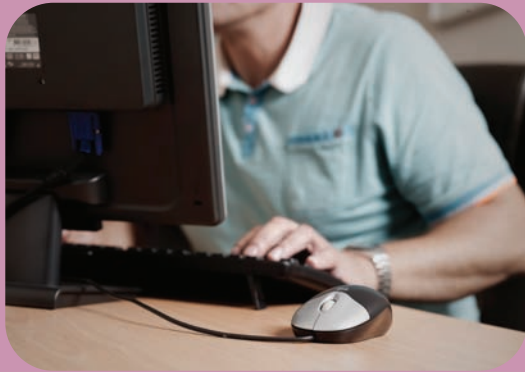
milestone

Making **Substance Misuse**

Services Fit People



designed and produced by Michael Dancer / 0141 424 0401



The programme at Milestone

There are three stages to the programme.

- **Phase 1 (4 weeks)**
An introduction to the service and a period of assessment. The aim at this stage is to promote self belief and confidence and help to define goals.
- **Phase 2 (16 weeks)**
In this phase of the programme there is opportunity to explore substance use in more detail and a time for self exploration and reflection.
- **Phase 3 (16 weeks)**
The emphasis in this phase of the programme is enhancing aspirations beyond Milestone and assisting individuals to engage as active members of their community.
- **Aftercare (8 weeks)**
On completion of the programme there is an extended tailored period of one to two support.
- **The Recovery Community at Milestone (ongoing)**
We facilitate an opportunity for members of the milestone recovery community to meet on a fortnightly basis (evening session).

Complimentary therapies at Milestone

- Daily acudetox clinic
- Indian head massage by appointment

Activities at Milestone

- Weekly health and fitness sessions
- Periodic planned outdoor activities
- Gender themed groups

Partnerships at Milestone

- We work in partnership with a range of service providers and volunteers to deliver a diverse menu of activities, counselling and educational, recreational and social opportunities

We also provide

- Lunch
- Travel expenses



If you think that Community Rehab could support your recovery journey or that of someone you know or support then please consider the following:

- Are there indications of motivation for change, for example reduction in primary substance use or abstinent days?
- Is there a willingness to attend a structured groupwork programme?
- Are there clear goals with regard to substance use and personal and social development?

To make a referral or to find out more or if you think that what we offer fits with your recovery journey then give us a call or arrange to come for a visit.

Our opening times are
Monday - Thursday 9am-5pm
Friday 9am-4pm