

**Recovery** is a process for individuals and communities. It is not a single event and may take time to achieve and effort to maintain.

It is about being able to live a meaningful and satisfying life as defined by each person. It is about having control over and input into your own life. It is about gaining positive benefits, not just reducing harm caused by alcohol and drugs. Recovery is a deeply personal experience.

This leaflet reflects Turning Point Scotland's commitment to the Road to Recovery.

Turning Point Scotland provides a range of substance misuse services throughout Scotland. For details on each service look at our website [www.turningpointscotland.com](http://www.turningpointscotland.com)

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

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## Our approach to drugs, alcohol and recovery

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At **Turning Point Scotland** we are committed to recovery – it is at the heart of what we do. We believe everyone is capable of recovery.

### **TPS Services**

Our services range from short-term crisis intervention to sustaining longer-term recovery and abstinence. That means people taking many different paths and journeys during their involvement with TPS services.

However, one constant are the principles on which our services operate. Principles we believe are important for good recovery focused services. Principles we aspire to achieve.

### **Key Principles**

Drugs, Alcohol and Recovery: What does it mean for Turning Point Scotland?

Our Key Principles

**1**

Being clear about the range of supports we offer, and how they fit with your recovery.

**2**

Knowing what part of your recovery journey we are working with, be it establishing engagement, minimising harm, or becoming abstinent.

**3**

Providing person-centred approaches that enable you to match your hopes and aspirations to the flexible structures of support we provide.

**4**

Making sure our systems and processes recognise and focus on your strengths to help you develop the capacity and responsibility to sustain your recovery.

**5**

Working in partnership with other organisations, professionals, self help groups, peers and wider circles of support to sustain recovery for you, your family and local communities.

**6**

Using a combination of people's experiences, new learning and evidence based practice to inform our service delivery.

**7**

Having clearly written processes, which set out the support frameworks, review periods, interventions and treatments we offer you at each stage of your involvement.

**8**

Recognising our role is to support you to use services and review your progress in achieving jointly agreed outcomes.

**9**

Being clear how our service delivery fits with outcome agreements, models of care and health targets as set by Government bodies.

**10**

Constantly evolving our services by reviewing support, learning from others and adapting to the changing needs of service users.