

What is Mutual Aid?

Research shows that people who access mutual aid are more likely to be **successful** in their recovery. 'Mutual aid' means speaking to other people who have been there and done that with substance misuse and treatment. It is the opportunity to talk to someone who has **gone through what you are going through**, which gives you a type of support that professionals cannot.

During titration the Recovery Support Worker will discuss **different types of mutual aid**, and help you to overcome any barriers you feel may be stopping you from accessing them.

Mutual aid is an individual choice this can also be discussed with a peer mentor who can support you to **get involved**.

FCC Mutual Aid Groups

Monday

*SMART @ Cornwallis street
12.45-2.30pm*

Thursday

*Inspire (women's only group) @ WHIST
10-12noon*

Thursday D

*Diary Group @ Jarrow Community Centre
1-3pm*

Friday

*Drop in and Service User Forum @ Hebburn Independent Methodist Church
2-4pm & 4-6pm*



First Contact Clinical

What happens now?

If you need to speak to someone from First Contact Clinical before this appointment, please call and ask to speak to our duty worker on

0191 427 4505

First Contact Clinical wish you well in your recovery.

If you are currently using, please do so as safely as possible. Ask your pharmacist or contact STEP, Fowler St, South Shields, on 0191 275 8000.

South Shields Business Works
Henry Robson Way
Station Road
South Shields
NE33 1RF

Telephone: 0191 427 4505

Fax: 0191 427 4702

Email: smsadmin@firstcontactclinical.co.uk

Website: www.firstcontactclinical.co.uk



First Contact Clinical

Your Guide to South Tyneside Substance Misuse Service

**Please contact the Duty Office on
0191 427 4505**

**You can also visit our website for more
information
www.firstcontactclinical.co.uk**

"Enabling Healthy Behaviour Change"

Welcome to First Contact Clinical

Who Are First Contact Clinical?

First Contact Clinical are your treatment provider and we are dedicated to supporting you in your recovery. We are a team of professionals with a wide range of skills and training, which we use to the best of our ability to help you achieve your goals around substance misuse.

We want you to take an active part in your treatment, and we will support you to do this.

Our values				
Integrity We mean what we say, and do it.	Quality We never compromise on quality.	Passion Our beliefs drive our actions.	Pioneers We create new and innovative solutions from problems.	Together Strong individuals, stronger team.

What will my treatment be like?

Your treatment will have three strands: a **Recovery-working** strand, a **mutual aid** strand, and a **clinical** strand.

These are designed to establish and prioritise what issues you may be facing at the moment.

What about my script?

The clinical strand involves seeing a Prescriber to discuss medications which will help you in your recovery. This may involve starting a medication which acts as a substitute for illicit opiates such as heroin. This is called **Opioid Substitution Treatment (OST)** and the two medications offered are **Methadone** and **Buprenorphine**. You can discuss these options with the duty officer before you see the prescriber for your first titration appointment.

Titration is the process of starting you on an OST medication and increasing the dose until it holds you for 24 hours.

During this time you will be supported by the designated Recovery Support worker, within the prescribing clinical settings.

After this dose is reached, this signals the end of Phase One of your treatment. Your Recovery Worker will discuss the rest of your treatment journey with you.

What does a Recovery Worker do?

Following titration onto substitute medication you will be allocated a **Recovery Pathway**, this will help you to establish and understand your current issues, specifically those relating to substance use. A **Recovery Worker** will be able to help you address these issues and signpost you to other services should you need these.

