



Supporting recovery  
Reducing harm  
Rebuilding lives

A young man with short brown hair, wearing a tan jacket with a dark hood, is looking back over his right shoulder towards the camera. He is in an outdoor setting, likely a park, with residential buildings and trees in the background. The lighting is bright, suggesting daytime. The text is overlaid on the bottom half of the image in four colored boxes: yellow, red, orange, and green.

Treatment, training and  
support in Solihull for anyone  
affected by their own or  
others' substance misuse

**“It’s not about stopping something, it’s about starting a new life without an addiction.”**

## Who are we?

SIAS (Solihull Integrated Addiction Services) is a partnership of five organisations, commissioned by Solihull Council, that work seamlessly together to deliver treatment, awareness-raising and support services designed to reduce the negative impacts of addiction on the lives of those who live, work or go to school in the borough.

## What do we do?

SIAS offers:

- **Treatment** – for adults and young people
- Support for **adults** in recovery from addiction
- **Needle exchange** and harm reduction service
- Support with **housing** and homelessness
- Support for **families**, including children, affected by someone else’s substance misuse
- Drug and alcohol awareness **training** for professionals
- Drug and alcohol **awareness workshops** for schools, colleges, and businesses
- Signposting for people with a **gambling** addiction.

Access to all services is through our SPOE (Single Point of Entry) team.

**Whether you are in need of support or guidance for yourself or another, please call us on:**

**0121 301 4141**

## Find out more

-  @SIASSolihull / @siasyp
-  @SIAS.Solihull / @SIAS.YP
-  @sias\_solihull / @sias.yp

**[www.sias-solihull.org.uk](http://www.sias-solihull.org.uk)**

A woman with curly hair is shown from the chest up, looking towards the right and gesturing with her hands as if in conversation. She is wearing a light-colored, patterned button-down shirt. The background is slightly blurred, showing what appears to be a whiteboard with some blue markings.

# What you can expect

## Prevention

### Training and Workshops

To help anyone whose job brings them into contact with people affected by substance misuse, we offer training that covers substances and associated issues, addictive behaviour, how to support clients or colleagues, and how to access professional help. Sessions can be standard or bespoke.

### Community Outreach

Our trained staff engage with adults and young people in the community to raise awareness of the issues and dangers surrounding substance misuse and addictions, discussing habits and beliefs, busting myths and ensuring people know how to stay safe and where to get help if they need it.

# Early intervention

## Pre-Treatment Interventions

Prior to treatment, we offer screening and brief interventions to help families and providers of other services to identify issues and assist with crisis management.

## Peer Support and Engagement

Our peer mentors, with lived experience, can talk to those with anxieties associated with coming off substances or entering treatment and ease them into engagement with SIAS services.

## Harm Reduction

For those not yet ready to enter treatment, we provide advice around how to stay as safe and healthy as possible. We run a Needle Exchange service at SIAS in Chelmsley Wood and through participating pharmacies. We also offer supervised consumption of opiate substitutes.

## Single Point of Entry team

Our SPOE (Single Point of Entry) team is the initial point of contact for accessing all SIAS services. Staff provide information for anyone with concerns about their own or someone else's substance misuse or gambling; they can tell you what to expect from SIAS and will signpost to other services where appropriate. They also carry out initial assessments and triage for individuals entering treatment before allocating them to their own Recovery Practitioner.

# Treatment

## Learning to Change

When an individual enters treatment, their Recovery Practitioner carries out a comprehensive assessment then works with them to develop a personalised Recovery Plan. This lays the foundations for change. Individuals are encouraged to take ownership of, and responsibility for, their own recovery, whilst being offered structured psychosocial support to help them make sustainable behavioural and life changes. Pharmacological support is offered where necessary.

# Recovery and living well

## Road2Recovery

We provide a structured programme, supported by Peer Mentors who are experts by experience, to help our clients build self-efficacy, confidence and positive networks as they come towards the end of their treatment and start planning to move on. We offer access to groups and clubs, training and volunteering opportunities, and continue to support individuals throughout the transition from treatment into self-sustained recovery and living well.

## Wrap around services

### Family Service

We know how difficult it can be living with a loved one who has a drug, alcohol or gambling problem. Whether or not the individual is in treatment, we offer one to one advice and information for family members living in Solihull, helping them to understand and support their loved one, but also to look after themselves and develop coping strategies. In addition, we run weekly groups allowing family members to speak freely to others in a similar situation.

### Children Affected by Parental Substance Misuse

We offer children affected by parental substance misuse access to a structured programme designed to help them explore their feelings and develop coping strategies to keep themselves and their loved ones safe. We also offer a counselling service for those who need a more focused approach. For children missing out on some of the parental support and life experiences other children take for granted, we offer activities and assistance in school, after school and during the school holidays.

### Housing and Homelessness Service

Our dedicated housing and homelessness team provide support for adults who are entrenched rough sleepers or in danger of becoming rough sleepers, helping them to access or maintain independent accommodation. Support includes help with ID, completing application forms, budgeting, debt, meaningful use of time, and access to education, training and employment as well as access to SIAS' drug and alcohol treatment services.

# Our values

## Approachable

We are here to help no matter how difficult your life has become.

## Respectful

We treat everyone with respect, compassion and professionalism.

## Non-judgemental

We listen without judgement to what you need to tell us.

## Safety first

We offer a safe, structured, pathway from harm reduction to self-sustained recovery.

## Supportive

Our staff are friendly and trained to fully support people on their journey through treatment, as well as people affected by others' substance misuse.

# We're here to help...

**0121 301 4141**

**enquiries@sias-solihull.org.uk**

SIAS, Middlewood House, 15 Larch Croft Chelmsley Wood, Solihull B37 7UR

**www.sias-solihull.org.uk**

### **SIAS is a partnership between:**

Birmingham and Solihull Mental Health NHS Foundation Trust,  
Welcome, Aquarius, Changes UK and Urban Heard

**Solihull ranked #1**  
for meeting needs of  
alcohol treatment