

Confidentiality

Information about you and your treatment will be kept secure and private to those who need to know.

Care Plan

When you start treatment, your alcohol worker or counsellor will draw up a care plan with you. This will be a record of your needs and what actions you and treatment staff will take to help you meet your goals.

The care plan forms the basis of your treatment and you and your worker will review it regularly to see how you are getting on and whether anything in the plan needs to change. Your worker will offer you a copy of this plan to take with you if you want.



Useful Contacts:	
SEAP	0845 345 1549
Sheffield Alcohol Advisory Service	0114 258 7553
Alcoholics Anonymous	0845 769 7555
Al-anon (carers)	020 7378 0888
Fitzwilliam Centre (Sheffield Health and Social Care NHS Foundation Trust)	0114 30 50 500
Sheffield Drug & Alcohol Action Team	0114 273 6851 Web: www.sheffielddaat.org.uk

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**Single Entry
and
Assessment Point**
The Front Door
to Alcohol Treatment
in Sheffield

Other languages

A version of this leaflet is available in:
Arabic, Urdu, Somali, Farsi, Portuguese, Polish, French and Kurdish on the DAAT website: www.sheffielddaat.org.uk/
A large print version is also available at this site.

What is SEAP?

When people have problems with their use of alcohol, a range of different treatments is available. A Single Entry and Assessment Point (SEAP) has been set up to make sure each person gets an appointment at the place that is best for them.

How can I get access to SEAP?

Anybody can refer to SEAP— you can do this for yourself if you need help. You can do it for someone else if they are happy for you to do so.

You can call SEAP directly on the number in the box below.

A professional who is worried that someone they are working with has alcohol problems can contact SEAP directly.

Referrals to SEAP

Call Sheffield Alcohol Advisory Service on

0845 345 1549

You will be offered a first appointment within three working days of contacting SEAP

What happens at SEAP?

When you are referred to SEAP, you will have a first assessment with an alcohol worker. This is to decide which service will be best for you.

The alcohol worker will talk to you about:

- your current alcohol use
- any treatment you have already had
- your physical and mental health
- your social situation.

You and the alcohol worker will draw up a care plan based on your needs and your joint decision on what treatment is the best option for you.

What treatment is available?

There are several types of treatment, depending on the severity of the problem, what treatment you may have tried already and other things happening in your life. The main ones are:

Brief Interventions – you will be offered three or more sessions, depending on what has been agreed in your care plan. These will be with an alcohol worker to discuss your alcohol use, help you to make changes and stay on track.

Psychosocial Interventions – this is also known as Counselling or Talking Therapy and there is another leaflet available which contains more information. If you are assessed as needing this as part of your care plan, you will be offered six or more sessions with an alcohol counsellor. Counsellors use various therapies, including CBT (Cognitive Behaviour Therapy).

These therapies offer you a structured way to work towards your goals within a confidential relationship.

Prescribing interventions – and medically assisted withdrawal from alcohol can be offered. This is where you are given medication to help you safely stop using alcohol. It is usually done in your home or in a community setting. In a small number of cases,

it may need to be given in an inpatient setting, such as a hospital. This is done as part of a care package, which will usually include other treatment, such as counselling, to help you maintain an alcohol free life.

You can get this treatment from your GP if s/he is trained to provide alcohol treatment, as long as there are no complications, such as serious physical or mental health problems. If there are serious problems, or if your GP does not offer this, you may be referred to the Fitzwilliam Centre Community Alcohol Team.

Inpatient detoxification – If you have serious problems with your physical or mental health, you may need to spend time in a hospital or similar inpatient setting to get the level of help you need to stop using alcohol. This will usually be a two-week hospital stay.

Residential Rehabilitation – dependence on alcohol may have complex causes and for some people these treatments will not be enough to help them recover. If this is the case for you, you may need a longer, more intensive treatment that is offered in residential rehabilitation. This involves living away from home for a period of 3 months or more. More information about residential rehab is available in another leaflet and in a short film, which is available on loan from most treatment agencies.