



The Chrysalis Programme

A very exciting area of work involves individuals undergoing Drug and Alcohol Rehab/Detox using a tailored - Chrysalis Lite programme.

The aim being to support individual through this time of change, as they move away from drug or alcohol dependency/addiction.

The University of Teesside carried out independent evaluation on the Chrysalis Programme as it was delivered and here are the final paragraphs in the conclusions:

“Overall, participants reported learning a lot on the programme.

It had helped them understand their problems and also helped them to believe that they can make changes.

They also felt that the programme had helped them develop their communication and social-skills, helped them work together as a group and to listen and value each other’s input”

Alongside these, they feel better prepared in beginning to make some smaller changes and plan for their future”

“I have found this Chrysalis lesson very informative and has really spurred me on to achieve my goals in the future it was really positive”

Client Drug & Alcohol Rehab

“In conclusion, the evidence supports the value of the Chrysalis Lite Programme in the detox/rehab arena, and that it can be of benefit to participants looking to make some changes in their lives.

The delivery of the programme was of a very high quality and there may be some difficulty in maintaining this level of quality if the programme was to be offered on a rolling programme”

Steps should now be taken to ensure that the Chrysalis Lite Programme becomes part of /embedded into Drug and Alcohol Rehab/Detox services and mechanisms put in place to ensure its availability to clients.

“Whilst it is not possible to measure any long term outcomes for participants at this time, what became very clear throughout this evaluation was that participants were energised into thinking about making changes and already exploring ways in which they could do so”

“Also, even at such an early stage following completion of the programme, participants were reporting feeling more confident about their rehab, their future and themselves.

All reported learning new skills and the ability to relate better to others, both staff and other residents.

Therefore short-term outcomes are very positive at this time”

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*Research Fellow,
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CHRYSALIS PROGRAMME

