

Men and Masculinities Programme

Men and Masculinities Programme is a programme for men in recovery, designed to deepen their understanding of themselves and their relationships.

Our programmes are built to support the process of change and work from the basis that part of making changes is to understand the past and the harm you do to yourself and the ones you love.



Get in touch

You can arrange to meet with a worker when you talk to any staff member at the drug or alcohol service you are attending.

Alternatively, to speak to someone in confidence call:
020 7923 8010

We can't change the past, but we hope this programme will help you feel empowered to make clearer, safer, and more conscious choices as you move forward with your life.

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Recovery &
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Men's Programme Referral Information



What is the Men and Masculinities programme?

The Men and Masculinities programme, offered by the Recovery and Accountability partnership, is for men who are in recovery and are aware that their relationships have become distressing and damaged by their substance misuse and behaviour.



The programme will create a safe and supportive space for you to explore the impact of gender socialisation on your relationships, your substance use, your experiences of parenting and self-care and self-esteem.

The programme also offers a linked (ex-) partner support service upon referral.

What does the programme cover?

The programme focuses on behaviour, how we act, how this reinforces how we think and feel and, most importantly, how to act differently. It is also designed to support any other treatment you may be involved with.

The programme lasts up to 24 weeks across three core modules:

- Coercion
- Control
- Consequences

We look at how pressure builds inside of you, how to have conflict safely and how your experiences of masculinity have shaped the lens through which you see your relationships.

We will also try to help you come to terms with the worst of your experiences, how to break the link between the past and the present, and how to stop repeating the traumas at the heart of your behaviour.

We will explore what it means to be a respectful and supportive parent, whatever your relationship with your child or children may be. We will also explore how to rebuild trust in your life.

We will look at any issues around intimacy, closeness, sex and sexuality, including how to love generously, or how to let go.

Coming into treatment can be the first positive step towards making life better for you and the people you love. Please get in touch with us if:

- you want to get stable
- you want to get well
- you want to feel confident
- you want to put the past behind you
- you want to make yourself proud
- you know you can be a good dad
- you know you can be a good partner
- you want to 'step up to the plate'
- you want to be more self-reliant
- you want to keep your promises

