



NEED HELP

WITH



ALCOHOL

ADDICTION

CALL NOW

ON

0141

887

0880

About RCA Trust

RCA Trust (Formerly The Renfrew Council on Alcohol) was established in 1977 and is one of the major community-based alcohol and gambling related prevention and treatment services in Scotland

Mission Statement

The aim of RCA Trust is to seek to limit the damaging effects of alcohol and related behaviour on the individual, their families and the community by providing a range of services and activities.

Our approach

Our prevention and treatment services are geared towards meeting specific needs of individuals, families, groups and organisations. Our approach is holistic, flexible and customised from harm-reduction to abstinence-based solutions with an open referral policy.

Methods include

- ⇒ Telephone helpline
- ⇒ Advice & Information
- ⇒ 1:1, couple & family counselling
- ⇒ Group work
- ⇒ Courses
- ⇒ Presentations

Standards & Values

We are committed to providing a high quality of service to all of our service users. This is achieved by ensuring that all of our workers are fully trained, supported and monitored in their work.

We offer a fast-response, confidential service to all of our service users and promote respect, dignity, equality and diversity in all that we do.

We also take a non-discriminatory approach to working with all of our service users. We always listen to our service users and encourage suggestions for improving the quality of our work.

Signs of Alcoholism



- ⇒ Greater Tolerance for drinking (Drinking more without getting drunk)
- ⇒ Loss of control over your drinking
- ⇒ Wish to quit but can't
- ⇒ Given up other activities to drink.
- ⇒ Drinking even when it causing problems with your personal life and relationships
- ⇒ Drinking in the morning, are often drunk for long periods of time or drinking alone
- ⇒ You feel guilty after drinking
- ⇒ Weight loss
- ⇒ You feel the need to make excuses for the amount you drink



Withdrawal symptoms such as:

- ⇒ Anxiety
- ⇒ Shakiness and Sweating
- ⇒ Nausea and Vomiting
- ⇒ Insomnia and Irritability
- ⇒ Depression
- ⇒ Fatigue and loss of appetite
- ⇒ Headaches

In severe cases you may suffer from:

- ⇒ Hallucinations
- ⇒ Confusion
- ⇒ Seizures
- ⇒ Fever
- ⇒ Agitation



The Services we Offer

We have a range of services available for service users that are listed below:

Helpline

This is available during opening hours.

Advice and Information

Staff members can provide specific or general information in relation to alcohol and its effects

Counselling

Following assessment customised brief or extended counselling programmes are offered. These include brief interventions, motivational interviewing, cognitive behaviour therapy, solution-focussed therapy.

Appointments can usually be offered within a short period of time.

Consultation

We can act as a resource for other caring professionals, providing information and advice on developing a care package for individual clients.

Availability:

This service is available to anyone

Additional Services We offer

Employee Referral Service

Policy development and training

RCA Trust can provide assistance to employers who wish to establish or update their alcohol, substance misuse gambling policies. We can also offer training to appropriate personnel on how alcohol or recognise these problems in the workplace and how to deal with them.

Counselling

We also offer assessment and counselling services for employees referred by companies for alcohol-related problems that impact on their work performance or as part of a welfare policy.

This is a confidential service that balances the confidentiality of the employee while assisting employers to help him/her deal successfully with the problem. Counselling is normally offered for a fixed period in the first instance.

Availability:

This service is available to any agency, organisation or company.

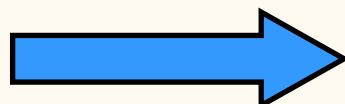
Offender Services

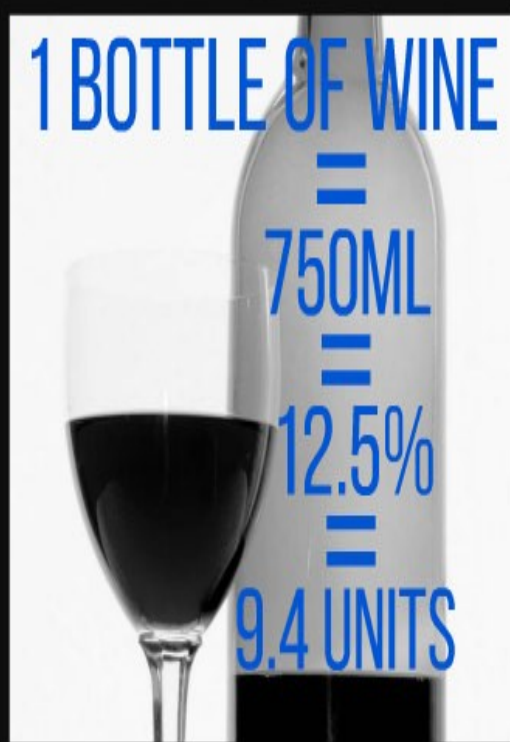
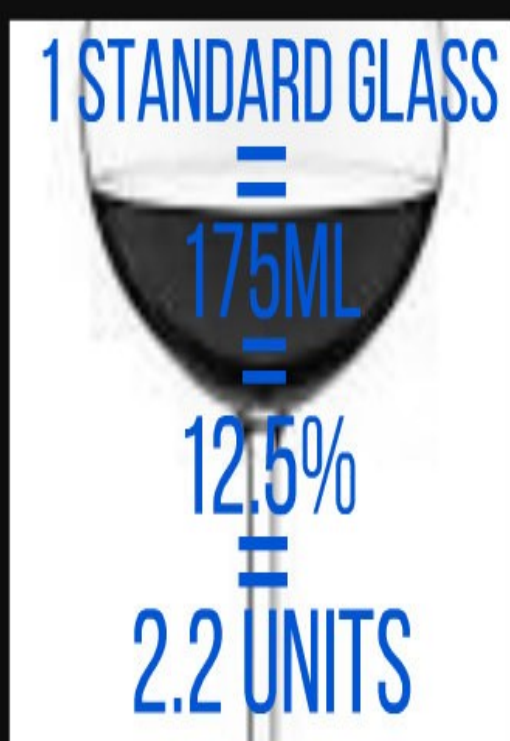
Assessment and counselling

Our dedicated staff can provide assessments and counselling services for offenders with alcohol-related problems. Counselling is normally offered for a fixed period in the first instance.

Availability:

This service can only accept clients referred by social work, courts or procurator fiscal. Assessments can be provided for defence lawyers.





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