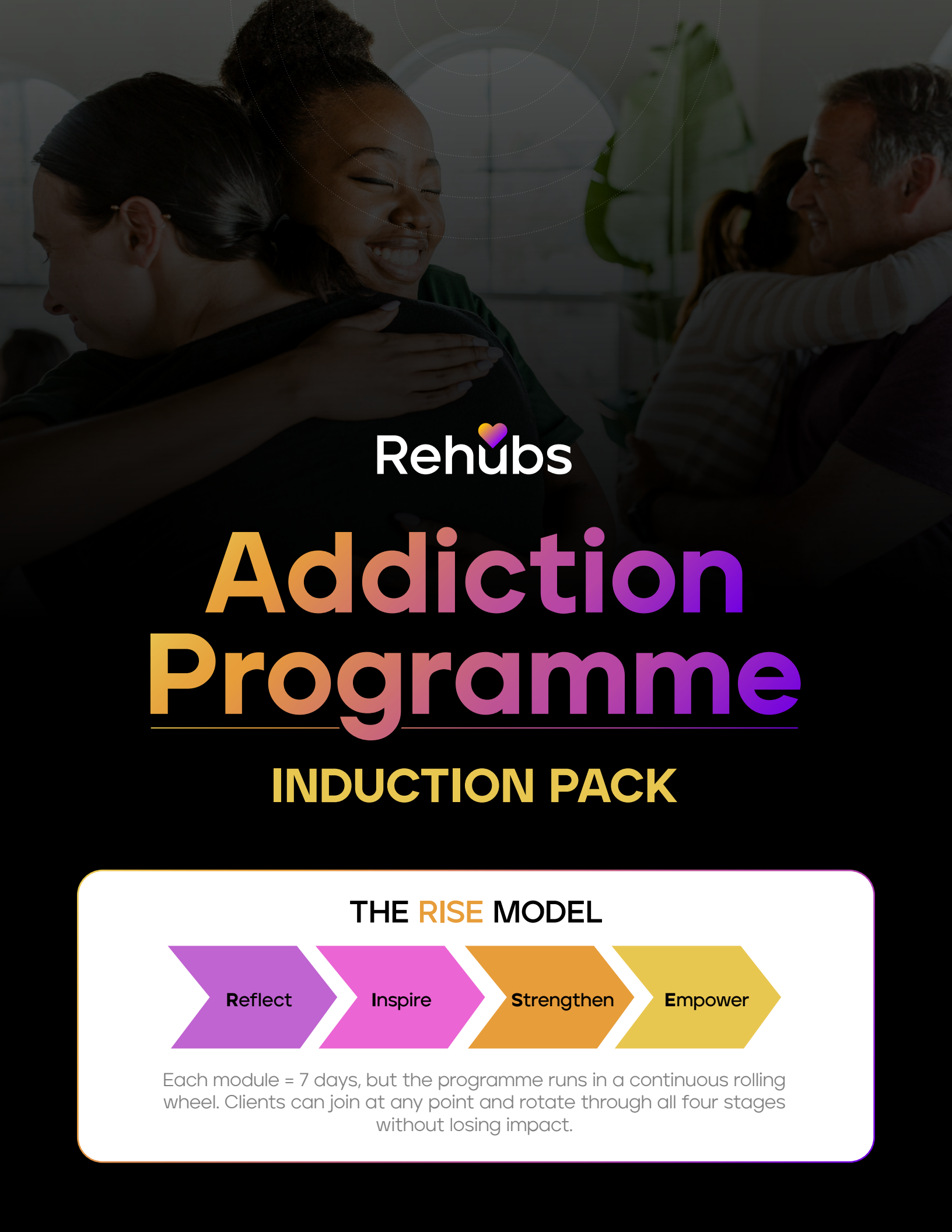


A background image showing a group of people in a supportive environment. In the foreground, a woman with dark hair is hugging a smiling Black woman. To the right, a man is hugging another person. The image is dimmed to serve as a background for the text.

Rehubs

Addiction Programme

INDUCTION PACK

THE RISE MODEL



Each module = 7 days, but the programme runs in a continuous rolling wheel. Clients can join at any point and rotate through all four stages without losing impact.



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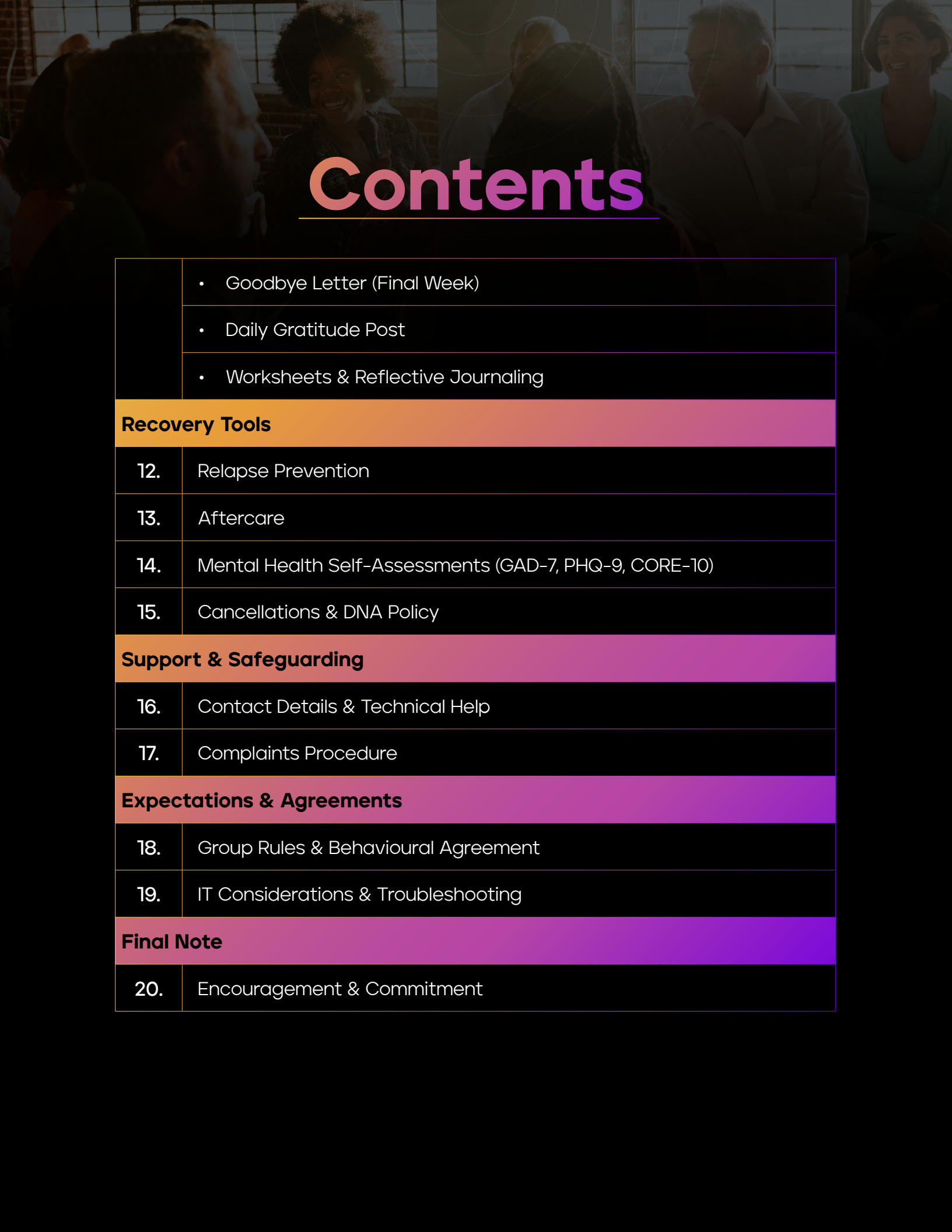
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Message from the CEO

Welcome to the RISE Programme – Rehubs' 28-Day Online Addiction Programme.

You've taken a brave and meaningful step by joining us, and I want you to know how much that matters. Recovery isn't about perfection — it's about courage, honesty, and the willingness to begin again.

At Rehubs, we've created the RISE Programme to offer the structure and support that real change needs — with compassion at its core. You'll be surrounded by professionals who care deeply about your journey and by peers who truly understand what you're going through.

This programme is designed to help you rebuild from the inside out — to reflect, heal, and rise stronger than before. Every session, every worksheet, and every conversation has a purpose: to remind you that recovery isn't about who you were — it's about who you're becoming.

We're honoured to walk alongside you.

Rehubs



Welcome to Rehubs

Your journey with Rehubs begins here — a space where recovery is not just treatment, but transformation.

We know how difficult it can be to take that first step. Whether you're joining us after years of struggle or just beginning to recognise patterns that no longer serve you, this is your safe space to grow. The RISE Programme – Rehubs' 28-Day Online Addiction Programme brings together therapy, community, and structured learning to help you rebuild confidence, purpose, and peace.

Through our secure Rehubs app, you'll have access to everything you need — your group sessions, one-to-one therapy, daily reflections, and wellbeing resources — all within a confidential and supportive community.

At Rehubs, we don't see you as a diagnosis or a problem to be fixed. We see you as a person ready to reconnect with your potential and to rise — with honesty, compassion, and strength.

***At Rehubs,
we don't
see you as a
diagnosis or
a problem to
be fixed.***

Welcome to the RISE Programme



The RISE Programme is a therapist-led, 28-day online treatment experience that helps you understand yourself, your addiction, and your path forward. It's a journey of discovery — one that moves at your pace, with guidance at every step. You can start the programme any day. From there, you'll join daily 90-minute sessions that combine two key parts:



45 minutes of therapeutic group work where you'll connect with others who understand your experience



45 minutes of psychoeducation or skills training designed to build emotional resilience and practical recovery tools

These sessions follow four key stages:

R

Reflect: Gently explore patterns, triggers, and emotions that drive addictive behaviour.

I

Inspire: Find your motivation, rediscover hope, and set meaningful goals for change.

S

Strengthen: Build new coping strategies and emotional regulation skills to replace old habits.

E

Empower: Step into ongoing recovery with clarity, self-belief, and a renewed sense of purpose.

The programme draws on evidence-based approaches such as CBT, DBT, MI, and Metacognitive Therapy — balanced with lived experience, peer support, and community connection.

You'll also have access to weekly wellbeing check-ins (GAD-7, PHQ-9, and CORE-10), reflective worksheets, and a supportive family group — all designed to help you build lasting recovery capital.

After the 28 days, you'll move into our **12-month Aftercare Programme and Family Support Group**, where you'll continue growing with the same team and community by your side.

This isn't just a programme — it's a pathway to a new chapter of life.

Getting Started: App Access & Setup

Your recovery journey begins through the **Rehubs App** — your private space for therapy, learning, and reflection. Everything you need for the 28-day experience is there: your group links, one-to-one sessions, assessments, community chat, and daily resources.

The app is designed to make your experience simple and secure. You'll receive a How-To Guide from the admissions team with instructions for downloading and setting up the app.

To get the most from your sessions:

- > Make sure **notifications are turned on** so you never miss a reminder or update.
- > Keep your device and app **updated** to the latest version via your app store.
- > Log in daily to read posts, complete reflections, and stay connected to your peers and therapist.

If you ever experience technical issues, our team is here to help — just email hello@rehubs.com or call **0203 960 8682**.

The app isn't just a tool — it's your recovery companion, helping you stay connected, accountable, and supported wherever you are.



Group Sessions

Your daily group therapy sessions are the heart of the RISE Programme. Each 90-minute session blends shared experience with therapist guidance, helping you gain insight, learn new perspectives, and connect with others walking the same path.

In these sessions, you'll be encouraged to:

- Reflect on your emotions and patterns
- Inspire one another through openness and shared progress
- Strengthen coping skills through therapist-led discussion
- Empower yourself and others by taking small, meaningful actions

You'll receive your Microsoft Teams link each day via:

- The **community chat** in the Rehubs app
- **Direct message** within the app
- And, as a backup, via **email**



Every voice in group matters. You don't have to have it all figured out — you just have to show up, be honest, and listen with compassion. This is where connection becomes recovery.

One-to-One Therapy

Alongside your daily group sessions, you'll have access to personal one-to-one therapy with your chosen Rehubs therapist. These sessions are your private space to explore progress, challenges, and emotions more deeply.

Within your first week, you'll be invited to choose your therapist through the app and begin booking your sessions. These are held securely via the Rehubs platform (not Microsoft Teams) to ensure confidentiality.



In each one-to-one, you'll:

- Review your personal progress
- Discuss your weekly wellbeing assessments (GAD-7, PHQ-9, CORE-10)
- Update or create a safety plan if needed
- Set small, achievable goals that align with your recovery stage

These sessions help you connect the dots between what you learn in group and what you experience in your daily life. It's where personal insight meets action.

Your RISE Journey

The RISE Programme follows four powerful stages — each one designed to meet you where you are and move you gently forward:

Reflect



You'll begin by understanding your story — what brought you here, what patterns repeat, and how addiction has shaped your thoughts, feelings, and relationships. Through journaling, group reflection, and your Life Story exercise, you'll start turning awareness into understanding.

Inspire



This stage is about rediscovering hope. You'll reconnect with your values, set meaningful goals, and recognise your ability to change. With the support of your therapist and peers, you'll begin to feel what's possible again.

Strengthen



Now you'll start to build. You'll learn emotional regulation, cognitive reframing, and relapse-prevention strategies that create stability. These tools become the foundation of your long-term recovery.

Empower



Finally, you'll step into life beyond the 28 days — confident, supported, and prepared. You'll write your Goodbye Letter, share reflections, and prepare for Aftercare. Empowerment means living recovery, not just understanding it.

Throughout your journey, you'll be invited to complete key exercises — **your Life Story, Goodbye Letter, Daily Gratitude Posts**, and a series of **reflective worksheets** that help you track insight, healing, and growth.

Every part of this process is intentional. Each activity, assessment, and conversation helps you build awareness, structure, and belief in your own ability to stay free.

- Life Story (shared in group on Day 3)
- Goodbye Letter (towards the end)
- Reflective journaling and exercises
- Worksheets - in the back of this induction pack (Also found within the app under Rehubs Information > Worksheets)
- You will be required to post a Daily gratitude post in the community chat



Relapse Prevention

Relapse isn't failure — it's information. The RISE Programme helps you understand your triggers, emotions, and decision-making so that you can prevent relapse before it happens.

Toward the end of the 28 days, you'll be sent the invite link to our **Relapse Prevention Workshop**, a 3-hour session led by a therapist alongside our dietitian and personal trainer after the programme has finished. Together, you'll explore practical tools that protect your recovery — from managing emotional urges and maintaining structure to supporting physical and mental wellbeing.

You'll also learn how to identify warning signs early and how to create a plan that keeps you accountable, balanced, and supported.

Recovery doesn't end when the programme does. After completing the RISE Programme, you'll be welcomed into our **12-month Aftercare community** — a safe space to stay connected, share progress, and keep growing alongside others. Your loved one will also gain access to our **Family Group**, a free therapeutic space for a loved one to receive their own support and understanding as soon as you have enrolled on the programme.



When your treatment journey continues through Aftercare, you'll receive a new weekly group link via:

- > Community chat
- > Direct message
- > Or email (as backup)

Each new stage builds on what came before. The end of the programme is really the beginning of living your recovery.

Mental Health Self-Assessments

Recovery is about progress, not perfection — and one way we track that progress is through regular wellbeing assessments.

You'll complete three brief, evidence-based questionnaires:

- **GAD-7** for anxiety
- **PHQ-9** for depression
- **CORE-10** for overall wellbeing

These are reviewed in your one-to-one therapy sessions to help you and your therapist reflect on emotional changes and identify areas that may need extra support.

Assessments are completed at:

- Pre-admission (before you begin)
- Week 2
- Week 3
- Week 4 (final week)

They aren't tests — they're tools for insight. They help us tailor your support, celebrate progress, and ensure your treatment remains person-centred every step of the way.

Cancellations & DNA Policy

We understand that life happens, but consistency is essential to your recovery and the smooth running of your treatment group.

If you can't attend a session, please give at **least 48 hours' notice** by calling **0203 960 8682**. Cancellations made with less than 48 hours' notice may count as a **Did Not Attend (DNA)**.

Repeated DNAs may affect your place in the programme. This isn't a punishment — it's to help protect your commitment and the integrity of the group's shared process.

Support & Safeguarding

Recovery works best when you know you're not alone. If you ever need support, whether practical or emotional, we're here to help.

For general or technical help, contact:

➤ hello@rehubs.com

➤ 0203 960 8682

For urgent mental health concerns, please contact your **GP**, call **NHS 111 (option 2)**, or in emergencies, **dial 999**.

Our therapists and admissions team work closely to ensure your safety and wellbeing. If a safeguarding concern arises, we act swiftly and compassionately in line with our policy — prioritising your safety, privacy, and care.

Group Rules & Behavioural Agreement

These guidelines are here to protect you and everyone else in the group. They create a safe, respectful space where each person can grow without judgment.

When you attend your sessions, you agree to:

- Complete all assigned work and exercises on time.
- Be punctual and fully present — phones silent unless used for the session.
- Maintain confidentiality and attend sessions in a private, quiet space.
- Treat others with respect and kindness, even when opinions differ.
- Avoid sharing personal contact details or using social media to connect with peers during treatment.
- Refrain from any behaviour that could harm or shame others.
- Stay free from alcohol, drugs, or any acting-out behaviours during sessions.

These boundaries are in place so that we ensure everyone feels safe and valued.

If at any point you find yourself struggling to meet these expectations, please speak with your therapist or the admissions team. We're here to support you, not to judge you.

IT Considerations

To get the most out of your online sessions, please ensure your device and connection are set up properly before starting.

For Windows PC or Laptop

- Use Google Chrome as your browser.
- Make sure your operating system is updated to the latest version (e.g., Windows 11).

For Apple Mac or Laptop

- Update to the latest macOS version.
- Use Google Chrome for the best experience.

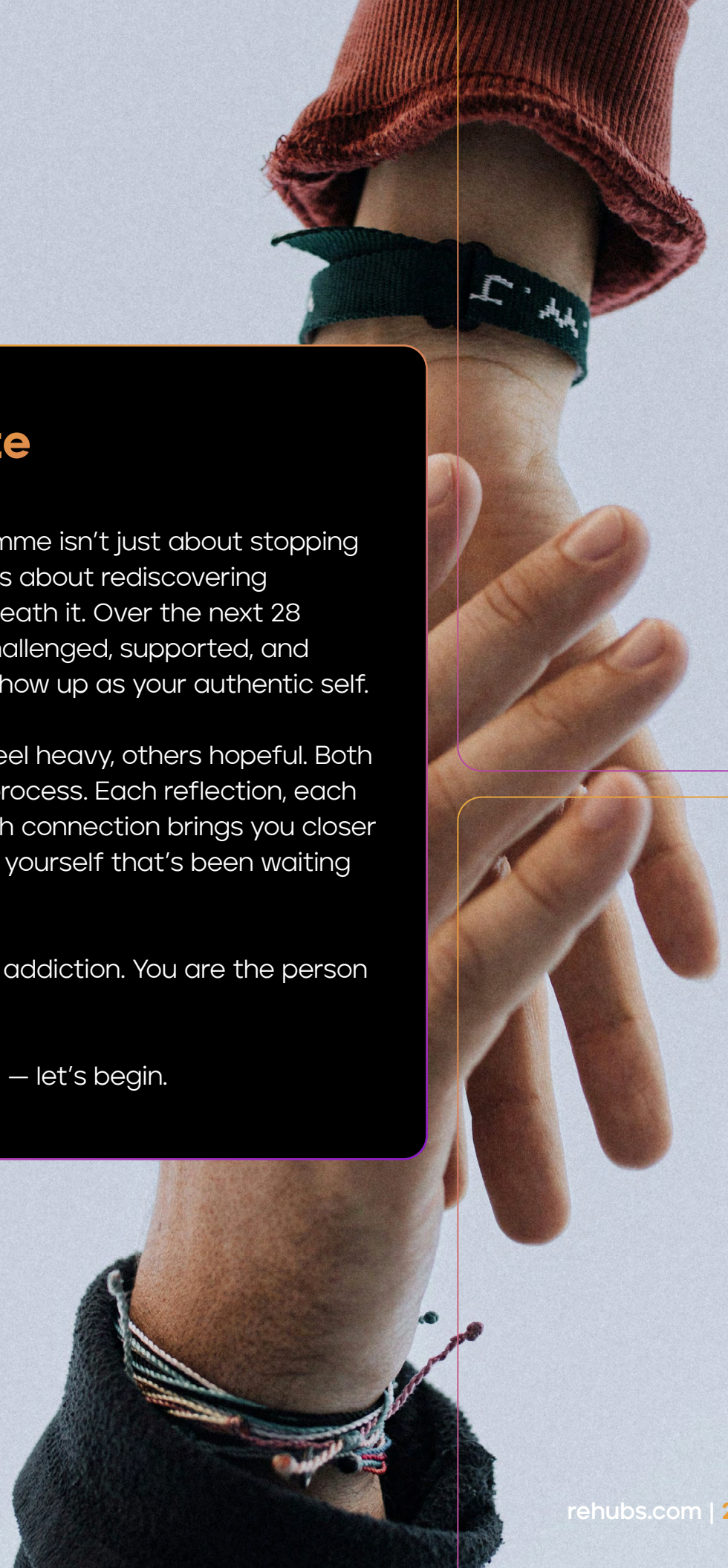
For Smartphones

- Download the Rehubs+ App from your app store.
- Check regularly for updates.
- Keep your phone charged and use a stable Wi-Fi connection.
- Ensure IOS is this most up to date for Apple and Android.

Wi-Fi Check:

You can test your speed at www.speedtest.net. If you experience connection issues, try restarting your router or device before contacting Rehubs.

If you've followed these steps and still have trouble, our team will be happy to assist you directly.



Final Note

The RISE Programme isn't just about stopping a behaviour — it's about rediscovering who you are beneath it. Over the next 28 days, you'll be challenged, supported, and encouraged to show up as your authentic self.

Some days will feel heavy, others hopeful. Both are part of the process. Each reflection, each session, and each connection brings you closer to the version of yourself that's been waiting to emerge.

You are not your addiction. You are the person rising beyond it.

Welcome to RISE — let's begin.