

Residential Rehabilitation Services Evaluation Report

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Overview of service



A new treatment pathway for people experiencing gambling harms started in January 2022.



It is for people who may also need support for substance misuse, alcohol or their mental health.



The pathway aims to decrease harm caused by gambling.



Clients on the pathway start at Parkland Place.

The team at Parkland Place focusses on providing support related to substance misuse, alcohol, or mental health.

Overview of service



After a few weeks, clients move to a Gordon Moody centre.

The team at Gordon Moody focusses on providing support related to gambling harms.



They offer one-to-one therapy, group sessions and do exercise or art.



The treatment pathway was set up to reduce barriers in getting help.



And to improve the mental health and wellbeing of clients.

Evaluation



The Tavistock Institute, Magenta and IFF are research organisations.



They looked at what worked well and what did not work well on the pathway.



This is what they found.

The group sessions helped clients create bonds with each other.



The one-to-ones helped clients understand themselves better.

They were also useful to sort out practical issues.

Evaluation



Activities like yoga and walks in nature had a positive impact on clients.

But they were not always accessible for everyone.



Having treatment away from home helped clients feel safe and supported.

But sometimes being away for a long time was too difficult.



Moving from Parkland Place to Gordon Moody gave clients a chance to be more independent.

Some people found though that this change made them anxious.



Clients were grateful they had support after the pathway.

But some needed more help to make sure they continued to abstain from gambling.

Outcomes



There were some positive changes for those on the pathway.



Many clients said they did not get as many urges to gamble.



They felt less stressed and they could manage their emotions better.



Some people said their mental health got worse. They wanted more time to speak about their trauma.

Evaluation



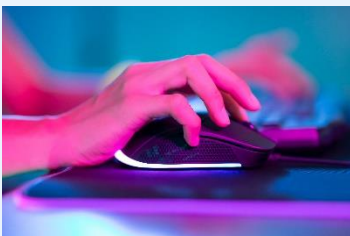
Some clients improved their relationship with family and friends.



Nearly everyone said they did not feel as alone. They made good links with other clients.



The research has recommended that more services like this are funded in future.



You can read the full report by clicking [here](#).