

EXPLANATION FOR PATIENTS

Like many patients you may have found it too difficult to stop using drugs and feel very little motivation to try again. However our new ECBC scheme has won an award for helping severe addicts and by using it you can earn credit for developing enjoyable healthy habits such as getting physically fit and learning to relax. This seems to reverse stress-damage and will at the very least improve the quality of your life. Interestingly, we found, that within about a year of trying ECBC, over 87% of our addicted patients had reduced their stress, given more care to their friends and family and **stopped using street drugs altogether**. What's more **over a third had even come off all other opiates** and **10% are now working**.

- **Joining ECBC** is simple. Just ask your clinician to text us your name and mobile number and your current clinical status etc and we will contact you to tell you more. All you need to do then is to continue to attend for treatment regularly and try to earn as much validated monthly CareCredits as you can.
- **Contact will be by text** e.g. we will text to tell when you should go for your *random* monthly drug tests N.B. if you fail to get these done it will be assumed you are still using. *So please save money and only do them when you know they will be clear.*
- **We want to know how you are feeling** so text us to say how happy you have been in general each month
Txt 07786202240 carecredits+100 for Happiest ever down to carecredits-100 for Unhappiest ever. See faces below.



- Keep **this Co-op diary** with you and **get it officially initialed whenever you attend the gym or go for courses etc**. This will enable your Carer to validate and record all the CareCredits you earn during each calendar month.
- *If needed* we can send you certificates recording your total CareCredits earnings. This has helped others by giving **references for employment and housing etc**.
- Each CareCred is worth between 5p and 50p and you will **earn credit every month** that the scheme is funded. *But remember if you do not make any progress with this method it will have to be stopped after nine months.*

N.B. TO RECORD YOUR EARNINGS (WHICH COULD BE UP TO £14 per MONTH) WE MUST BE ABLE TO KEEP IN TOUCH WITH YOU BY MOBILE PHONE - TO AVOID LOSING YOUR CREDIT, QUICKLY LET US KNOW IF YOU CHANGE IN YOUR NUMBER.

INSTRUCTIONS FOR CLINICIANS

ECBC will help you be more effective, improve patient attendance and provide you with an ongoing performance audit. Use this Co-op diary to help you calculate and record their baseline status when you ENTER patients into the scheme. Fill it in with the patient's First name, the initial of their Surname, their current mobile number, the letter representing their Severity Category then tick each valid success and record the total as their current CareCred score. Text us this data to 07786202240 with a message *always beginning* with **carecredits** then a space **New** space if this is the patient's first ever ECBC entry then the information with a space between each item. E.g. For a new patient **John Smith**, with a mobile number **07912345678** who is **Detoxing &** who has earned **16** CareCredits Simply Text **Carecredits New John S 07912345678 D 16**. Then give this Co-op sheet to the patient to keep. We will contact their mobile number to trigger future random drug testing etc and award them their starting credit. Repeat this in subsequent months (but without adding **New**). However please add **Xmob** if their mobile number has now been changed e.g. **Carecredits Xmob John S 07911111122 D 16**. Also put **Trans** instead of **New** if the patient is already in ECBC but has transferred to you from another service. At the end of the year collect and send us the whole form and then give the patient a new one. Please make arrangements to get random drug testing done; prescribe substitutes, exercise, CBT, contraception etc. and encourage patients to get a new mobile phone number unknown to their dealers. If needed you may print another Co-op sheet via our website www.carecredits.org

ECBC PATIENT CO-OP DIARY

(Ref. *BMJ* 2011; 343:d4194 Response)

See example ↓

Patients First name + only their Surname initial – thus preserving anonymity and confidentiality	J	O	H	N	S	T	R	E	D	C	O	M	B	A	S	E	N	D	SEVERITY CATEGORY	Text				
Current Mobile Number <i>NB Add Carecreds Xmob to front of txt if mobile Number has changed</i>	0	7	9	1	2	3	4	5	6	7	8													
Assessment Month	J	F	M	A	M	J	J	A	S	O	N	D												
<i>Record Severity here. Then validate by initials or ticks each CareCred below. Add them up and put the total in last box</i>	B																				A Adrift e.g. dirty needles or chronic intoxication			
Adrift But now using Needle exchange.																								
Been screened for HIV/HEP B	✓																							
Been immunized for Hepatitis B.	✓																							
Accepting regular care/ substitutes																								
Better i.e. Needle Free on exam	✓																				Better (Needle Free)	B		
No alcoholic smell or appearance																								
No tobacco smell or stains	✓																							
Healthy physical appearance																								
Healthy mental behavior																								
Not isolated - socializing																								
Coming to appointments on time	✓																							
Practicing Safe sex - contraception																								
Completing Life plan to solve problems e.g. ECBC diary																								
Clean (e.g. Off Street Class A) on proper Random Testing																						Clean of Street Class A	C	
Attempting Detox/Rehab																						Detoxing/ Rehab now	D	
Escaped Class A clean for 1/12																						Escaped (Clean for 1/12)	E	
Tested clean of all illegal drugs																								
Evidence of caring for others now																								
Got another user to come for care																								
Doing Voluntary work (Validated)																								
No reports of committing crime	✓																							
Not being a nuisance or dishonest	✓																							
On Literacy or Skill course (Validated)	W																							
Self-help by Gym, Hobby or doing stress reduction (validated)																								
FREE –clean for 9/12 or more on random testing AND Off benefit - Work seeking																							Free e.g. off all class A and leading a normal life	F
Doing Paid work /Parenting (Validated)																								
TOTAL MONTHLY CARECREDS = <i>TXT Carecreds john S 07912345678 B 8 to 07786202240. N.B. If patient is new txt Carecreds new john S 07912345678 B 8 or if already in ECBC but transferred to you txt Carecreds trans john S 07912345678 B 8</i>	8																						Gone Away /left area /Died	G
																							Hung Up no change for 9/12	H