

# Pelham Medical Group

*Dr's Elder, Hobbes, Finch, Ramesh & Elangovan  
Church View Health Centre,  
Cartergate, Grimsby  
DN31 1QZ  
Tel 01472 353303*



**Motivational Therapies**  
&  
**Substance Misuse Service**

## **INTRODUCTION**

Pelham Medical Group has for some years now provided a specialist treatment service to our own patients who have problems with substance misuse. Our aim is to promote and improve the health and wellbeing of all our patients using individual packages of care..

## **THE MOTIVATIONAL THERAPY AND SUBSTANCE MISUSE SERVICE**

This service is currently available Monday-Friday, And is run by our motivational therapist who is based in the Counseling Suite here at Church View. The substance misuse service also has a Specialist Prescribing GP, Dr Elder, who runs a prescribing clinic every Wednesday morning.

## **WHAT CAN THE SERVICE OFFER?**

The service can offer prescribed alternatives to drugs of misuse.

It can also offer engagement interventions, such as:-

- Psychosocial & motivational interventions
- Harm Reduction & Education
- Advice & Information
- Sign posting & referral
- Access to Health Checks & Screening
- Access to Family support
- Interventions geared towards individual needs

## **HOW DOES THE SERVICE WORK?**

The service provides individual packages of care which are agreed by the completion of the following:

- Comprehensive assessment
- Risk Assessment
- Care Plan

Treatment and interventions agreed are reviewed at regular intervals to assess their appropriateness and effectiveness

## **KEY MEMBERS OF THE TEAM**

### **Dr Elder**

Lead GP, may prescribe medication necessary to assist the effectiveness of your substance misuse care. (*Prescribing should be seen as an enhancement to other psychological, social and medical interventions*)

### **Sharon Newman**

Motivational Therapist, will assess your individual needs with you, and help you to work out your short and long term goals and how to achieve these and provide ongoing support.

### **Emily Cowie**

Family Support Coordinator, can offer structured support for your family and provide referral to other services, access to training and other health and social support

### **Nursing Team**

Will provide you with health checks and advice, health screening, immunisations, sexual health advice, and family planning.

### **Dr's Hobbes, Finch, Ramesh & Elangovan**

Can help you with every day general practice medical assistance for medical problems not related to substance misuse.

## **PELHAM MEDICAL GROUP**

Dr's Elder, Hobbes, Finch, Ramesh, Elangovan  
and Mrs Waddingham (Business Manager)

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