Theory of Change

Next Steps Theory of Change model showcases how the variety of activities we offer are continuously building and developing the recovery tool kit and skills needed to reduce drug and alcohol misuse in members. Our Theory of Change conveys a holistic model of support where members are given the opportunities needed to thrive in all aspects of their lives.

Activities Qualities

1 Drop in space & activities

Safe space, community, holistic & person-centred, non-judgemental

2 Structured group interventions

Dual diagnosis, expertise recognising choices, decision making techniques, safety, community, non-judgemental

3 Life, functional craft/trade skills

Skills, interests,
development,
recognition of strengths
safe space, holistic &
person-centred

1:1 Interventions
Formal & informal,
targeted & needs based
safe space, holistic &
person centred, nonjudgemental

5 Moving on

Goal setting & identifying and removing barriers

1 to 5 Next Steps via Recovery Centre

2,4,5 Outreach & via Prison In Reach

Change Mechanisms

Feel listened to, respected and valued

Able to talk about their lives, challenges and future

Increased understanding of situations, actions and problems

Development of recovery capital (the tools in the toolbox)

Continuous feeling of being supported and remaining future focused

A sustained and sustainable sense of progress

Change Mechanisms

Renewed sense of identity and self-esteem

Reduced harmful addictive behaviour

Improved ability to manage mental health

Improved physical health

More trust and hope for the future

Lasting friendships and community

Improved relationships

Improved living skills

Better use of time

Improved management of home environment **Impacts**



Sustained recovery

Leading a fuller life

Part of a community