
A Guide to Rehab and Detox Units UK



GDAS

GWENT DRUG AND
ALCOHOL SERVICE

INTRODUCTION

This pamphlet is a guide to Rehab and Detox units in the UK. It's designed to give you some information for you as Keyworkers when discussing Rehab/Detox Units with our service users.

Each section gives a picture of the unit, where it is located and the services the unit offers.

Should the service user express an interest in one of the units, please contact AO Admin for a full brochure. Please be aware that some units will only accept male referrals, some only female referrals, and some are mixed. Others support families and may not be suitable for a single person.

All potential referrals should the service user meet the criteria will be directed to Rondine Molinaro.



ACORN **LANCASHIRE, HAMPSHIRE & CHESHIRE**

We provide a range of recovery services which enable individuals and their families to break free from drug, alcohol and other addictions. We help to find not just immediate recovery but emotional, social and lifelong recovery. We can understand and empathise with others in similar situations and see the person behind the illness. Our success comes from our staff, 80% of whom at all levels within the organisation have 'lived experience'.

12 Step and Therapeutic.



ANA TREATMENT CENTRE **HAMPSHIRE**

NA offers Detoxification from drugs and alcohol under supervision of a GP. Detoxification from mood altering chemicals will give clients the opportunity to live life free from substances, and enter society with a fresh chance to engage with their community. Detox clients are provided with accommodation, and may have a roommate for their safety, during the first couple of days. Clients will be a member of the ANA community, will engage with a structured timetable and attend group therapy. Detoxifications from 10 to 21 days.

Therapeutic and Detox.



BAC O'CONNOR STAFFORDSHIRE

We have supported people into abstinent recovery from alcohol and drug addiction since 1998. Our evidence-based programme is designed to provide clients with the best opportunity to move into recovery and develop improved living skills and increased enjoyment of life. Our clients work in groups and 1-1 with their named therapist to identify and consider patterns of behaviour and gain the necessary awareness and tools to move forward.

Therapeutic and detox.



BIRCHWOOD TREATMENT CENTRE MERSEYSIDE

Birchwood is an inpatient residential treatment centre providing a range of services for drug and alcohol users in need of in-patient care. Birchwood is part of Kaleidoscope, a drug and alcohol charity that has been providing community and residential substance misuse treatment services across the UK since 1968. We offer tailor-made treatment packages for detoxification, stabilisation and rehabilitation, providing both clinical and psychosocial interventions. Our unit comprises of 20 single occupancy bedrooms, with three DDA compliant rooms on the lower floor for those with more complex needs or mobility issues. **Detox Only.**



BOSENCE FARM HAYLE

Bosence Detoxification & Stabilisation works in an eclectic fashion and does not align with a specific ideology, preferring to work with service users on an individual needs basis. Bosence Rehabilitation offers a 12 step, total abstinence approach to recovery. Programmes will support you to develop the individual coping skills you will need to maintain your long term recovery. You can expect to complete the programme having developed the skills to maintain your recovery, whether you are moving on to a long term residential programme or returning home. **12 Step and Detox.**



BIRCHWOOD TREATMENT CENTRE MERSEYSIDE

Broadway Lodge is a residential abstinence-based rehab for adults where the 12 Step philosophy underpins our treatment programme. Our comprehensive integrated treatment schedule means that clients will be involved in so much more than solely working through the 12 Steps, with regular one to one counselling, daily group therapy sessions, holistic and complementary therapies and psycho-educational lectures and workshops, 24/7 medical and peer support. Our counsellor's work with clients both individually and in a group setting to explore their addictive behaviours and to address their underlying issues to help them to develop healthy coping mechanisms in a safe environment, without resorting to alcohol, drugs or harmful behaviours. **12 Step and Detox**



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BRYNAWEL REHAB

RHONDDA CYNON TAFF

The core of our delivery model is based around Cognitive Behaviour Therapy and Dialectical Behaviour Therapy, Motivational Interviewing, Relapse Prevention and Psychosocial interventions including Family Therapy. Our programmes are normally for sixteen weeks but we are flexible around the length of stay dependent on need. For individuals who are still in employment or who have caring responsibilities we offer a four-week 'Kick-start to Recovery' residential programme. Our specialist clinical team will ensure you have a bespoke detox plan that supports you in stopping any substances on which you are dependent in a controlled and comfortable way. **Therapeutic and Detox.**



GELLINUDD RECOVERY CENTRE

SWANSEA

Guests sign a therapeutic contract on admission to Gellinudd and then identify their recovery goals in a comprehensive Care and Treatment Plan. To support progress, Hafal provides "Step-Up" accommodation and a number of community based services so that guests can move on stage-by-stage toward independent living. The recovery focus of our service ensures Guests move on from the service as soon as they are ready, and that they are equipped and supported to continue to work towards recovery. **Mental Health and therapeutic.**



HAFAN WEN WREXHAM

We help people who are having problems with addictions, mental health, employment, offending and other life challenges, as well as offering assistance and information to their families and friends, in the belief that people can and do change. Our wide range of services includes residential treatment and rehabilitation, counselling, peer mentoring, assistance to military veterans, supporting people in their homes, assisting people back into work or education, group work and other motivational interventions.

Therapeutic and Detox.



GELLINUDD RECOVERY CENTRE SWANSEA

We work with our clients to improve their wellbeing, encourage personal learning, encourage independence and build confidence. To sustain independent living we address their housing, family, financial or legal problems. For some this means support to reintegrate with their families, for those who relocate to settle in Norwich it is about enabling them to acquire paid employment so that they can achieve and sustain an independent life. Hebron Trust is for female only rehabilitation.

Women only and Therapeutic.



HOLGATE HOUSE BRADFORD

The philosophy at Holgate House is a 12 step abstinence based programme using recovery dynamics, group sessions, 1 to 1 counselling with his her key worker every other week. We are able to accommodate service users who are taking prescribed medication for mental health reasons. This must be agreed prior to admission we take referrals from primary treatment centres and or a recognised prison programme .we are open to working with individuals who are currently on D.T.T.O. **12 Step.**



JASMINE MOTHERS RECOVERY PLYMOUTH

Trevi House has waking staff 24 hours a day, 7 days a week. No matter what time of day or night, someone will be around to support you. Over the years, Trevi House has seen many women leave here together with their children. There are lots of ex residents out there now, doing all sorts of amazing and in Here at Trevi we aim to empower you to make informed choices and understand the risks around previous/new relationships. Whilst on the road to recovery we encourage you to cultivate and repair the relationship you have with yourself before embarking on a new one. Recovery must always come first. **Family Service and therapeutic.**



KENWARD TRUST MAIDSTONE

We offer bespoke client centred programmes of between 4 and 24 weeks, dependent on the individual needs of the client. Aspects of the programme will be single sex, but generally it is a mixed programme. Our optional evening and weekend activities and clubs will also be open to all Kenward residents. We have a very skilled and committed workforce with many staff members having unique skills, qualifications and interests. This community approach allows all residents to benefit from the variety of expertise available within the staff team. **Therapeutic only.**



LEIGH BANK OLDHAM

Our programme is delivered Leigh Bank is based on a Therapeutic Community approach (which is a non 12-step program) over a 12 week period, however that is person-centred and asset-based and can accommodate a longer stay based on individual needs. Our team provides one-to-one support and a comprehensive group work programme to equip you with the skills to live a substance free life.

Mental Health, criminal Justice and Therapeutic.



LITTLEDALE HALL LANCASTER

The centre offers people (aged 18 years and over) personalised, structured programmes of varying length (3, 6, 9 and 12 months) dependent on assessed needs and available funding. The treatment provided at Littledale takes into account the complexities of addiction and the associated psychological, emotional and each resident receives holistic support as they work towards developing a greater understanding of the range of issues and problems faced in their lives. Residents are supported to address the causes and consequences of their addiction and associated problems and develop the coping strategies that enable an abstinent life. **Mental Health and Therapeutic.**



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Mental Health, criminal Justice and Therapeutic.



MOUNT CARMEL

LONDON

Mount Carmel is a treatment centre in South London that helps men and women to stop drinking and start their recovery. We provide residential and day programmes with a reputation for excellence and success. Compassionate and enthusiastic staff deliver an outstanding therapeutic programme. There is also a wide range of activities and complementary therapies. All this adds up to an exceptional environment for recovery. We don't just treat your drinking - we also address any further addictions and related problems you may have. Many clients have more issues than alcohol, such as drugs or food. Men Only.

12 Step and Detox.



OPEN MINDS

WREXHAM

The treatment programme is delivered by our team of qualified and experienced counsellors. In addition to their professional qualifications our therapists have personal experience of addiction and the recovery process. The result is that the counselling provided here is not only of a very high quality, it is also delivered with a passion for recovery that is infectious. The staff are dedicated to working closely with you to offer the insight, information, support and feedback that you need to achieve your goal of a happy drug and alcohol-free future. **12 Step.**



PARKLAND PLACE LLANELIAN

Our therapeutic programme is tailored to the needs of each of our guests, and is delivered by friendly, expert staff. This truly bespoke approach allows us to address the social and psychological needs underpinning your addiction, and support you to make key lifestyle changes. Support and empower you to make positive lifestyle changes help you to improve your emotional and physical wellbeing, to help you lead a healthier and happier life, inspire you to reach personal and professional goals work with you to create a bespoke recovery plan which meets your individual needs ensure you are safe, comfortable and at ease provide aftercare and ongoing support get the small things right; the things that matter.



PHOENIX FUTURES THE WIRRAL

At Phoenix, we believe that recovery is much more than giving up drugs and alcohol, it's about building a full, meaningful and productive life after you leave us. To help you to do this, your time at our Scottish Residential will focus on life skills as well as your addiction. Our staff and other residents will support you throughout your programme. They will be on hand to talk to and encourage you. Your time with us will be hard work and challenging but you will be surrounded by like-minded people who will help keep you focused on the new life that you will be able to build after your time with us.

Mental Health, Therapeutic and Detox.



**PHOENIX FUTURES
SHEFFIELD**



**PHOENIX FUTURES
GLASGOW**



**PHOENIX FUTURES
NATIONAL FAMILY
SERVICE
SHEFFIELD**

Our National Specialist Family Service, situated in a suburb of Sheffield, is unique in offering residential treatment for parents to address their substance misuse whilst remaining the primary carers for their children. The service's key focus is enabling families to stay together by having parents live on site with their children. We provide a safe, supportive and family orientated environment where service users and their children are engaged in a programme with three elements: Therapeutic Element, Parenting Element and Child Development Element.

Therapeutic, detox, Young People and Family Services.



SALUS WITHNEL HALL CHORLEY

A flexible, person-centred approach allows our dedicated and highly experienced staff team to tailor programmes to the needs of the individual – addressing physical, mental and social needs in a safe and supportive environment. Meanwhile, our integrated detox and rehab services ensure seamless transition through treatment, maximising residents' opportunities for sustained recovery.

Therapeutic and Detox.



SEFTON PARK WESTON - SUPER - MARE

We provide a range of detox options both at Sefton Park and through our working partnerships. We understand substance misuse spans all social cultures and groups. We accept referrals for anyone over the age of 18 from any sources. The team at Sefton Park are motivated by a belief that everybody can make positive changes to their lives, so we use the most appropriate interventions to enable you to make the changes need to achieve your goals.

Therapeutic and Detox.



SHARDALE ST. ANNES

Shardale offers a personalised treatment programme, enabling participants to make informed treatment choices which best support their own individual recovery journeys. Our approach is based on the philosophy that ultimately it is the individual who is best placed to determine their own recovery needs. The Shardale programme is designed to develop the skills necessary for each participant to begin to make informed choices. **Therapeutic only.**



SOMEWHERE HOUSE BURNHAM - ON - SEA

We are a small treatment centre based in Burnham-on-Sea in Somerset that offers a person centred approach to helping those who require help with their addiction issues. We recommend that clients commit to a programme of 12 weeks as this gives the client time and space to work on their issues and build a solid foundations for recovery. Our programmes are inclusive to all e.g. LGBT, learning disabilities & gender neutral clients. 12 Step, **Criminal Justice and Therapeutic.**



STANFIELD HOUSE WORKINGTON

Our service is highly experienced in successfully managing diverse and complex client groups. Our service provides a safe, supportive and caring environment where you or your loved one have the opportunity to rebuild your lives and to go in the direction towards achieving your goals and ambitions whilst remaining substance-free. **Mental Health, criminal Justice and Therapeutic.**



THE BRIDGES HULL

The Bridges is a residential substance misuse treatment centre aimed at men with drug or alcohol addiction. The centre specialises in working with ex-offenders. Our effective interventions aim to successfully treat the deeper issues behind both the substance misuse and any criminality that goes with it. We have successfully supported a wide range of clients, from those that have no criminal record to those who have been entrenched long term within the criminal justice system. Men Only, **12 Step and criminal Justice.**



THE NELSON TRUST STROUD

We never doubt that anyone who comes through our door can turn their life around and recover from drug and alcohol addiction. We are an abstinence-based, trauma-informed rehab with a national reputation for excellence. Kindness, expertise and dedication, alongside tried and tested programmes and a supportive community, are what we promise. We believe that every individual can recover and thrive, given the right environment. Our recovery centre in Brimscombe is in the heart of an Area of Outstanding Natural Beauty. **Therapeutic and Detox.**



YELDALL MANOR READING

Yeldall offers a holistic detox that not only helps residents overcome their physical dependency, but also helps them to recover mentally and emotionally. Alongside the detox medication there is counselling, groups, work, activities and an opportunity to relax and build relationships with their peers. The detoxification programme runs in partnership with our local pharmacy and is monitored by two medical doctors.

Men only, Detox and Faith

