

Recovery is Getting Better



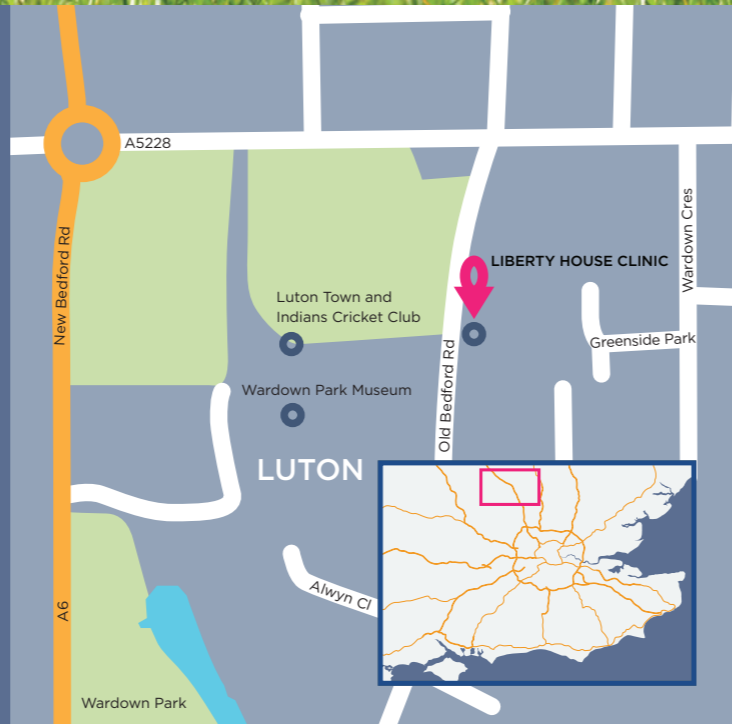
Liberty House Clinic  
220 Old Bedford Road  
Luton  
Beds  
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[www.libertyhouseclinic.co.uk](http://www.libertyhouseclinic.co.uk)

Call our 24-Hour Confidential Helpline

**0203 1310 727**

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Medical Insurance Accepted



A full-service clinic  
offering complete  
medically supervised  
detox, rehabilitation  
and recovery  
therapies.



“ It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.

Agnes Repplier



## ABOUT LIBERTY HOUSE CLINIC

Liberty House Clinic is a fully furnished drug and alcohol detox and rehabilitation facility set within a quiet and picturesque suburban street based in the heart of Luton. Our treatment services include providing a medically monitored detox as well as a fully comprehensive rehabilitation programme designed to address the mind, body and spiritual wellbeing.

At Liberty House Clinic we understand that our clients will often contact us in a time of crisis. As such, we have an extremely streamlined admissions process that is designed to be fast, safe and provide informed information to a friend or family member, when acting on behalf of the client. We understand the importance of the treatment we provide and our primary aim is to turn around lives by providing the necessary tools and skills through our rehabilitation programme, with the ultimate aim of our clients living a full, fruitful and substance free life.

Our passion for helping individuals with addiction and substance misuse issues is reflected in our treatment team also, many of whom have many years of experience within the field of addiction services. Our treatment programmes as well as our treatment staff place the client very much at the heart of what we do, guaranteeing the highest levels of commitment. Many of our staff have been in long term recovery themselves so they better understand the experiences that a newly admitted client will likely go through. We understand that no two clients that enter our service are the same and as such our programme and facilities are designed with enough scope to provide tailored treatment based on the individuals' needs. Following a full length rehab treatment episode, our clients will be entitled to 12 months free aftercare services at no further additional cost.

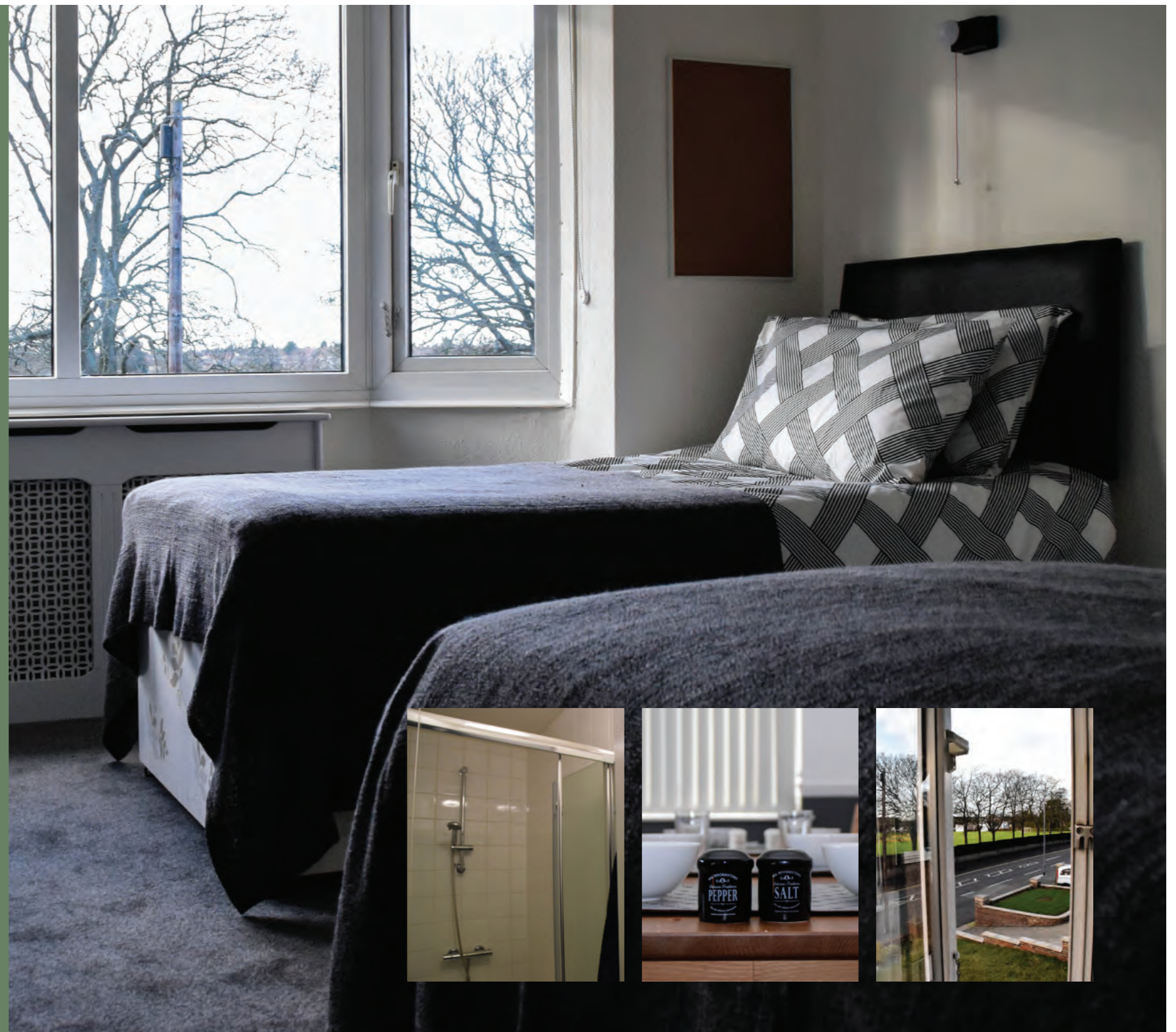
## LIBERTY HOUSE CLINIC FACILITIES AND ACCOMMODATION

Situated just outside of London, our facility boasts 18 beds, large grounds, recreational facilities and fully trained staff.

Allowing our clients to feel at home and as comfortable as possible means our bedrooms and general facilities are decorated to a very high standard, all considerations taken into account with the aim of creating a safe, secure and comfortable environment. The building overlooks the town's main green park.

As well as the park, near the service is situated the local cricket pitch, tennis courts, basketball courts and other sports facilities which provide ample opportunity for our clients to integrate regular physical activity into their treatment plan; if they should wish to do so.

- Peaceful and recovery-oriented environment
- 20 beds - all rooms decorated to a high standard
- Open 24 hours
- World class rehabilitation programme
- Immediate admission
- One-to-one and group counselling
- Set within quiet and picturesque suburban surroundings





## TREATMENT PROGRAMME

Our treatment programme focuses on the individual's needs with the goal of achieving full recovery. We give clients the best possible start using clinically tried and tested approaches, as well as a variety of therapies and pathways to give a comprehensive, thorough treatment.

## REHAB TREATMENT

Clients undertake a regimen of therapy, guidance, advice, well-being and structured psychological, physical, and emotional treatments to understand addiction, cope with it, deal with it, and ultimately live a life free from substances and behavioural harm.

### Our treatments include:

- 12-step therapy
- Experiential therapy
- One-to-one and group therapies
- Stress reduction techniques
- Motivational interviewing
- Relaxation techniques
- Art and creative therapies
- Cognitive behavioural therapy
- Relapse prevention
- Holistic therapies
- Psychological interventions
- Spiritual studies
- Health pursuits
- Addiction education
- Meditation
- Mindfulness

## DETOX TREATMENT

At Liberty House Clinic we offer a full medically supervised detox for those suffering from a physical addiction to alcohol or drugs.

On admission, all clients see our medical practitioner, who specialises in detoxification.

Clients will be prescribed any detox medications our medical practitioner feels they require to make their stay at Liberty House Clinic as comfortable as possible.

As a full treatment centre, we have the experience and facilities to undertake detox from a wide range of substances. These include:

- Alcohol
- Heroin
- Methadone
- Cocaine
- Crack Cocaine
- Sleeping tablets
- Prescription drugs
- Opiates & OTC drugs
- Amphetamines
- Cannabis
- Hallucinogenics

