



Residential Centre offering medical detox,
rehabilitation and recovery

 **LINWOOD**
HOUSE  a UKAT facility





Welcome

Providing individually-tailored support and treatment for drug and alcohol addiction

Linwood House is an established drug and alcohol detoxification and residential rehabilitation centre located in Barnsley, South Yorkshire providing accommodation for 34 people.

The centre provides adult in-patient drug and alcohol detoxification and rehabilitation services for substance abuse and dependence including: alcohol, cocaine, cannabis, legal highs, prescription drugs, heroin and other opiates.

If you, or a loved one, needs help in achieving and maintaining long-term recovery, we are here to help you back on the road to a normal and productive life.

Our therapy approach is focussed on helping you address your dependence on drugs or alcohol and empowering you to make choices and the changes you need to make in order to achieve your recovery goals.

People have different backgrounds, different upbringings and different reasons for arriving at Linwood House, so we use our experience, clinical tools, and recovery models to provide every patient with what they need to have when they leave.

We are a private rehab clinic treating alcohol and drug addiction, our programme of rehabilitation encompasses full alcohol detox or drug detox, as well as therapies to understand the reasons for the addiction and the physical, psychological, and spiritual problems that accompany addiction.

Our rehab programme encompasses world leading, tried and tested therapies, group work, counselling, nutrition, rest and relaxation. We give patients the tools to stay sober, stay clean, and live a full life.

Our staff team includes healthcare professionals; nurses with specialism in mental health and addiction; therapists accredited with the BACP and Federation of Drug & Alcohol Professional Body and support workers who are health & social care trained and hold drug and alcohol certificates.





OUR COMMITMENT TO YOU

- To provide a quality service to address your dependence on drugs or alcohol
- To give you the opportunity to work towards the goal of abstinence and attain substance free status
- To help you become healthier and happier individuals and lead a more purposeful and pro-social life
- To help your family members and significant others to understand drug and alcohol dependency and gain support for themselves
- To assist you to access those agencies which will enable you to maintain positive health and social gains

Recognition

Take the first step in your road to recovery

Identifying and admitting dependency on alcohol or drugs can be difficult. Often you will fail to recognise or accept the problem, thinking you can manage it yourself or you go to great lengths to conceal it. This process of denial is a protective defence mechanism which shields you from the feelings of shame, guilt and self-recrimination associated with dependency but which allows the condition to continue to control your life.



Understanding your dependency and seeking help

If you have reached a point in your life where alcohol or drug dependency is affecting you not only physically, but also emotionally, socially and psychologically, then intervention may be needed.

There is no doubt that the pursuit of an improved quality of life and drug and alcohol free status calls for a serious commitment. The treatment programme at Linwood House starts the process of change needed to achieve recovery and get your life back on track.

Physical Risks

People with alcohol or drug dependency will often experience an increase in accidents and injuries, a general deterioration in health as well as specific health conditions as a direct result of the alcohol or drugs.

- Physical symptoms of withdrawal
- Loss of weight and malnutrition
- Liver disease
- HIV and Hepatitis
- Cardiovascular disease
- Neurological problems

Mental Health Risks

Substance misuse and mental health problems often go hand in hand. It could be an escalation of existing conditions or the result of the dependency.

- Depression
- Anxiety
- Self-harm
- Paranoia
- Hallucinations
- Aggression

Take your first steps to recovery

At Linwood House we adopt a two stage treatment plan on a residential basis.

Step 1

Detoxification including pharmacological withdrawal and regular therapy sessions.

Step 2

For the best chance of long-term abstinence our residential rehabilitation programme combines 12 Step recovery techniques, cognitive behaviour therapy and skills based approaches.

Call us to discuss your options in confidence
01226 221 697



Detoxification

Detoxification doesn't have to be a painful experience

The first stage of treatment is to remove any alcohol or drugs from your system. The sudden cessation of alcohol or drugs, if you are dependent, can not only be unpleasant - it can be medically dangerous.

At Linwood House we use pharmacological detox in a residential environment which aims to make detox as relaxed, comfortable and effective as possible.



What to expect

When admitted for detox you will have a medical assessment by our healthcare professional who specialises in detoxification. Once a full assessment has been completed, if required, a full detox regimen will commence where the drug responsible for your dependence will be replaced with a pharmaceutical substitute.

- For alcohol dependency the typical detox period is 7 - 10 days
- For drug dependency detox is 14 - 28 days

Any medication you bring in with you will be checked by our healthcare professional and will be dispensed by our medical team.

Whilst in detox your catering, cleaning and necessary laundry will be done for you, giving you time to focus on your recovery.

Throughout your detox period there will be up to two therapy sessions a day.

Our Staff and Specialisms

We have a full range of specialist staff who are here to support you.

- Manager
- Healthcare Professional
- Mental Health Nurses
- Registered General Nurses
- Nurses with professional qualifications and experience in addiction
- Support workers – all health and social care NVQ3 trained and holding Drug and Alcohol certificates

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Rehabilitation

Getting to the root cause of your addiction

If you have a physical dependency then detox is required to remove the alcohol or chemical substances from your body. Rehabilitation is the process that comes after the detox and is designed to treat the psychological aspect of addiction.

People who have rehabilitation after their detox are far more likely to be successful in their goal to be drug and alcohol free.



What to expect

Rehabilitation at Linwood House is residential with lengths of stay depending on your individual needs and circumstances. We find that a residential environment provides you with space and sanctuary to focus on your recovery and is the most effective way to recover from addiction.

Individual care - tailored to you

The reasons behind people's dependency on drugs or alcohol will differ from person to person, as with their background, upbringing and personal circumstances. At Linwood House we use our experience and recovery models to provide every client with a rehabilitation experience that fits with what they need.

Providing life-changing therapies

When you enter our rehabilitation programme you will undertake a regime of therapy and evidence based psychological interventions including the 12 Step recovery techniques, cognitive behavioural therapy and skills based approaches.

You will have up to two therapy sessions a day which may include group and one-to-one sessions plus other therapies.

We will work with you, giving you the tools you need to work with your recovery.

Our range of treatments includes:

- 12-Step Therapy
- CBT (Cognitive Behavioural Therapy)
- Skills based therapies
- Group therapy
- Art therapies



Recovery

Changing the lives of the people we support

Completing rehab gives you the foundations for rebuilding your life without dependence on drugs and alcohol. During your time in rehab you will receive lots of help and support around relapse prevention; helping you learn about the trigger points for your addiction and providing you with techniques to remain alcohol and drug free.



Therapists and support workers will work with you exploring particular issues you may have and help you to set plans for the period immediately after departure. These sessions include discussion and problem solving on changes required in lifestyles and how this may affect family members and your own circumstances such as housing.

Aftercare

We understand that living a life without addiction is on-going recovery, which is why our aftercare programme is so valuable in helping you deal with life after rehabilitation and cope with the day to day challenges of life, work and relationships.

You will receive 12 months of free aftercare on completion of a detox and rehab programme of 3 weeks or more.

Accessing our services

We work with people from across the country, funded through Local Authority and privately. (Please note we are not able to arrange funding for you).

In our initial contact with you we will talk through your specific dependency issues and explain the options and our approach.

We provide confidential support for addiction including:

- Alcohol
- Cocaine
- Cannabis
- Legal Highs
- Heroin and other opiates
- Prescription drugs

Steps to admission

INITIAL ENQUIRY

Admissions need to be pre-booked, but we realise the urgency of some cases, so are usually able to accommodate new admissions within 24 hours.

ARRANGE PAYMENT

The costs will be discussed and explained in your initial call and we will then arrange to take payment. Payment in full is required at time of booking and before commencement of treatment.

ASSESSMENT

You will receive an assessment from our healthcare professional and your substance history discussed. If you are being admitted for detox, your detox plan will be discussed and agreed.

Our team will then show you around, so you can familiarise yourself with the layout, and give you a welcome pack that explains all you need to know about your stay with us.

To talk to us in confidence,

Call **01226 221 697**

Or you can email

enquiries@linwoodhouse.co.uk

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