

Addiction-free Living.....

Help IS available - you are not alone



*Do you feel powerless over
your alcohol and/or drug use?*

**DVD
Out NOW**

Treatment Rehabilitation and Recovery from

- > **All** Drug dependency
- > Alcohol dependency
- > Eating disorders

Plus: delivering recovery to Families

*Has your life become
unmanageable?*

An opportunity for life-long change.....

**Call 01253 723400
For your DVD**

Making a difference by leading the way in quality outcomes



Pierpoint delivers a Treatment Programme that gives you the opportunity to achieve LIFE-LONG freedom from all mood-altering substances and to get your life and family back together.

Thinking about change?

Beyond Addiction© Enhanced 12-Step Programme

Pierpoint's Treatment Programme is designed to do exactly that... to take you BEYOND YOUR ADDICTION.

Our Programme is based on an enhanced 12-Step Programme and is completely non-religious, so whether you follow a particular faith or not is of no concern to us. We will certainly not be introducing you to any new religious belief.

As you will see from reading this brochure, our programme will enable you to reach a point where you are fully in control of your own LIFE-LONG RECOVERY.

You may perhaps think your family is lost to you — but with Pierpoint's Child and Family Teams working with you and your family, re-building family relationships is usually possible.

As you will see from the next page, we will enable you to take control over all aspects of your life.



What those who have gone before you have said:-

"Thank you so much Pierpoint, for giving us our family back."

Key factors to getting your Life and Family back together

 **Abstinence from all mood-altering substances**

 **Where you live**

 **Family and other healthy relationships**

 **Having the right living skills**

 **Engaging in constructive activities**

 **Health, emotional & psychological well-being**

 **Your social life**

 **Having financial security**

A Programme of change for.... YOU

What those who have gone before you have said:-

“ Before I came into treatment I never knew how much I needed to learn and change. Pierpoint has given me the time and space and the help to really put my life back on track.”

Detoxification & Stabilisation

Preparing your body for recovery

The outcomes you can expect:

- To be free from alcohol and drugs
- To leave this phase of treatment with a link to ongoing help or treatment

We will individually discuss and assess the best reduction and pain relief medication regime with you to reduce any discomfort

DetoxPlus provides a wide range of Reduction and Stabilisation Programmes, all of which are delivered by our highly trained, qualified and experienced team of Doctors, Specialist Nurses, Therapists and Detox Support Workers.

Alcohol Detoxification (10–14 Days) Librium or other suitable alternative medication.

Opiate Detoxification (14–28 Days) We use either Lofexidine or Methadone (if already prescribed).

Cocaine and Crack Cocaine Detoxification (7–14 Days) We help alleviate any anxiety experienced by medicating with a short-acting anxiolytic in reducing doses.

Benzodiazepine Detoxification (21–28 Days) Oxazepam, then converted to reducing Diazepam dosage.

Complex, 'Stabilisation & Assessment' Detoxification (15–28 Days) DetoxPlus™ achieves excellent results in working with people who have complex detoxification needs.

Physical Disability DetoxPlus can work with a range of physical disabilities. Our premises benefit from a lift to all floors and full wheelchair access.

📞 Detox Nurses available 24 hours a day 📞 Auricular Acupuncture 📞 Support Workers available 24 hours a day

📞 Sleepy teas and support with sleep patterns 📞 Full daily programme of educational and skills sessions

Between 95% and 100% of our clients successfully complete their In-patient detoxification



Specialist Addiction Nurses supporting your recovery 24 hours a day

Now your body is ready.....

What those who have gone before you have said

"I've done loads of detoxes and this is the strictest one I've done—but it was the most comfortable AND I stayed and finished it."

Primary Treatment – Rehabilitation

Control over your addiction

The outcomes you can expect:

- To have remained drug and alcohol-free for a further 12 weeks
- To have developed increased control over your addiction
- To be aware of the impact of your addiction and behaviours on the key people in your life and the community

- ☺ A 12 Week highly-structured Therapeutic Programme for men and women
- ☺ A highly supportive environment that provides you with safe space to focus on your life-long recovery, benefiting from..
- ☺ Qualified, trained and experienced therapists, some of whom are themselves in good long-term recovery
- ☺ Over 35 hours of therapeutic, recovery-focused activities per week including:-
- ☺ Group Work, one to one Sessions, Alternative Therapies, Family Work, reading and written assignments and lectures
- ☺ Leisure activities
- ☺ Gain control over your addiction through Steps 1 to 5
- ☺ Family / Visitors' Day (including a 'Family Group' for visitors)
- ☺ Help in changing your thinking and behaviors away from those that have maintained you in your addiction
- ☺ Preparation for the next phase – dealing with anything that could prevent you from achieving life-long recovery



NEXT... Nothing's going to stop me now!

What those who have gone before you have said

"It's really hard, but there are lots of staff around who both challenge and help you. It feels like it's working this time."

Secondary Treatment - Rehabilitation

Removing all barriers to Life-long change

The outcomes you can expect:

- To have remained drug and alcohol-free for a further 12 weeks
- To be experiencing further developed insights into your addiction
- To have skills, aims and goals in place for your long-term recovery
- To be managing your own health and general well-being with support
- Newly acquired social integration skills and activities
- Have awareness & skills to manage conflict within family & relationships
- Have the ability to effectively apply relapse prevention skills and techniques

- ☺ A 12 Week structured Therapeutic Programme for men and women who have completed a Primary Treatment Programme (Steps 1–5)
- ☺ Addressing all the things that could stand in the way of you achieving life-long recovery
- ☺ Through Steps 6 to 11, you will develop the skills and plans to manage your own long-term recovery
- ☺ Increased levels of self-esteem, self-confidence and self-acceptance
- ☺ Develop daily living skills to ensure successful independent living
- ☺ Address social and family relationship issues that could otherwise compromise your recovery
- ☺ Experience recreational and leisure activities that will not compromise your recovery
- ☺ Prepare for independent living and successful life management
- ☺ Engage in support networks including Alcoholics Anonymous (AA) & Narcotics Anonymous (NA)
- ☺ Telephone support for those who do not enter our Gateway Re-integration Programme



Life after treatment?

What those who have gone before you have said:-

“I never knew I had so much emotional baggage to deal with. Secondary has not only given me space to deal with that, but I am really able to look at my future as well.”

AftercarePlus – Re-integration

Re-building your life after treatment

The outcomes you can expect:

- **To have remained drug and alcohol free for a further 15 weeks (39 weeks in all)**
- **To be demonstrating control over your addiction**
- **To be living independently without structured support**
- **To be managing your own long-term recovery**

-))) Up to 15 weeks in our Gateway Residential Re-integration Programme for men and women
-))) Providing critical 'space' between residing in a 24-hour a day supported environment and living on your own or back with family or friends
-))) Providing you with the time and space to work out what direction your life is going to take now WITHOUT the pressures of being thrust into your own accommodation and left to 'get on with it'
-))) Gradually reducing support from our Specialist 'Re-integration Worker'
-))) Help with access into housing, voluntary work, employment, skills training , college etc
-))) Support of our local recovery community
-))) Developing your own daily constructive routines and activities that fulfill your life and keep you safe and well
-))) Development of your self-confidence and self-belief, to safely face all of the challenges of managing your own fulfilling life in recovery
-))) Continued telephone support for those going back to the community



How do I START MY Pierpoint journey?

What those who have gone before you have said:-

"I wish Pierpoint had had this residential Aftercare when I came through the Programme. It's so difficult when you leave treatment and you're sat alone in your own flat. This really gives people a chance to safely get their life back together".

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Text

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Web

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Finding out more - Admissions Process

Speak to one of our Assessment & Admissions Coordinators who will support you through the process of finding out about Pierpoint's Programmes, and deciding whether it is the right programme for you.

You or a member of your family, a friend or a professional can refer you to Pierpoint by picking up the phone and calling us now.

When you call us we will tell you how long it will take to give you a decision based on your individual circumstances .

You are also very welcome to come and visit us by appointment to see if you feel comfortable with us, and are satisfied that we can deliver what you are looking for in terms of your treatment and recovery needs.



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Pierpoint Addiction Treatment Centres

is registered and therefore licensed
to provide services by the

Care Quality Commission

Provider ID 1-101696616
For more information visit

www.cqc.org.uk



EATA European Association for the
Treatment of Addiction (UK)



The Medical Council on Alcohol