



Llywodraeth Cymru
Welsh Government

A Guide to Inpatient Detoxification and Residential Rehabilitation Centres in Wales



Mae'r ddogfen yma hefyd ar gael yn Gymraeg.
This document is also available in Welsh.

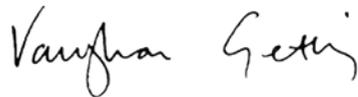
Ministerial Foreword

Residential rehabilitation and inpatient detoxification continue to play an important role in helping service users secure their long term recovery and the Welsh Government remains committed to ensuring such services are available on a long term sustainable basis. The Welsh Government allocates £1million ring fenced annual funding to Area Planning Boards (APBs) in Wales for the provision of Tier 4 services. This is in addition to wider social care funding streams.

Everyone has the right to a Community Care Assessment to determine whether residential rehabilitation is the appropriate treatment to meet their needs. An 'All Wales Substance Misuse Residential Rehabilitation Framework' was implemented in April 2015 to ensure that Welsh substance misusers receive quality treatment and support. Identification of a placement made via the All Wales Substance Misuse Residential Rehabilitation is driven by service user choice, with patients placed as close to home as possible where that is in their best interest.

The Residential Rehabilitation Framework also serves as a quality assurance process, as all service providers will have evidenced essential standards prior to being accepted onto the Framework. These standards are included in the National Core Standards for Substance Misuse Services in Wales. In addition, it is expected that service providers comply with the Social Services and Well-being (Wales) Act 2014 and the Regulation and Inspection of Social Care (Wales) Act 2016.

This booklet provides a comprehensive overview of the inpatient detoxification and residential rehabilitation services available across Wales in order to assist service users in making an informed choice about their treatment.



Vaughan Gething AM
Cabinet Secretary
for Health and
Social Services

➤ Overview of Tier 4 Services

Tier 4 services in Wales include the provision of inpatient detoxification, inpatient stabilisation programmes and residential rehabilitation for individuals who are dependent on drugs and/or alcohol and require 24-hour care and support.

Tier 4 is an integral component of substance misuse services and has been shown to be an effective form of treatment for some individuals. The services are delivered in specialised inpatient and residential settings to remove the client from an environment where they have access to drugs and/or alcohol. Tier 4 services are delivered using an integrated and multidisciplinary approach.

➤ Inpatient Detoxification

Detoxification or “detox” is a planned withdrawal from drugs or/ and alcohol and may involve taking a short course of prescribed medication to help prevent withdrawal symptoms. Medication is generally only available as a short term treatment to help reduce physical withdrawal symptoms. Talking therapies, education about your substance misuse and treatment, alternative work and recreational activities can help with the psychological part of withdrawal. In-patient detoxification programmes include withdrawal programmes for alcohol and drugs including substitution prescriptions, sedatives and stimulants; relapse prevention programmes for alcohol, drugs and other substance misuse; psychosocial interventions and stabilisation on substitute opioids.

➤ Residential Rehabilitation

Residential rehabilitation for the treatment of dependency on alcohol or other drugs forms part of an integrated approach to treatment. NICE guidance recommend that 'residential treatment may be considered for people who are seeking abstinence and who have significant comorbid physical, mental health or social (for example, housing) problems.' However, community based programmes should be considered in the first instance.

The Residential Rehabilitation centres listed in this publication are all registered with the Care and Social Services Inspectorate Wales (CSSIW) and are regularly inspected. You can read the reports of previous inspections by going to <http://cssiw.org.uk/?lang=en>

➤ Aftercare and Support

Aftercare planning is particularly important for those who have undergone detoxification or rehabilitation. After a period of abstinence, clients are particularly vulnerable to the risk of overdose should they return to the amount of substance used prior to admission. Clients should be informed of the risks prior to completing the Tier 4 programme and arrangements made for aftercare and support programmes to be place prior to commencing treatment. Ask your key worker about what aftercare and support arrangements are in place following your stay in residential treatment.

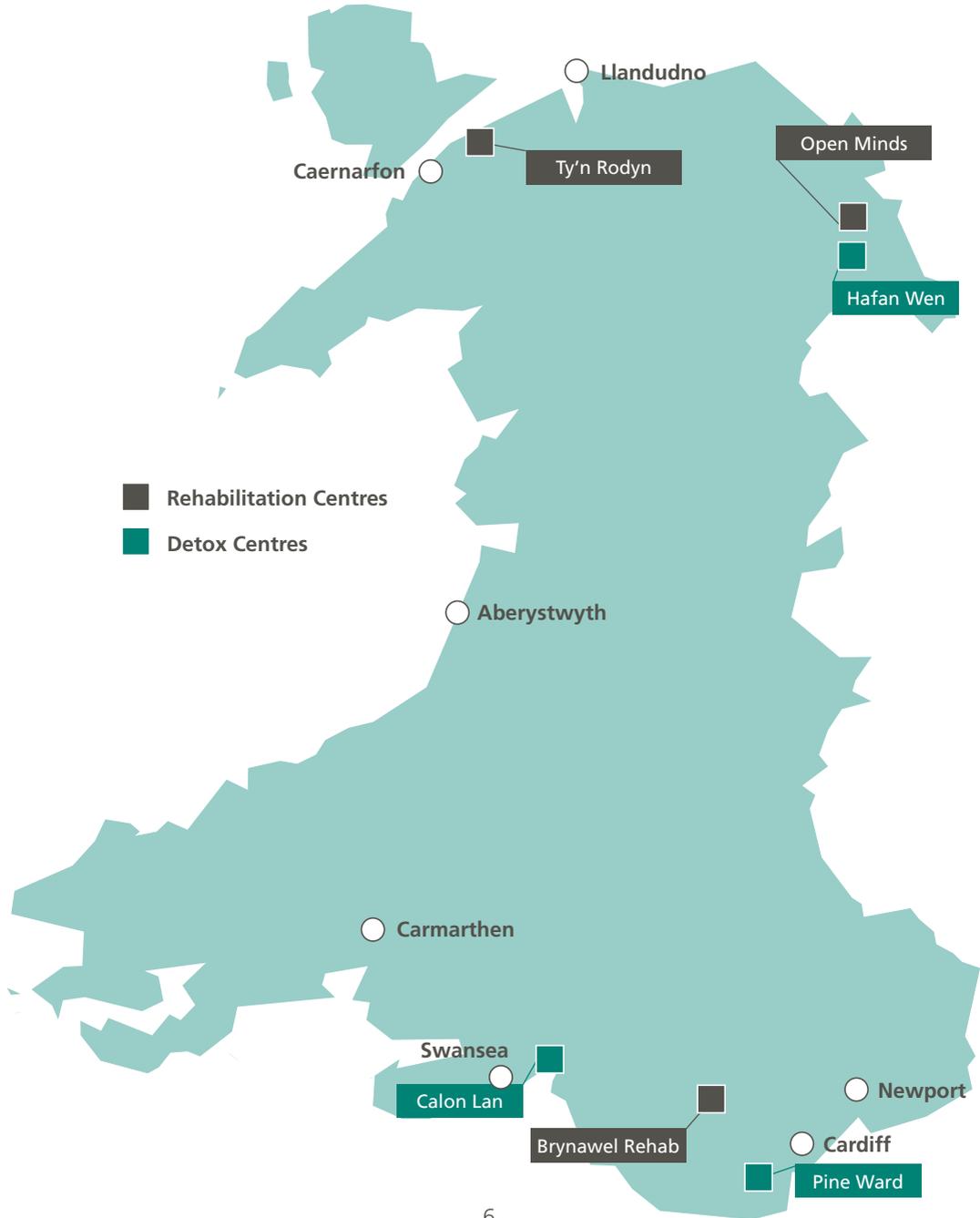
› How to access Tier 4 services in your area

If you would like to be assessed for either inpatient detoxification or residential rehabilitation please speak to your substance misuse key worker, as preparation for treatment is particularly important as this will promote your chances of more positive outcomes. If you are not currently engaged with a substance misuse service, please contact DAN 24/7, the All Wales Substance Misuse Helpline on **0808 808 2234** who will be able to provide you with the relevant contact details for your locality.

› All Wales Substance Misuse Residential Rehabilitation Framework

Two of the six service providers on the All Wales Substance Misuse Residential Rehabilitation Framework are located in Wales. They are Brynawel Rehab and Ty'n Rodyn Residential Rehabilitation Centres. Once a service user has been assessed by a social worker, clinician or key worker as requiring residential rehabilitation, the Framework is utilised in the first instance to meet that need. Identification of a suitable placement made via the Framework is driven by service user choice and guided by professional advice. On the rare occasion that all of the potential Framework Service Providers are unable to meet the identified needs of the service user, then a placement can be made outside of the Framework, provided that the chosen provider is able to evidence the essential standards prior to any placement being made.

Inpatient Detoxification and Residential Rehabilitation Centres in Wales



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Pine Ward



› What makes us special

Our well regarded 12 bedded unit provides 24-hour medically managed detoxification, titration and stabilisation for NHS patients experiencing drug and alcohol dependence across Wales. The unit, provided by Cardiff and Vale University Health Board, has longstanding NHS contracts to provide specialist substance misuse inpatient services to the residents of Carmarthenshire, Ceredigion and Pembrokeshire (Hywel Dda), Cwm Taf, and Cardiff and Vale.

› Treatment model

We treat every level of complexity including those with physical and mental health issues. Our inpatient unit provides high-quality 24/7 treatment for drug and alcohol dependence. Our treatment is medically managed and provided by an expert team of consultant

addiction psychiatrists, specialist general practitioners, nurses, clinical psychologists, art therapists, physiotherapists, and linked with peer support workers and mutual aid (AA, NA and SMART recovery). All our professional staff are qualified, and affiliated to professional bodies, and annually appraised.

We provide a range of treatments including complex detoxifications. The Pine Ward is part of Cardiff and Vale University Health Board (UHB), one of the largest NHS organisations in Wales. If need be, we can call on the skills and expertise of a vast array of professionals amongst the UHB's 14,500 staff to meet the most challenging of presentations.

We work closely with clients and their home area services to prepare for an inpatient stay and to set up support services post-discharge.

The service is for people over 18 years old. We offer admission lengths dependent on need and funding availability. We provide treatment for NHS patients for those referred by local substance misuse services or by acute hospitals in the Cardiff and Vale area (e.g. those requiring a general medical admission who are alcohol or drug dependent).

Our unit provides comprehensive assessment, stabilization, titration or detoxification from illegal, illicit and prescribed drugs and/or alcohol. Each person will receive individually tailored medical interventions and a bespoke programme of one to one and group activities and therapies. This may include: individual recovery planning; mutual aid; art therapy; relaxation and exercise programme; health education; nutritional advice and cooking skills; psychologist-led sessions and relapse prevention work.

› Accommodation and Amenities

Pine Ward is a dedicated facility, situated on the first floor on the Hafan Y Coed site at Llandough University Hospital, with disabled access available via lift. The unit comprises 12 individual en-suite patient rooms, three separate lounges; one with tea/coffee making facilities, dining area, kitchen and laundry facilities, and a series of staff offices, and meeting rooms.

Cooked meals are provided, with snacks available too. All dietary requirements can be catered for, and we have specialist dietetic input. At the weekend there is an opportunity to join in with the preparation of a communal meal. Visiting is at allocated times, and we can accommodate children at weekends with prior arrangement.

Attached to the ward is our Therapeutic Day Unit where we offer daily group sessions to enhance your recovery.

A well equipped gymnasium is available, downstairs in Hafan Y Coed with staff offering tailored fitness programmes. For those with physical health needs, physiotherapy is available, either continued on discharge or linking into community teams on your return home. Similarly, other services, including a dental service for acute problems are available.

There is a shop and café on the hospital site opposite Pine Ward and staff endeavour to take patients to the local supermarket as frequently as possible.

The hospital can be accessed by public transport; the 95, 95A and 95B buses from Cardiff, or by train from Cardiff Central to Cogan; a 15 minute walk to the hospital. By Car take junction 33 off the M4 and then follow signs to Penarth then Llandough/Dinas Powys.

www.cardiffandvaleuhb.wales.nhs.uk/pine-ward

› Contact details

Pine Ward
Hafan Y Coed
Llandough University Hospital
Penlan Road
Cardiff
CF64 2XX

02921 824830

The Calon Lan Unit – Specialist Inpatient Substance Misuse Service



› What makes us special

The Calon Lan Unit (Baglan Hospital) is a 5 bedded self contained inpatient facility delivered by Abertawe Bro Morgannwg University Health Board. The Service caters for people residing in the Swansea, Bridgend and Neath Port Talbot area.

We are part of a wider integrated drug and alcohol service consisting of statutory and third sector agencies, under the umbrella Newid Cymru. The inpatient service supports people who have complex needs or risk factors in terms of their; physical, psychological, social care needs and risks relating to their alcohol and/or substance misuse. The unit provides detoxification from alcohol/drugs, stabilisation on substitute medication, immunisation, BBV testing and onward referral, relapse prevention medications and assessment of physical and mental health needs. Supporting individual recovery plans and providing therapeutic interventions: Relapse Prevention (one-to-one

and group), relaxation, anxiety management, health promotion, and diversional activities: gardening, cooking, art, exercise and social activities.

› Treatment Model

Calon Lan embraces the harm reduction and abstinence models, within the recovery framework, aiming to support and maximise individuals long term recovery plan and goals. We deliver care based on individualised care plans, working closely with statutory and third sector providers, based in the community and residential settings.

› Accommodation and Amenities

Calon Lan is a 5 bedded self contained inpatient unit, annexed on the local acute mental health ward, in an acute major secondary care hospital. The unit has; five single occupancy on suite rooms, separate dining and living rooms, ward office, clinical/examination room and a small garden area.

› Contact details

Calon Lan Unit
Neath and Port Talbot Hospital
Baglan
SA12 7BX

Hafan Wen Inpatient Detoxification Service



› What makes us special

Hafan Wen is a purpose built 25 bed inpatient detoxification unit, built in 1997 on the site of the Wrexham Maelor Hospital, it provides medically managed clinical treatment and support to individuals working towards a substance free lifestyle.

The clinical provision is led by a Consultant Psychiatrist and the service is staffed 24/7 by qualified nurses and an experienced team of support workers. The Therapeutic Programme has been developed by a Cognitive Behavioural Therapy (CBT) specialist, using a range of evidence based psychosocial Interventions. The programme is delivered by an experienced Therapeutic Team, helping empower change, engaging service users in the programme whilst drawing heavily from evidence based therapeutic principles such as:

- Cognitive Behavioural Therapy (CBT)
- Mindfulness
- Acceptance and Commitment Therapy (ACT)

Hafan Wen offers flexible treatment packages that include stabilisation and detoxification that meet the individual needs of service users. Close collaboration with referring workers and agencies ensure that a wide range of varying needs are met with a comprehensive care plan of treatment.

Hafan Wen has close links with the Betsi Cadwaladr University Health Board (BCUHB) which ensures a rapid response in the event of an acute psychiatric or medical emergencies. Having agreed protocols ensures efficient and seamless transfers to primary care services when necessary.

Our Detoxification Protocol has been developed in collaboration with the BCUHB and based on current Public Health and NICE guidelines. The Consultant Psychiatrist and service doctors, assess all service users in accordance with local health board prescribing guidelines.



➤ Weekly Programme

To give you an idea of how your day will be structured in the service, here is an example timetable of a typical week, all group sessions are mandatory and you will be expected to attend as part of your programme at Hafan Wen.

➤ Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am – 9am Morning	BREAKFAST						
	9:30am – 10 am Morning Meeting 10am – 12pm Computers and Art Therapy Or Therapeutic Activity	9:30am – 10 am Morning Meeting 10am – 12pm Computers and Art Therapy Or Therapeutic Activity	9:30am – 10 am Morning Meeting 10am – 12pm House Meeting Or Therapeutic Activity	9:30am – 10 am Morning Meeting 10am – 12pm Computers and Art Therapy Or Therapeutic Activity	9:30am – 10 am Morning Meeting 10am – 12pm Computers and Art Therapy Or Therapeutic Activity	9:30am – 10 am Morning Meeting 10am – 12pm 1:2:1 Key work Sessions	9:30am – 10 am Morning Meeting 10am – 12pm 1:2:1 Key work Sessions
12pm – 1pm Afternoon	LUNCH						
	1:30pm – 3:30pm Psycho-social Group	1:30pm – 3:30pm Psycho-social Group	1:30pm – 3:30pm Peer Mentor Led Activity (Full Circle)	1:30pm – 3:30pm Recreation Computers and Art Therapy	1:30pm – 3:30pm Quiz Or Recreation	1:30pm – 3:30pm 1:2:1 Key work sessions	1:30pm – 3:30pm 1:2:1 Key work sessions
5pm – 6pm Evening	TEA						
	Gym Or Recreation	Narcotics Anonymous (NA) Meeting (Optional)	Alcoholics Anonymous (AA) Meeting (Optional)	Gym Or Recreation	Gym Or Recreation	Gym Or Recreation	Gym Or Recreation

Computers and Art Therapy – Creative Arts, Sculpting, Creative Writing, Basic Computer Skills, Painting

Therapeutic Activity – Relaxation group, self esteem and confidence building exercises

House Meeting – To discuss day to day issues in the house and a forum for service users to discuss service delivery issues with the staff team

1:2:1 Key Work session – Individualised work is completed to address your individual needs as identified in your care plan, looking at developing coping strategies.

Psycho-social Groups – A range of evidence based interventions to help understand drivers of addiction and to develop coping strategies for sustained recovery

Peer Mentor Led Activity – Run by Full Circle service user group it is an opportunity to speak to ex-service users who have been through what you are going through.

Gym and Recreation – To improve your physical health by attending the gym with our volunteer instructor or you can simply relax whilst enjoying the company of others

› Accommodation and Amenities

For many people one of the most important aspects of their stay is their accommodation. At Hafan Wen each service user has their own bedroom with en-suite shower and toilet. Equipped with a writing desk, wardrobe and cupboards for your belongings, rooms are a place for service users to retire to when they want privacy.



Facilities at Hafan Wen have also been carefully designed and are being continually upgraded to meet the diverse needs of particular groups of service users including:

- Disability friendly accommodation – lifts, seated showers, hearing impaired
- Fully accessible main building with wheelchair access
- A female / male only lounge
- 25 single occupancy en-suite bedrooms

There are four lounge areas in total with one dedicated solely to female service users, one solely to male service users and 2 for communal use.

- Laundry
- Relaxation Room
- Art and Computer Room
- Recreation Room
- Group Work Room
- Gymnasium



Grounds

Hafan Wen is situated in well-established grounds, giving service users the opportunity for time to themselves or an opportunity to reflect on their recovery, whilst enjoying the garden, pond and grounds.



Kitchen

Hafan Wen is equipped with a modern kitchen staffed 7 days a week by experienced chefs. Food is cooked fresh to order and every effort is made to provide service users with nutritious meals that meet your dietary needs.



Gardening and Allotments

We have a small greenhouse and encourage service users to try their hands at nurturing plants and flower cuttings which can be planted in the garden once they are established.

Gymnasium / Basketball Court

We have a gymnasium and an all-weather basketball court for service users to use. This helps improve physical fitness and creates that “feel good” factor.

› Contact details

Hafan Wen Inpatient Detoxification Service
Gate 4, Watery Road,
Wrexham, LL13 7NQ

T: 01978 313904

F: 01978 313903

www.cais.co.uk

Brynewel Rehab



› What makes us special

Brynewel Alcohol and Drug Rehab can accommodate up to twenty clients across three houses, including one which was purpose built with Welsh Government funding, all are set in extensive grounds between the villages of Llanharry and Llanharan in south Wales. All accommodation exceeds national standards with single rooms with ensuite facilities, TV and Wi-Fi. We also offer residential detoxification.

You have already made the most important decision, to live a life free from alcohol or other drugs. Now you are faced with the choice of rehab. **We think that your choice will be critical to your success as; we believe everyone can recover given the right support.**

Our commitment; we will ensure you get the best possible treatment designed to meet your individual needs, and you will always be treated with the utmost respect.

We are situated in our own extensive, peaceful grounds and gardens, but we are not remote or isolated as we are just fifteen minutes

from the M4 motorway and half a mile in both directions from local villages with train stations, and nearby bus stop.

Unlike some other rehab centres you get to keep your mobile phone, have access to television and visits from family and friends are encouraged, because we are committed to keeping your experience here as normal and as day to day as possible. Parents with very young children can arrange evening visits during the week. We value the role that family can play in recovery, and therefore offer the option of family therapy if you request it.

Although sixteen weeks stay may seem like a long time, it is just a stage in your recovery, albeit an important one. So from arrival until you leave we will help you prepare for life long, successful recovery, by ensuring you are able to address all the key issues you face including: staying abstinent from alcohol and other drugs, your physical and mental health, meaningful activity, your housing and ongoing social support and rediscovering your taste for life.

After making comparisons in this brochure, check out our website and make arrangements to visit us, it's easily arranged by telephone or email.

› Treatment model

One of the biggest decisions that you face now is what kind of treatment to choose. The two principle options are between "12 Step Programmes" and "Social Learning Models". It is not that one treatment is better than another but it is important to understand that one model is likely to suit you better than another.

We offer a model based upon Social Learning theory which is a secular, scientific and evidenced based treatment programme.

The emphasis is on you and the decisions you make, because only you can overcome your dependency but you can't do it alone.

The programme is based on solid clinical evidence and is in line with Department of Health guidance on best treatment practice.

This means that we use a range of therapeutic techniques including Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), Mindfulness and Relapse Prevention Groups. In addition we run SMART Recovery groups (self-help groups) facilitator.

There are daily therapeutic groups and One-to-one counselling for every client, at least once a week. Therapy is provided by highly skilled and well qualified members of the British Association for Counselling and Psychotherapy (BACP) or UKCP, and as such they abide by their professional code of ethics.

We also offer equine therapy, and hypnotherapy to aid relaxation and a range of psychosocial interventions including family therapy.

You will have important input into the design of your own personal recovery plan and it will include not only the therapy described above but also your participation in recreational activities, the gym, gardening, animal husbandry, regular walks, life skills, good nutrition, practical support and Brynawel rehab's day-to-day routines. Taking all of this together produces a programme that provides a comprehensive plan of action to address your treatment, care and support needs.*

* For individuals who are still in employment or who have caring responsibilities or for whatever reason are unable to do the 16 week programme, we offer an intensive four week Kick-start to Recovery residential programme which is followed up by continued therapeutic day service support for as long as the client needs it. We are the only centre in Wales to offer an assessment and early stage cognitive rehabilitation service for individuals with a diagnosis of Alcohol Related Brain Damage, with visiting Consultant Addiction Psychiatrist and Consultant Psychologist.

Alongside our therapeutic programmes runs our clinically assisted detoxification service. Our alcohol 'detoxification' service enables people who are physically dependent on alcohol a clinically supported withdrawal in a safe, controlled and supportive environment. The service is managed by our own highly qualified Brynawel Nurse Manager – a nurse prescriber.

Brynawel Rehab is also on the Wales Mental Health and Learning Disabilities Framework (18–64) and is accredited by NHS Wales, Quality Assurance Team.

➤ Weekly programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Medication Times
7.00am Wake up call	7.00am Wake up call	7.00am Wake up call	7.00am Wake up call	7.00am Wake up call	7.00am Wake up call	7.00am Wake up call	7.00–7.30am
7.30am House Task	7.30am House Task	7.30am House Task	7.30am House Task	7.30am House Task	7.30am House Task	7.30am free time	12.00–12.30pm
8.00am Communal Breakfast	8.00am Communal Breakfast	8.00am Communal Breakfast	8.00am Communal Breakfast	8.00am Communal Breakfast	8.00am Communal Breakfast	until 10.00am	6.00–6.30pm
9.30–10.30am Walk	9.30–10.30am Group therapy	9.30–10.30am Group therapy	9.30–10.30am Essentials shop and post office	9.30–10.30am Essentials shop and post office	9.30–10.30am Essentials shop and post office	9.30–10.30am House task and activity	10.00–10.30pm
10.45–12.00 Walk	11.00–12.00 Relapse prevention/SMART	11.00–11.30 House Meeting	11.00–11.30 House Meeting	11.00–11.30 Wellbeing Workshop	11.00–11.30 Individual Room Clean		Please attend medication times promptly. All clients are expected to be in their rooms by 11.00pm each night.
12.30 Lunch							
1.15–2.15pm Group Therapy	1.15–2.15pm Relapse Prevention	1.15–2.15pm Group Therapy	1.15–2.15pm Group Therapy	1.15–2.15pm Group Therapy	1.30–5.00pm Activity Time	1.30–5.00pm Visiting Hours or optional activity	
2.30–5.00pm Gym and/or swim	2.30–4.30pm Art Group	2.30–5.00pm Planned Activity	2.30–5.00pm Personal Development Time	2.30–5.00pm Gym and/or swim			
5.15pm Tea							
6.30pm Discussion Group	6.30pm Garden Maintenance	6.30pm Lifeskills Group	6.30pm Mindfulness	6.30pm SMART or Budgeting Group	6.30–8.00pm Task Time	6.30–8.00pm Task Time	
8.00pm Journal writing and hand in	8.00pm Mindful workbook	8.00pm Journal Writing	8.00pm Mindful workbook	8.00pm Journal Writing	8.30pm Holistic therapies and mindfulness	8.30pm Client-led quiz	
8.30–11.00pm Free time	8.30–11.00pm Free time	8.30–11.00pm Free time	8.30–11.00pm Free time	8.30–11.00pm Free time			

Weekly 1-to1 by arrangement with your one-to-one therapist. Please note: The timetable is subject to change

› Accommodation and Amenities

We believe that everyone deserves their own personal and private space whilst staying at Brynawel Rehab.

So you would get your own single bedroom with en suite bathroom. Every room is equipped with TV, CD Player/Radio, Wardrobe, easy chair and Wi-Fi access.

Amenities include:

- A dedicated clients' Computer suite.
- A small gym on site and access to local leisure centre gym and pool.
- A client kitchen in each house where breakfast and snacks can be prepared and tea and coffee made.
- Provision of lunch and dinner each day by a professional chef. Choice of meals and menus. Opportunities to brush up your cooking skills in classes with the Chefs.
- Dedicated therapy rooms which offer a safe confidential environment.
- Group Therapy Lounge which doubles as a recreational / TV room in the evening.
- Games room, Client music group, Arts and Crafts.
- Utility rooms in each building for washing, drying and ironing clothes.
- Extensive grounds, with kitchen gardens and greenhouses designed and maintained by clients. A contemplative garden created by clients and newly built brick barbeques.



- Regular organised trips e.g. indoor climbing, St Fagan's Museum, Millennium Stadium.
- Opportunities to care for ponies and chickens.
- Sea shore and forestry walks, three mornings and weekend walks and shopping.
- Registration with local health centre, support to attend appointments with the Doctor, Dentists and Opticians.
- Medication room where prescribed drugs are dispensed by qualified staff.
- Our programme is not religious or faith based. However we respect all faiths and religions and we will support you in accessing your chosen religion whilst you are here.
- Brynawel Rehab's trained and experienced support staff are available 24 hours a day and are available to talk to you about any problems or concerns you have at any time.

› Contact details

Brynawel House, Llanharry Road,
Llanharan, Pontyclun, CF72 9RN

T: 01443 226864

info@brynawelhouse.org

www.brynawel.org

Ty'n Rodyn Residential Rehabilitation Service



› What makes us special

Ty'n Rodyn is a mixed gender residential rehabilitation Unit, registered with the Care and Social Services Inspectorate Wales (CSSIW).

Ty'n Rodyn is located in a listed 18th Century town house in the centre of the Bangor City University, North Wales. The unit accommodates seven residents who typically stay for three to six months dependent on need, and is staffed 24/7 by a highly experienced and qualified staff team. The service aims to empower residents to change and take control of their lives, free from substances.

The facility provides residents with a safe, supportive abstinence based environment in which to follow a structured, person centred, therapeutic programme. Ty'n Rodyn staff and residents participate together as members of a social and learning community.

Ty'n Rodyn's approach towards achieving and enhancing recovery is eclectic in that it draws on various validated approaches such as Counselling, Cognitive Behavioural Therapy, Transactional Analysis, Harm Reduction and Health Promotion and incorporates these approaches at the most appropriate stage in the resident's recovery care plan.

In line with its person-centered focused approach Ty'n Rodyn acknowledges that recovery will mean different things to different people. Staff work alongside residents to help define their goals and aspirations.

Residents are encouraged to look beyond their substance misuse and are supported to address underlying issues, while developing long term life goals beyond treatment that will enhance their quality of life and independence.

➤ Treatment Model

The programme at Ty'n Rodyn has in built flexibility that promotes positive change, supporting values such as commitment and taking responsibility which are essential for change.

Ty'n Rodyn places great emphasis on the development of a working relationship with residents, using principles from person centred counselling (including non-judgemental attitude with positive regard and genuineness) and the cognitive behavioural use of collaboration.

Ty'n Rodyn adopts a bio-psychological approach to empower residents to explore the psychological and sociological underlying reasons for their addiction, enhancing thought processes and developing coping strategies in order to make more informed choices in relation to lives and addictions.

Ty'n Rodyn offers a wide range of evidenced based cognitive behavioural approaches. Our treatment programme has been deliberately designed to only use "high percentage" skills i.e. those with a proven track record in the management of addictive behaviour and associated emotional difficulties.



The programme at Ty'n Rodyn is made up of three significant stages;

Stage 1

- Collaboration, setting smart goals and use of cognitive behavioural skills
- Formulation of residents' needs
- Development of therapeutic relationship using person centred principles

Stage 2

- Continual skills work, in line with the formulation of resident need
- Planned activities as a therapeutic aspect of the programme
- One to One Dynamic Therapy

Stage 3

- Developing expertise in the use of Cognitive Behavioural Therapy (CBT) skills
- Allowing for the management of emotion and achievement of goals, leading to self-reliance

Ty'n Rodyn residents have access to a wide range of interventions and planned activities, with the aim of facilitating change and enabling residents to raise self awareness in order to modify thoughts, feelings and behaviours which link into their substance misuse. Activities include;

- BACP 1:1 counseling
- Group counseling
- Psycho-educative groups (CBT)
- Personal development group
- Support sessions
- Expressive therapy
- Health/Hygiene group
- Domestic Skills
- Planned activities

› Weekly programme

Throughout the programme residents are required to attend all groups, counselling and key worker sessions as part of an agreed treatment contract.

Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am – 9.15am	HANDOVER						
9:15 – 9:45am	House Meeting / Feelings and Needs / Journals	House Meeting / Feelings and Needs / Journals	House Meeting / Feelings and Needs / Journals	House Meeting / Feelings and Needs / Journals	House Meeting / Feelings and Needs / Journals	Relaxation / Activity / Sound / File	Relaxation / Activity / Sound / File
10:30 – 11:30	Therapeutic Session	Counselling Group	Expressive Therapy (Bank) Support Sessions / MCT Delivery Review	Counselling Group	Personal Development Group (PDG)		
11:40 – 12:00	De-brief and Care Notes	De-brief and Care Notes	De-brief and Care Notes	De-brief and Care Notes	De-brief and Care Notes		
12:00 – 12:30	LUNCH						
12:30 – 13:30	Shopping Monday, Tuesday, Wednesday, Thursday	Admin	Counselling Session (60min)	Admin	Counselling Session (60min)	Shopping (Friday, Saturday, Sunday)	Support Sessions
13:30 – 14:30	Support Session (45 mins)	Support Session (45 mins)	1:30pm – 3:15pm Staff Team Meeting	Support Session (45 mins)	Counselling Session (60min)	Support Session (45 mins)	
14:30 – 15:30	Support Session (45 mins)	Support Session (45 mins)		Support Session (45 mins)	Counselling Session (60min)	Support Session (45 mins)	
15:30 – 16:30	Recovery Group	Therapeutic Session	Relaxation Group	Therapeutic Session	Therapeutic Session	Mindfulness	
16:40 – 17:00	De-Brief and Care Notes / Handover	De-Brief and Care Notes / Handover	De-Brief and Care Notes / Handover	De-Brief and Care Notes / Handover	De-Brief and Care Notes / Handover	De-Brief and Care Notes / Handover	

➤ Accommodation and Amenities

- 7 Single occupancy rooms
- Kitchen
- Dining area
- TV and Group Room
- Laundry facilities
- Computer and internet access
- Counselling Room

Accommodation

For many people one of the most important aspects of their stay is their accommodation. Residents at Ty'n Rodyn have their own bedroom equipped with a writing desk, wardrobes and cupboards for their belongings. Rooms are a place for residents to retire to when they want time for self reflection and relaxation.

Whilst residents are supervised in all aspects of activities and therapies, they are afforded a high level of privacy and respect in a clean, conducive and safe environment that is conducive to recovery.



Kitchen

Ty'n Rodyn is equipped with a modern kitchen. Staff are on hand to offer support to residents, which includes cooking and budgeting skills.



The Group Room / TV Room

This room shares a dual purpose, offering an environment conducive to learning and sharing experiences in relation to recovery. This room also becomes a place to relax, unwind and to consider discussions and learning points that have arisen from the day's groups. Of an evening residents come together to watch TV and socialise with one another.

Surrounding Area

Because Ty'n Rodyn is close to local amenities we were able to work alongside partner organisations in the community to enhance in residents' recovery. Residents can access the nearby University campus, gymnasium, swimming pool, that can provide activities such as sailing or horse riding, and more importantly in residents' access to local recovery and mutual aid groups.

Ty'n Rodyn takes advantage of its stunning location on the North Wales coastline and Snowdonia National Park. Residents are encouraged to partake in outdoor activities organised by staff and local recovery groups, and are also offered volunteering opportunities in the locality with the Snowdonia National Park and National Trust.

› Contact details

Ty'n Rodyn Residential Rehabilitation Service
Lower Penrallt
Glanrafon
Bangor
Gwynedd, LL57 2PR
Tel: 01248 370 762
Fax: 01248 370 789
www.cais.co.uk



➤ What makes us special

Open Minds is distinguished by a high quality, individualised, intensive treatment programme delivered in a unique environment effectively guiding clients on the road to recovery and beyond.

As a small, private treatment centre we are able to really get to know our clients and ensure that we fulfil their needs. Open Minds was founded by Carl and Jan who saw and experienced first-hand the destructive properties of alcohol and drug dependency. They both trained as Addiction Counsellors with Hazelden, giving them the knowledge and foresight to offer the level of care and experience they believe their clients deserve. The Open Minds treatment programme is delivered by a team of qualified and experienced counsellors. In addition to their professional qualifications most of our counsellors have personal experience of addiction and the recovery process. The result is that the counselling provided is not only of very high quality, but is delivered with a passion for recovery which is infectious.

Our non-institutional environments are fully staffed at all times and have been purposely created to be positive places for recovery. Open Minds has worked with over one thousand clients and their families struggling with the devastating effects of untreated addiction and associated mental health problems. We have developed a unique safe and secure environment in our residential homes, and a college environment where we deliver an intensive programme of evidence based approaches. Our commitment to our clients continues through our Family Seminar workshops where we offer free advice, education and inspiration for families affected by alcohol and drug abuse.

› Treatment model

Open Minds is a small independent 12 step focussed treatment centre specialising in helping people to recover from chemical dependency and any possible cross addictions.

Our multi-phased treatment programme is designed to meet the individual needs of our clients.

The phases range from detoxification through to extended rehabilitation. The Open Minds approach allows for a maximum flexibility when designing an individual care plan. Our care plans vary from a two week detox up to full primary and secondary programmes lasting 24 weeks.

The intensive treatment programme is delivered at the Open Minds Day Centre. We have separate sober housing facilities for primary and extended care clients. Our premises are staffed at all times in order to provide full-time support and supervision.

› Weekly Programme

The Open Minds programme is based on the belief that if the chemically dependent person is willing to accept help, then a more fulfilling and drug free lifestyle can be achieved.

The daily schedule is highly structured, designed firstly to help our clients recognise and accept the extent of their chemical dependency, and then to develop the skills and attitudes necessary for their longterm recovery.

The programme includes:

- Group Therapy
- One to One Counselling
- Cognitive Behavioural Therapy
- Life Skills Workshops
- Meditation and Relaxation Classes
- Educational videos and lectures specific to substance misuse
- Relapse prevention Workshops
- Goal Setting and Planning
- Weekly Care Plan Reviews
- 12 Step Recovery Meetings
- Therapeutic Work Activities
- Private gym membership for activities such as Pilates, aerobic exercise and swimming
- Unique aftercare support package-for up to 18 months after graduation
- Introduction to a wide range of enjoyable activities and social Events

Weekly Programme

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am			BREAKFAST AND PACKED LUNCH	BREAKFAST AND PACKED LUNCH	BREAKFAST	BREAKFAST AND PACKED LUNCH	BREAKFAST AND PACKED LUNCH
8.00am		BREAKFAST	Travel to Day Centre	Travel to Day Centre	Food Delivery	Travel to Day Centre	Travel to Day Centre
9.00am	COOKED BREAKFAST		Meditation	Meditation	Big Book Reading	Meditation	Meditation
9.30am			Feelings Diary	Feelings Diary		Feelings Diary	Feelings Diary
10.15am		Gym/Walk Or Meditation/ Serenity Time	BREAK	BREAK		BREAK	BREAK
10.30am			Open Group	Intro group Reality Therapy		Workshop	Gender group
11.30am	Deep Clean including clean rooms and change beds		BREAK	BREAK	Gym/Swim/Pilates and Weekly Shop	BREAK	BREAK
11.45am							
12.15pm		Gardening	Assignments	Relapse prevention		Workshop	Spirituality
12.45pm							
1.15pm		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2.00pm	NA meeting		Assignments	Assignments	Community Meeting	Relapse Prevention	Assignments
3.15pm		Visiting or Walk	BREAK	BREAK			
3.30pm					Assignments		
3.40pm			Meditation	Meditation		Meditation	Meditation
4.30pm	Walk						
5.00pm	Therapeutic duties	Therapeutic duties	Therapeutic duties	Therapeutic duties	Therapeutic duties	Therapeutic duties	Therapeutic duties
6.00pm	TEA	TEA	TEA	TEA	TEA	TEA	TEA
7-9.00pm	Games night	AA Meeting	Assignments	AA Meeting	Big Book	NA Meeting	Film night
9-11.00pm	Free time	Free time	Free time	Free time	Free time	Free time	Free time

› Accommodation and Amenities



Primary Programme

Clients stay at our 12 bed sober house situated a short distance from the Day Centre. This comfortably furnished detached house is set within private walled gardens. It offers a safe environment in which to begin the journey of recovery.

The premises are staffed at all times so there is always a qualified House Manager to offer practical support and to ensure the smooth running of the household.

Extended Care Programme

Clients who have successfully completed primary treatment can be considered for entry onto our extended care programme.

If accepted they move into our comfortable extended care house where they will be given a greater level of personal responsibility.

The house is a short distance from the day centre which clients will continue to attend during weekdays. They will participate in a full programme of therapy delivered by our dedicated team of re-entry counsellors. In addition to the day programme clients will follow a structured schedule of evening and weekend activities deigned to prepare them for leaving Open Minds.

Day Centre

Our Day centre is in a tranquil rural location a short distance away from our accommodation. It provides bright and spacious group therapy rooms and client kitchen/dining area.

› Contact details

Clarity House
Borras Road
Borras
Wrexham
LL13 9TW

T: 01978 312 120
Fax: 01978 263791

info@openmindsrehab.co.uk
www.openminds-ac.co.uk

Residential Rehabilitation Centres at a glance

	Brynawel Rehab 01443 226 864 www.brynawel.org	Ty'n Rodyn 01248 370 762 www.cais.co.uk	Open Minds 01978 312 120 www.openmindsrehab.com
Alcohol	Y	Y	Y
Drugs	Y	Y	Y
Residential Detox	Y at Brynawel House	At Hafan Wen	Y
Treatment Philosophy	We offer a secular approach to recovery. Recovery Focused, Social Learning Theory Model, MI, CBT, Relapse Prevention, Abstinence based, ARBD Service – Errorless Learning Model – Early stage cognitive rehabilitation.	Person Centred, Psychosocial Interventions, Mindfulness, ACT, CBT, Recovery Focused, Counselling	Abstinence based treatment using the twelve steps as a framework to deliver a variety of proven therapeutic approaches in order to lay the foundations for a lifelong recovery process.
Extra Treatments	Family therapy, Art Therapy, Equine Therapy, Hypnotherapy / Relaxation, Mindfulness. Complimentary/Holistic Therapies.	Therapeutic activities, Relaxation, Mutual Aid, Peer Mentoring	Family seminars and counselling, mindfulness meditation, gym/swimming, life skills.
No. 1st Stage Beds	16	7	12
No. 2nd Stage Beds	5	–	6
Single Bedroom	21	7	4
Shared Bedroom	None	None	7
Aftercare Available	Y	Y	Y
Day Service	Y	Y	Y
1:1 Therapy	Y	Y	Y
Moderate Mental Health Issues	Y	Y	Y
Moderate Learning Disabilities	Y	Y	Y
Physical Disability (Mobility)	Y	N	Y
Legal Requirements (Tag)	Y	Y	Y
On Script. E.g. Methadone Subutex	Y	N	Y (Whilst undergoing detox)
Male	Y	Y	Y
Female	Y	Y	Y
Age	18+	18+	18+
Funding Options	Social Services, NHS, Private, Corporate, Medical Insurance	Social Services, Community Services, Private, Medical Insurance	Social Services and Private
Conditions of Acceptance	Individual Assessment	Individual Assessment	Individual assessment
BACP or UKBP Accredited Registered*	Y	Y	Y