

New Leaf

RECOVERY PROJECT



New Leaf Treatment Programme

People with addictions generally require a series of intensive and continuous treatment interventions which are essential in helping them to overcome their addictions.

New Leaf Recovery Project provides a safe place in which to deal with the many aspects of addiction within a nurturing and peaceful environment. Whilst engaging with New Leaf Recovery's primary treatment programme, clients live in supported accommodation which is staffed 24 hours.

The New Leaf Recovery Project philosophy is based on the 12-step programme of recovery alongside other evidence based interventions including Motivational Interviewing, Node-link Mapping, Cognitive Behavioural Therapy and Interpersonal Group Therapy.

We also offer complimentary Holistic Therapies and Psycho-Educational workshops. New Leaf Recovery aims to move clients from a culture of addictions into a culture of recovery. New Leaf Recovery also offers a medically supervised detoxification to ensure that the client is as comfortable as possible.

"I was in a desperate place before finding New Leaf. Now they have given me a new chance, renewed hope and independence."



New Leaf Primary Treatment

New Leaf Recovery Primary Treatment programme is aimed at addressing our client's previous inability to maintain abstinence; facilitating the development of skills for them to manage their feelings and address the consequences of their substance misuse and unhelpful behaviours.

Our Primary Treatment programme is offered in four, eight and twelve week modules. During this phase, clients live in our accommodation.

Our interventions include but are not limited to:

- 🌿 12-Step Programme / Step Work
- 🌿 Anger Management
- 🌿 Offending Behaviour Management
- 🌿 Problem Solving / Solution Focused Groups
- 🌿 Interpersonal / Process Groups
- 🌿 Psycho-educational / Skills Development
- 🌿 Workshops
- 🌿 Holistic / Alternative Therapies
- 🌿 Gender Specific Groups
- 🌿 Peer Evaluations
- 🌿 Art Workshops

Secondary Treatment

At New Leaf, we promote our Secondary Treatment programme to all of our clients. Evidence shows that the longer an individual stays in treatment, the more likely they are to maintain abstinence. We want all of our clients to leave us equipped with the mindset and skills to enable them to stay in a culture of recovery.

Having acknowledged the impact of their addiction and also developed an awareness of the unhelpful behaviours which contribute to or exacerbate their dependency, clients then progress through the Secondary phase of treatment; rebuilding skills and independence.

This is the stage when clients have the opportunity to start developing alternative coping skills; identifying their individual high-risk situations and the seemingly irrelevant decisions which could lead them back to a culture of addiction.

Our Secondary Treatment programme lasts for 12 weeks and clients stay in our accommodation throughout this period.

New Leaf works with clients to develop life skills such as healthy eating, cooking and budgeting. During the Secondary Treatment phase, clients will have the opportunity to do voluntary work or attend the

local college. Many will progress to become Senior Peers within New Leaf supporting fellow clients and developing good communication skills as a precursor to entering a working environment.

Tertiary Treatment

New Leaf Tertiary Treatment programme is the phase in which individuals who have completed the Primary and Secondary Treatment programmes put into practice the skills learned while still being part of the treatment community. The journey of recovery from any addiction requires behaviour change and access to a healthy support network. At New Leaf, we believe that the longer one stays within a controlled and well structured environment, the better the chances of successfully breaking habits and the dependency of addiction.

Resettlement

Communal living is an important factor of the New Leaf resettlement programme and clients are housed in one of our 'sober living' houses. During this particular stage of their recovery, residents are generally fully resettled into the community and are attending mutual-aid support groups.

Resettlement continues until a person feels ready to live "life on life's terms" and this is the last element of our through-care programme.

New Leaf assists all of our clients who wish to be resettled. We do this in partnership with Birmingham Housing services. We work closely with all of the local housing associations to facilitate pathways to independent living for graduates of our through-care programme.

We have resettled many people back into the community successfully, and provide a comprehensive support network for them, giving them the best possible start to their new life in recovery.

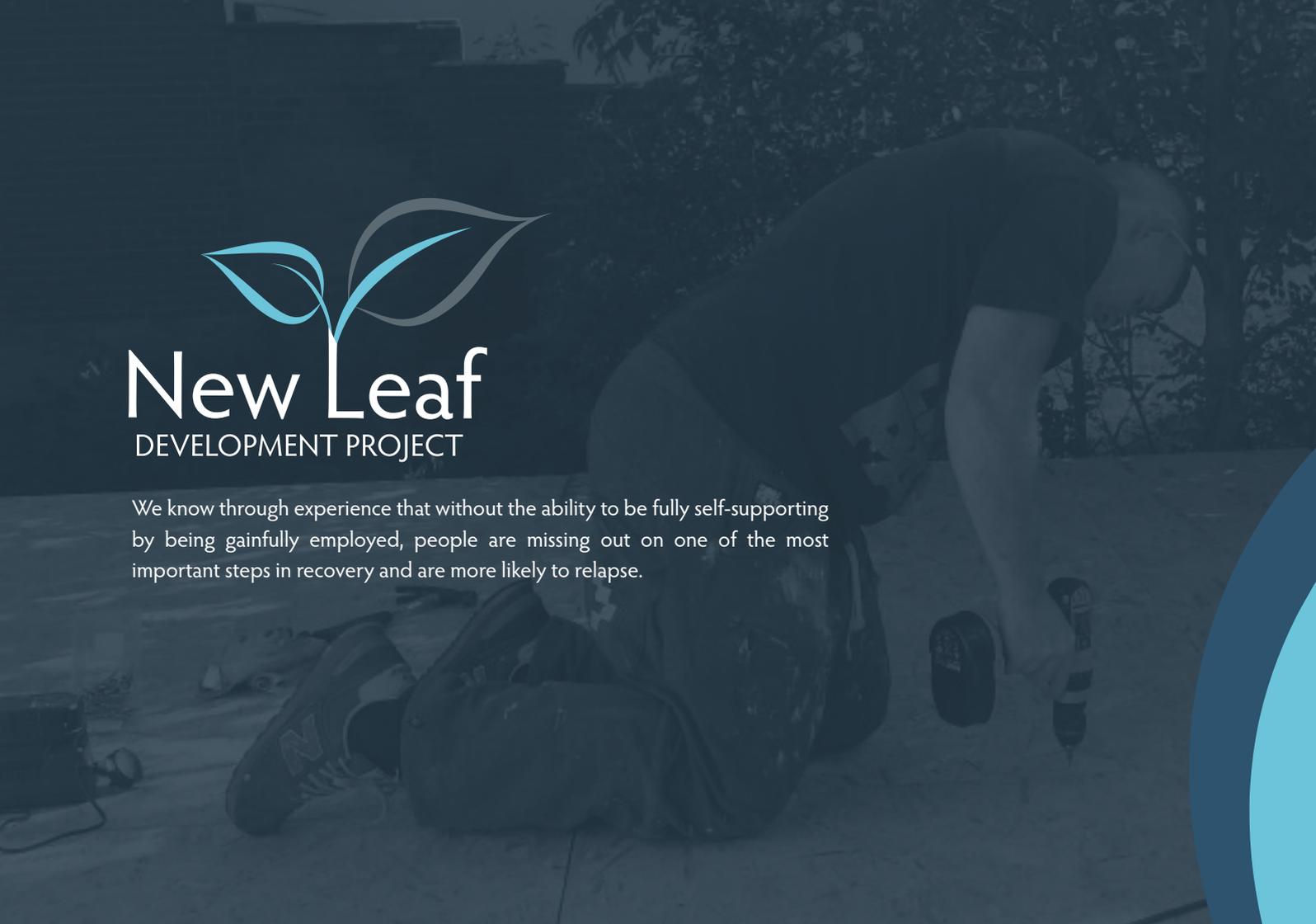




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DEVELOPMENT PROJECT

We know through experience that without the ability to be fully self-supporting by being gainfully employed, people are missing out on one of the most important steps in recovery and are more likely to relapse.





The New Leaf Development Project is a 'back to work' programme designed to help those in recovery rebuild their lives and give something back to the community. We provide opportunities to learn a trade from those with the skills and experience, as well as motivating those who may already have a trade to re-engage with their profession.

Jay (44) is a qualified roofer who has suffered addiction issues since he was a teenager. The New Leaf Development Project has given him the opportunity to continue with the trade he has loved since starting an apprenticeship with his father back in the 1980's.

Jay is now the Maintenance Manager at New Leaf Recovery, and helps to run the back to work scheme by passing on his skills to others.

Employment increases self esteem and is a vital foundation upon which to build a life free from addiction. Finding and sustaining meaningful employment is also very often one of the hardest things individuals in recovery are faced with.



What Next?

Whether you are a referrer, a Local Authority or a private client, the best place to start is to simply contact us for a private and confidential discussion.

New Leaf, New Start, New Life

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