



## What We Do

The New Leaf Recovery Project is a residential detoxification and rehabilitation centre offering treatment for substance misuse. We specialise in supporting people through the early stages of recovery. Empathy is embedded in our treatment approach as the majority of the team are in recovery themselves so know the value of a person-centred and realistic program.

Detox and early recovery can be challenging but we aim to equip each and every service user with a solid foundation of skills and tools to enable a life free from addiction.

On completion of treatment, an aftercare option is available to further support the individual's transition back to everyday life.



## The Detox

Many individuals' treatment will start with a period of detoxification. We understand that this can be a scary and uncomfortable experience and will ensure that they are involved fully in the planning and implementation of any medication regime.

Dr Bashir will discuss and assess any withdrawal issues, along with any other health concerns, together we will agree on the most appropriate and safest detox pathway. We will provide the physical and emotional support, crucial at this time, around the clock.

Self-care is especially important during detox so good nutrition and hydration will be consistently encouraged, and any specific dietary needs will be catered for by our dedicated and experienced chef.

# The Program

Here at New Leaf, we have developed an intense and varied program that aims to address issues beyond, but related to, the use of substances. The program is a guide to understanding the illness of addiction, the effect it can have on our thinking, feelings, and behaviour, as well as helping us to accept and take responsibility for it.

Then, through targeted group therapy sessions, regular one-to-ones with a support worker and recovery worker, assignment work and readings, we begin to develop a personalised recovery program, and a belief that we can cope with life without substances. An introduction to fellowship meetings and sponsorship is important, we travel to at least two meetings per week, also NA, AA and CA visit the unit.



Self-care is often neglected during active addiction and so the program is balanced with sessions including Reiki and massage, art therapy, a fitness and exercise group as well as psychological movement therapy.

Treatment is very much spent in a 'bubble', free from mobile phones and the internet, giving us time to focus on what we really need to address, with plenty of physical and emotional support. We always suggest an informal visit to meet us and talk through your needs and the program in person, and to have a look at the treatment environment.



**New Leaf, New Start, New Life.**

For any further information and costs of treatment, please contact New Leaf Recovery through the details below.

 **0300 999 0330**

 **info@newleafrecovery.co.uk**

 **www.newleafrecovery.co.uk**

