



RESIDENTIAL DETOXIFICATION AND RESIDENTIAL REHABILITATION SERVICES

REDUCING DEPENDENCE, PROMOTING INDEPENDENCE



CHOOSE THE RIGHT ROAD TO RECOVERY



STARTING YOUR JOURNEY INTO RECOVERY

BAC O'CONNOR RESIDENTIAL DETOXIFICATION AND RESIDENTIAL REHABILITATION SERVICES

Welcome to BAC O'Connor Detoxification and Residential Rehabilitation Services.

Private detoxification and residential rehabilitation is the preferred option for many.

At BAC O'Connor we understand that our clients require an effective, discreet service that will help them to break free from their addiction and equip them with a number of resources to manage their long-term recovery following completion of our programme.

WHY CHOOSE BAC O'CONNOR?

We have supported people into abstinence recovery since 1998 and our nationally recognised, evidenced-based programme is delivered by a highly qualified, skilled and experienced multi-disciplinary team consisting of Registered General and Mental Health nurses and therapists who, together with our skilled house and support staff, provide a safe, supportive environment to enable recovery to begin.

In addition:

- One of the highest long-term recovery rates in the country
- Evidenced-based eclectic therapeutic programme which uses a range of different approaches to suit client needs
- Therapy team specialisms in a number of key areas including PTSD, childhood trauma, sexual and domestic abuse
- Clients have access to holistic therapy including reiki, acupuncture and massage treatments
- Regular access to a local gym and in-house yoga classes
- Ensuite facilities in all rooms in our spacious listed Edwardian house
- Our team are qualified to offer more than just a focus on addiction; we know that addiction can exist alongside a number of other issues including depression, anxiety, abuse and post traumatic stress disorder. We have a team of specialists across a range of issues other than addiction as we know that our clients need to have all of their needs met in order to move into recovery.



OUR SERVICES

DETOXIFICATION

Our dedicated 8 bed Detoxification Unit, based in a homely Edwardian building in Burton upon Trent, provides a first class detoxification service for a range of different substances.

A full medical team runs the Service, including a Consultant Psychiatrist, GP with Special Interest in Substance Misuse, Nurse Prescriber, and a number of Mental Registered General Nurses, on site, 24/7.

Detoxification needs to take place before a client can begin the therapeutic rehabilitation programme or it can be offered as a stand-alone treatment subject to certain requirements to ensure client safety at all times.

Together with any other professionals involved in your care, our GP and nursing team will work with you to determine the most appropriate detoxification regime to meet your needs.

On the Unit you will receive a range of services to support the detox process including motivational sessions, complementary therapies such as acupuncture and reiki healing, relapse prevention and peer support. Full medical and health screening is also available.

RESIDENTIAL REHABILITATION

We pride ourselves on the highly-skilled therapeutic team at BAC O'Connor who deliver our evidenced-based programme through a structure timetable. Throughout your stay you will work in groups as well as 1-1 sessions with your named therapist. Many of our staff and volunteers have graduated from our Programme and are in recovery themselves which helps to maintain an understanding, inspiring environment.

Our Programme offers:

- Group therapy
- One-to-one therapy
- Specialist therapy based on individual needs, past and present issues
- Support groups including AA/NA with in-house and community meetings
- Workshops including anger management, health education, stress management, cycle of addiction
- Relapse prevention
- Holistic therapy including acupuncture, reiki healing and mindfulness
- Health and nutrition awareness and skills
- Leisure activities including yoga and creative arts
- Psychodrama
- Two year aftercare programme with access to therapy team and group therapy
- Family therapy.

Our full therapeutic programme is run over 12 weeks however by working with you we are able to design bespoke programmes of 4 to 6 weeks which will focus on your specific areas of need.



“ I strongly recommend that if you are looking to get clean from drugs and alcohol, if you want to find ways to long-term recovery..then you should start your journey with BAC O’Connor. That is my strong endorsement. ”

Russell Brand, 2017

OUR SERVICES

RESIDENTIAL SERVICES

The residential rooms each have ensuite facilities in our spacious, comfortable house. On site at our facility you will have access to a library, games room, communal lounge and dining room and our Serenity Garden. Our on-site chef prepares a wide range of delicious and healthy meals.

SOCIAL EVENTS

As well as accessing our Therapy Programme, we know how important it is for clients to relax and have fun without alcohol/drugs. With access to our own minibus, we organise football matches, golf tournaments, camping and hiking trips and clients can also access a gym, yoga classes and swimming activities.

CONTINUING YOUR JOURNEY - EXTENDED CARE AT THE BAC O'CONNOR CENTRE

Upon graduation from our Rehabilitation Programme, clients have the option of applying to move into one of our three semi-independent Recovery Houses based in Burton, Cannock and Stoke on Trent. There are also opportunities to gain voluntary and paid work experience at one of our two social enterprises, Langan's Tea Rooms, and access a range of exciting activities and qualifications through our Recovery Academy.

FURTHER INFORMATION

For any further information or to arrange a tour, please call our friendly team on 01283 537 280.

“ We're not the glitz, we're not the glamour but we produce some of the highest outcomes in the country because our evidence-based programme works. So if you are serious about real recovery and improving your quality of life choose the right road to recovery, choose BAC O'Connor. ”

Noreen Oliver, Founder and Managing Director

Left: Russell Brand during a visit to our recovery radio station, RIOT Radio, in Burton upon Trent.



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