



RESIDENTIAL REHABILITATION SERVICES

REDUCING DEPENDENCE, PROMOTING INDEPENDENCE



CHOOSE THE RIGHT ROAD TO RECOVERY

STARTING YOUR JOURNEY INTO RECOVERY

BAC O'CONNOR RESIDENTIAL REHABILITATION SERVICES

Welcome to BAC O'Connor Residential Rehabilitation Services.

If you are considering your options for recovery-focused rehabilitation for alcohol and/or drug addiction, or perhaps you are looking for a family member or friend, this leaflet explains the services we provide and how we can help.

OUR REHABILITATION PROGRAMME

We have supported people into abstinence recovery from alcohol and drug addiction since 1998. Our evidence-based programme is designed to provide clients with the best opportunity to move into recovery and develop improved living skills and increased enjoyment of life.

Our clients work in groups and 1-1 with their named therapist to identify and consider patterns of behaviour and gain the necessary awareness and tools to move forward. We pride ourselves on our

highly qualified and experienced team of therapists who, together with our skilled house and support staff, provide a safe, supportive environment to enable recovery to begin.

The Programme is delivered through a structured timetable and we employ a multi-skilled team including:

- Addiction therapists
- Psychotherapists
- Family therapists
- Holistic therapists
- Registered Mental Health Nurses
- Registered General Nurses
- Resettlement Workers
- Support Workers
- Chef
- Volunteers and peer mentors



Rehabilitation houses in Burton



Many of our staff and volunteers have graduated from our Programme and are in recovery themselves which helps to maintain an understanding and inspiring environment.

Our Programme offers:

- Group therapy
- One-to-one therapy
- Specialist therapy based on individual needs, past and present issues
- Highly qualified therapy team with specialisms in areas such as PTSD, childhood trauma and abuse
- 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

CHOOSING A NEW PATH

Leaving a drug or alcohol dependent lifestyle can mean beginning a whole new way of life. This is never easy for anyone and clients undertake this step whilst undergoing significant physical and psychological changes. In order to support this change, we hold workshops on a range of topics designed to help clients understand their problems within a wider community context.

RESIDENTIAL SERVICES

The residential units are spacious, comfortable houses. They are safe, friendly environments where clients are encouraged to support each other. With 36 beds in two spacious houses, and based on the same site as our Detoxification Service, clients 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 learn how to 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 be supported to attend the local leisure centre for gym or swimming activities at the appropriate stage in their recovery.

CONTINUING YOUR JOURNEY

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 the number overleaf.

“ I understood myself only after I destroyed myself and only in the process of fixing myself did I know who I really was. ”



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