



Brynawel House is the only Residential Rehabilitation Centre in Wales providing Therapeutic interventions based on a Social Learning Model for the treatment of Alcohol and Drug Dependencies.

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# About Us

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We are a secular organisation delivering evidence-based interventions primarily as part of a residential treatment programme.

Brynawel has a unique position as we are the only residential rehabilitation centre in Wales with a programme which has cognitive behaviour therapy and social learning at the core of its treatment programme, which includes psycho-social interventions, is client centred and offers a holistic approach. We therefore offer individuals a real choice in the treatments and programmes that are available.

Brynawel House is located in a quiet setting between the villages of Llanharry and Llanharan, Rhondda Cynon Taff, South Wales, which is just fifteen minutes from Junctions 34 or 35 of the M4, with a bus stop immediately outside and Llanharan train station just one mile away.

## Our Vision

We believe anyone can recover from alcohol and other drug dependencies given the right support.

## Our Mission

To be the centre of Excellence in the provision of high-quality professional support and assistance for people experiencing alcohol or drug dependency issues.



# Brynawel Rehab Services

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## **Our holistic recovery programmes are tailored to the needs of the individual.**

The core of our delivery model is based around Cognitive Behaviour Therapy and Dialectical Behaviour Therapy, Motivational Interviewing, Relapse Prevention and Psychosocial interventions including Family Therapy. Our programmes are normally for sixteen weeks but we are flexible around the length of stay dependent on need. For individuals who are still in employment or who have caring responsibilities we offer a 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 ARBD. For further information on our 26-week ARBD service please see the website.

### **Detoxification**

Those with moderate to severe dependence on alcohol will experience a strong compulsion to drink on a daily basis and may experience physical symptoms of withdrawal. This can actually make it dangerous to stop drinking abruptly. A medicated detoxification will be required. Brynawel work in partnership with Alcohol Treatment Wales, a team of General Practitioners and Nurses who specialise in the field of addiction. If you require detoxification you will be assessed by a specialist Doctor to ensure you are a suitable candidate for a detoxification programme. When you arrive at Brynawel you will be seen by a specialist Nurse who will be responsible for delivering your appropriate detox plan.

Our specialist clinical team will ensure you have a bespoke detox plan that supports you in stopping any substances on which you are dependent in a controlled and comfortable way.

During your detox you will be offered the opportunity to join in with the therapeutic programme when you feel well enough to do so.

## **Therapy**

At the heart of our programme is group-based therapy which allows our clients to communicate in a safe and supportive environment and individual therapy enabling us to explore personal issues in greater detail.

Brynawel also specialises in family counselling and offers a range of alternative treatments and experiential therapy programmes specifically focussed on the needs of the individual.

### **Group Therapy**

Group therapy forms a major part of the treatment programme at Brynawel Rehab, the group environment allows clients to communicate with and challenge each other, as well as providing an opportunity to receive constructive feedback. These interactions also give participants an opportunity to increase their self-awareness and practice new ways of being and interacting with others in a safe space. Group sessions occur twice daily with reflective time in between.

### **Individual Therapy**

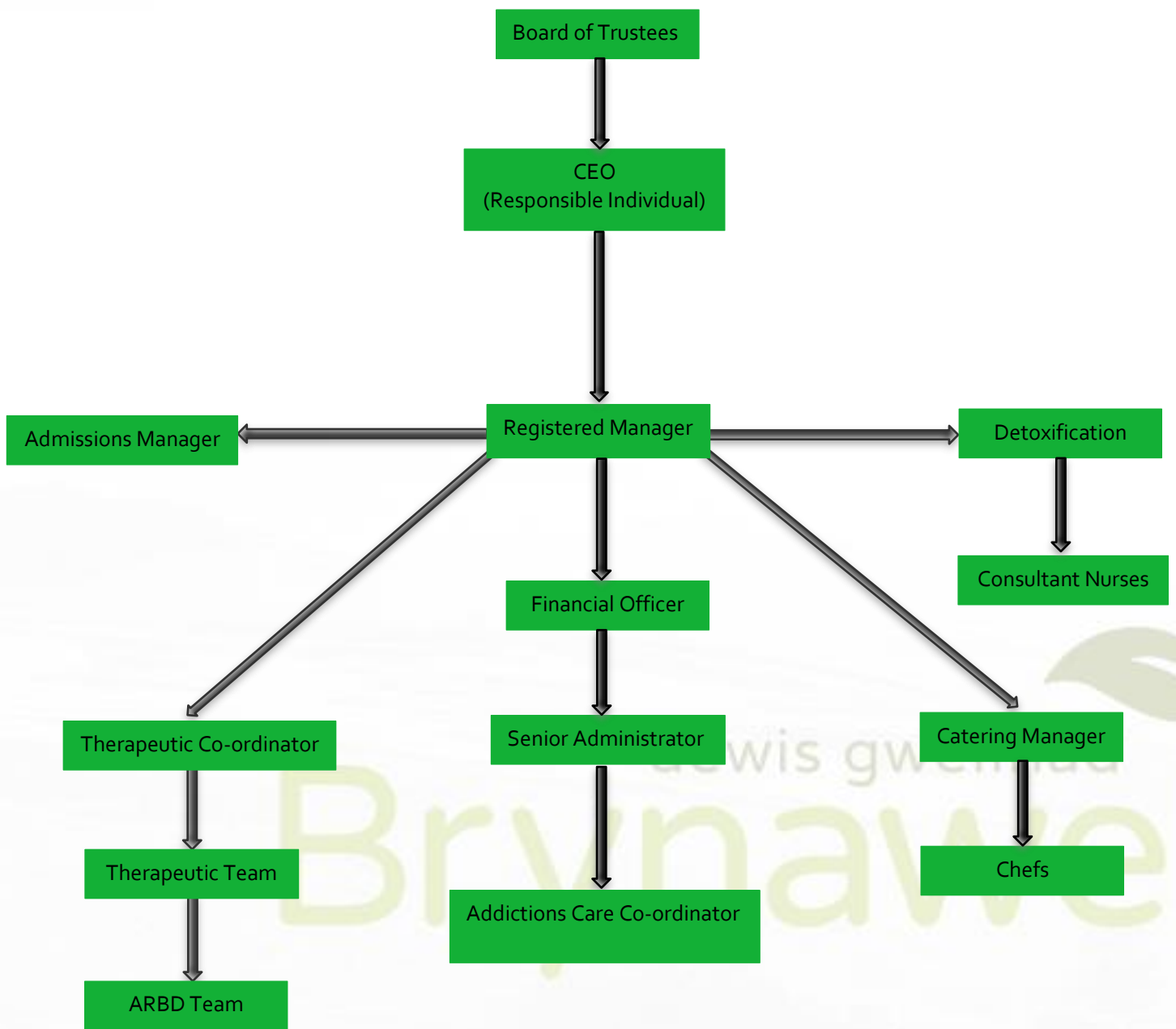
At Brynawel Rehab every client is assigned an experienced and dedicated primary therapist educated to a minimum standard of post graduate level. Our therapists have a range of skills and theoretical perspectives i.e. person centred, psychodynamic, transactional analysis and systemic therapies. They provide clients with a safe, supportive space in which to explore personal issues.

### **Care Co-ordinators**

All residents are also supported by a named Care Co-ordinator who will support residents around personal development ,care panning goals and discharge planning.

# Staffing Structure

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# Admissions and Eligibility Criteria

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*This guide is designed to help give you and significant others all the information that you will need before coming in to treatment.*

We acknowledge that you are about to come to a place that is new and unfamiliar to you and that it will take a few days to adjust to your surroundings and a new routine. We hope that the information in this guide will help to prepare you as much as possible.

## Planning your admission

The atmosphere at Brynawel is relaxing and homely, so please bring casual clothing as well as comfortable walking shoes. Brynawel is set in a semi-rural location and as part of your therapy you will go out on daily walks through the woods or fields.

Your bed linen and duvet are provided for you, but you will need non-alcohol-based toiletries.

You are allowed to bring a mobile phone. You are allowed to use your mobile phone at any time outside of the treatment day (see timetable).

Once a week you may need to go shopping to buy personal items that you need. To ensure that you are as safe as possible, it is a general rule that wherever you go you are accompanied by a staff member.

You will be responsible for keeping your own money which you may need when we go out shopping or to purchase items online.

## GP Allocation and our Multi-disciplinary Medical Team

You will be registered with our local GP in Llanharan during your stay.

It is vitally important that you bring with you **at least two weeks supply** of your current medication and a **current prescription for any medication currently supplied to you**. The medication itself should be in a labelled container, this will **make it easier to obtain repeat prescriptions**.

## We also require copies of medical history.

Residents are supported by a Consultant Psychiatrist, General Practitioner and a Registered Mental Health Nurse, all of whom specialise in the field of Addictions

## Admission Criteria

- 18 years or older
- Primary substance use or substance related problem
- Deemed suitable for residential detoxification and/or residential alcohol or drug treatment services after psychological and medical assessments that cover the following: Emotional/Behavioural/Cognitive Conditions and Complications
- Aware of the nature of adverse alcohol/drug consequences
- Client voluntarily presents for treatment, accepts they are dependent on drugs or alcohol and its consequences, and accepts the need for a structured residential setting.
- Participants must be willing to meet program expectations and agree conditions of the contract between them and Brynawel Rehab.

## Exclusion Criteria

- Has no substance use disorder
- Exhibits dangerous behaviour
- Has a history of arson
- Requires ongoing high intensity medical or nursing care.
- Refusal to comply with admission procedures, Client contract, rules, programme timetable.
- An active and unmanaged eating disorder
- Active psychosis, or condition such that the individual is unable to exist in group settings without disruptions or safety concerns
- Chronic pain condition that requires additional treatment, and intense medical supervision.



# Therapeutic Programme

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We will:

1. Assist you to understand the direct link between the ways that you think and the way that you behave; that the harmful behaviours in which you engage are solely a result of your thinking patterns.
2. Assist you to understand and accept that your behaviour is solely your responsibility.
3. Assist you to develop an awareness of the impact of your behaviours on others.
4. Assist you to develop an awareness of your thinking processes that contributes to these behaviours.
5. To teach and develop skills necessary to manage and or eliminate harmful behaviours in a manner which reduces harm to yourself and or others.
6. To practice self-management strategies learned.
7. To promote the generalisation of skills learned in group to your personal life.
8. To develop an appropriate relapse prevention plan.
9. To develop appropriate follow up care plans to assist in maintaining what you have learnt in Brynawel.

The programme also recognises the importance of structure, routine and a healthy life style balance; as such we incorporate these topics into the programme and explore issues related to diet, exercise and relationships.

Dialectical behaviour therapy (DBT) is a well-established treatment for individuals with multiple and severe psychosocial disorders, including those who are chronically suicidal. Because many of these individuals have substance use disorders (SUDs), the programme has been further developed (DBT for Substance Abusers), which incorporates concepts and modalities designed to promote abstinence and to reduce the length and adverse impact of relapses. Among these are dialectical abstinence, “clear mind,” and attachment strategies.

For substance-dependent individuals, substance abuse is the highest order DBT target within the category of behaviours that interfere with quality of life. DBT’s substance-abuse-specific behavioural targets include:

- decreasing abuse of substances, including illicit drugs and legally prescribed drugs taken in a manner not prescribed;
- alleviating physical discomfort associated with abstinence and/or withdrawal;
- diminishing urges, cravings, and temptations to abuse;
- avoiding opportunities and cues to abuse, for example by burning bridges to persons, places, and things associated with drug abuse and by destroying the telephone numbers of drug contacts, getting a new telephone number, and throwing away drug paraphernalia;
- reducing behaviours conducive to drug abuse, such as momentarily giving up the goal to get off drugs and instead functioning as if the use of drugs cannot be avoided; and
- Increasing community reinforcement of healthy behaviours, such as fostering the development of new friends, rekindling old friendships, pursuing social/vocational activities, and seeking environments that support abstinence and exploit behaviours related to substance abuse.



# Timetable

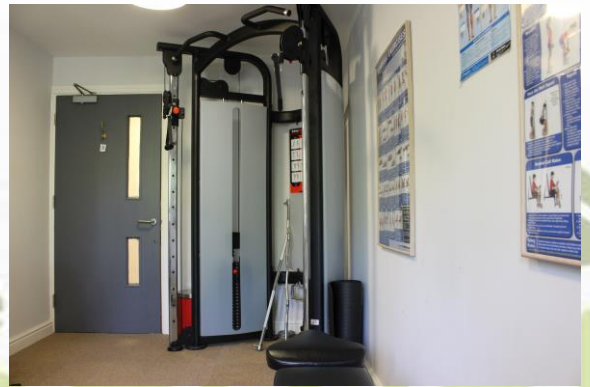
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Medication Times:
7am Rise & Shine 7.30 – 8.30am chores 8.30 Breakfast	7am Rise & Shine 7.30 – 8.30am chores 8.30 Breakfast	7am Rise & Shine 7.30 – 8.30am chores 8.30 Breakfast	7am Rise & Shine 7.30 – 8.30am chores 8.30 Breakfast	7am Rise & Shine 7.30 – 8.30am chores 8.30 Breakfast	7am Rise & Shine 7.30 – 8.30am chores 8.30 Breakfast	7am Rise & Shine 7.30 – 8.30am chores 8.30 Breakfast	8.00am – 8.30am 12.00-12.30pm 4.00 -4.30pm 8:30pm-9.30 Please attend medication times promptly.
09.00-10.30 Walk / One-2-ones Or Journal writing	9.00-10.30 Group 1 Art 9.00am start Group 2 Yoga 9.30 start	9.00-10.00 Walk / One-2-ones Or Journal writing 10.00 -10.30 House meeting	9.30 – 10.30 AM Group Therapy	9.00 – 10.30 Walk / One-2-Ones Or Journal writing	9.00-11.00am Essential Shop + Post Office	10-12.30pm	All clients are expected to be in their rooms by 11pm each night
11.00 – 12.00	11.00-12.30 Group 2 Art 11am start Group 1 Yoga 10.45 start	11-12.00pm AM Therapy group	11-12.00 Personal Admin time &	11-12.00 AM therapy group	11-12.00pm Individual Room Clean	House Task and Activity	
12.30pm Lunch 1.15-2.30	12.30pm Lunch 1.30 – 3.30	12.30pm Lunch 1.15-2.30	12.30pm Lunch 1.15-2.30	12.30pm Lunch 1.15-2.30	12.30pm Lunch 1-5pm	12.30pm Lunch 1.30-5pm	
DBT Skills training	Platform drop-in Week 1	PM Group Therapy	PM Group Therapy	DBT feedback and checkout group	Visiting Hours	Activity/Excursion	
3.00-5pm	Cookery time Week 2	3.00-4.00 Challenge group	3.00-4.30 Self-Study	3.00-5pm Gym and/or Swim			
Gym and/or Swim							
4-4.30 Meds 5.00pm Tea 7.00 - 8pm	4-4.30 Meds 5.00pm Tea 7.00 - 8pm	4-4.30 Meds 5.00pm Tea 7.00 – 8.30pm	4-4.30 Meds 5.00pm Tea 7.00 – 8.00pm	4-4.30 Meds 5.00pm Tea 7.00-8.30 pm	4-4.30 Meds 5.00pm Tea 7.00-8.00pm	4-4.30 Meds 5.00pm Tea 7.00 -8.00pm	
Discussion Group/TED Talks	Relaxation / Acupuncture	Games / self-guided group activity	Relapse Prevention session	Movie/games	Relaxation / Acupuncture	Quiz	
8-11 Free Time/Journal Writing	8-11 Free Time/Journal Writing	8-11 Free Time/Journal Writing	8-11 Free Time/Journal Writing	8-11 Free Time/Journal Writing	8-11 Free Time/Journal Writing	8-11 Free Time/Journal Writing	

# Facilities and Accommodation

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Brynawel Rehab is 20 bed Residential Treatment Centre, each room is equipped with:

- En-Suite
- Single Bed
- Television
- WiFi
- Desk
- Full Bedding and Towels Supplied



The Facilities on campus include:

- Indoor & Outdoor Gymnasium
- Mindfulness Garden
- Chicken and Duck enclosure
- Computer Room
- Arts and Crafts Workshop
- Laundry Room
- Dining Room
- Family Therapy Centre
- 2 Acres of Private Land
- Allotment & Herb Garden
- Designated Smoking Shelter





# Catering

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Brynawel is equipped with a modern kitchen, staffed seven days a week by experienced chefs. Food is cooked fresh to order, and every effort is made to provide you with nutritious meals that meet your dietary needs, personal preferences and help you recover more quickly and comfortably.

Breakfast provisions will be available each morning in the lounge areas for your convenience. Each day a menu is provided in reception with lunch and dinner options. Vegetarian and other dietary requirements will be catered for.

**Meal times are:**

**Breakfast: 8:30am**

**Lunch: 12:30pm**

**Dinner: 5:00pm**



Breakfast is self-service; cereal and bread are available in the kitchen at all times.

Vegetarian and other dietary requirements meals will be provided on request.

All food is sourced locally.

# Spring Menu

## Monday

Lunch - Chicken Carbonara salad & Garlic Bread

Dinner - Chilli Con Carnie & Rice

Pudding - Rice pudding

## Wednesday

Lunch - Chicken Quesadillas & sauté Potatoes

Dinner - Beef Stir-fry with Rice

Pudding - Apple Pie & Cream

## Friday

Lunch - Oven Baked Fish & Cheese Sauce with New Potatoes & garden peas

Dinner - Pulled Pork Burger with Chips and Salad

Pudding - Strawberry Mousse

## Sunday

Lunch - Full Roast

Dinner - Teriyaki Salmon with spiced Noodles

Pudding - Fruit Salad

## Tuesday

Lunch - Baked Lasagne with Garlic Bread & Salad

Dinner - Lemon & Pepper Chicken with Potato wedges & green Beans

Pudding - Bread & Butter Pudding Custard

## Thursday

Lunch - Beef Curry Bombay Potatoes & Rice

Dinner - Mac 'n' Cheese with Ham

Pudding - Peach Flan

## Saturday

Lunch - All day Breakfast

Dinner - Hunters Chicken with Savoury Cous ~~cous~~

Pudding - Fruit Crumble