



Open Minds is distinguished by a high quality, individualised, intensive treatment programme delivered in a unique environment effectively guiding clients on the road to recovery and beyond. As a small, private treatment centre we are able to really get to know our clients and ensure that we fulfil their needs.



The Open Minds treatment programme is delivered by a team of qualified and experienced Counsellors. In addition to their professional qualifications most of our Counsellors have personal experience of addiction and the recovery process.

The result is that the counselling provided is not only of very high quality but is delivered with a passion for recovery which is infectious.

Open Minds has worked with over one thousand clients and their families struggling with the devastating effects of **untreated addiction, eating disorders** and associated **mental/emotional health problems**.

We have developed a unique safe and secure environment where we deliver an intensive programme of evidence-based approaches. Our commitment to our clients continues through our Family Seminar workshops where we offer free advice, education and inspiration for families affected by alcohol and drug abuse.

Our multi-phased treatment programme is designed to meet the individual needs of our clients. The phases range from detoxification through to extended rehabilitation.

The daily schedule is highly structured, designed firstly to help our clients recognise and accept the extent of their chemical dependency, and then to develop the skills and attitudes necessary for their long-term recovery.

The programme includes:

- Group Therapy
- One to One Counselling
- Cognitive Behavioural Therapy
- Life Skills Workshops
- Meditation and Relaxation Classes
- Educational videos and lectures specific to substance misuse
- Eating Disorder Workshops, Therapy & Counselling
- Relapse prevention Workshops
- Goal Setting and Planning
- Weekly Care Plan Reviews
- 12 Step Recovery Meetings



Aftercare	Yes Continued Counselling support 18 Months free Thursday aftercare workshops
Family Groups	Family Counselling and Support Family meetings
Phone Restrictions	No mobile phones 10 minute calls available from 6:30pm to 10pm weekdays & Sunday video call if no visitors (Client has to be here for 2 weeks before calls are allowed)
Visiting Times	Visiting between 2pm & 4.30pm on Sundays (only after 2 weeks in treatment)
Money Restrictions	Maximum £25 for Wednesday personal spends (toiletries, snacks, etc) plus extra for tobacco/cigarettes (if needed).
Car Parking	Yes, Visitors only
TV's in Room	No Communal TV and DVD player 9pm – 11pm Friday & Saturday 7pm – 12pm
Substance Misuse Prescriber	Yes, for admissions
Number of Beds	7
Admission Times	We try our best to accommodate the clients' needs.
Exercise	Walks – weather permitting. Clients can exercise within the grounds once their detox has been completed. Private gym membership – regular general gym sessions (circuit training).
Laptops/lpads/lpods/Tablets	No
MP3's	No
Extended Care Semi-Independent Recovery Houses	Continued Counselling support by phone, 18 months of free aftercare on Thursday's (client can come into treatment for the day), and we also work closely with North Wales Recovery Communities to provide sober housing if long term clients require semi-independent living.

Treatments/Interventions & Activities	Currently Provided
Detoxifications available	Alcohol, Stimulants, (Benzodiazepine, Buprenorphine, Physeptone and Opiates Detox completed at partner facility)
Detox Restrictions	Serious psychiatric co-morbidity diagnosis Active serious suicidal ideation Current serious Self-Harm Current Psychotic symptoms or treatment with Clozapine Decompensated liver disease Extreme physical illness eg: severe ulcerative conditions Severe Mobility issues eg: regular falling Over 65's to be assessed on case by case basis.
Clinical Staff	Nurse Prescriber
Treatment Modalities	Detoxification & Rehabilitation: 7 days, 10 days, 2 weeks, 3 weeks, 4 weeks, 6 weeks, 8 weeks, 12 weeks.
Co-occurring Disorders Treated	Anxiety Mood Related Disorders Trauma PTSD Depression Stress
Additional Addictions Treated	Eating Disorders Gambling Sex and Love Addictions
Treatment Programme Available	Intensive 12 Step programme in a therapeutic community environment to enhance life skills.
Treatment Programme Timetable Consists of	Group Therapy Step Groups Psychoeducational Workshops Activities (Walks, Gardening, film nights, quiz nights, weekly shopping trips) One to Ones Fellowship Meetings
Individual Psychosocial Interventions Available	Person Centred Humanistic Counselling 12 Step Programme Cognitive Behaviour Therapy (CBT) Motivational Interviewing (MI) Transactional Analysis (TA) Solution Focused Therapy (SFT) Post-Traumatic Stress Disorder (PTSD) Therapeutic Community Mutual Aid and Self Help Relapse Prevention Family/Social Interventions

Types of Psychological Therapies/Approaches Available	<p>Integrative/Holistic Behavioural Cognitive CBT/REBT Reality Therapy Acceptance and Commitment Therapy One to One Counselling Group Therapy Family Therapy Mindfulness Based Therapies</p>
Group Therapy Explained	<p>Group therapy is the most significant part of the rehabilitation programme enabling individuals to connect with their emotions and to see how their behaviour has impacted on their lives and those of their significant others. Group therapy takes people away from the isolation of addiction and enables them to connect firstly with their peer group which in turn gives them the skills to connect back in society.</p>
One to One Counselling	<p>Weekly One to One Sessions.</p>
Family Intervention Breakdown	<p>Family meetings Regular communication with family to update the progress throughout the treatment process</p>
Mutual Aid Meetings	<p>Fellowship Meetings AA & NA (x 4 per week)</p>
Workshops Available	<p>Substance Misuse Denial Anger & Resentment Acceptance and Change Self Esteem Fear & Trust Consequences and Gratitude Relationships Reality Therapy Feelings/Emotions Assertiveness Grief and Loss Relapse and Cross Addiction Guilt and Shame Letting Go Step Groups Relaxation & Mindfulness</p>
Extracurricular Activities	<p>Walking, Games Night, Quiz Night</p>
Aftercare	<p>Aftercare workshop – every Thursday (Morning Session 10am-1pm Afternoon session 2pm-3pm) free for 18 months after completion of treatment. Continued Counselling package (Additional cost).</p>

Contact details