



pavilion

a calico group service

# Addiction Treatment Programme

*Nurturing recovery  
Embracing hope*





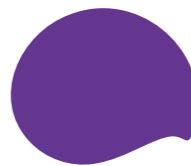
*"I was battling addiction since my father died. These issues were eating me inside and, for a while, I was suffering in silence. However, thanks to the efforts of staff, they noticed I was struggling and believed in me, helping me to change and get through it."*

Alcohol Detox Patient

## Your path to recovery

There's no quick fix for substance dependency, but it's important to understand that you don't have to struggle alone: it's treatable and with the right support and professional guidance you can start your journey towards a healthier, substance free lifestyle.

Nestled in the heart of Lancashire, the Pavilion is a residential drug and alcohol treatment centre, dedicated to providing safe and effective holistic services to those who are struggling and need support.



## From dependence to freedom

For many, the use of drugs and alcohol starts as a pleasurable experience that can become problematic over time. For others, it may be used as a coping mechanism to manage things such as anxiety, depression or trauma. Substance dependency can become so central to a person's life that it starts to affect day to day activities and personal relationships.

At the Pavilion, we recognise that the hardest thing is often to admit that we have a problem, the second hardest thing can be reaching out for help – because that takes courage.

**“Asking for help can often be the hardest part. At The Pavilion, we offer a non-judgemental, inclusive and person-centred service. We will provide you with the help and support you need to get your life back on track.”**

Head of Clinical Services



## What is detox?

Attempting to detox alone without seeking professional help can be dangerous, often leading to long-term health and psychological problems.

At the Pavilion, we believe in embracing a safe and effective inpatient detox from both drugs and alcohol. To support you on your journey, we use a bio-psychosocial approach that incorporates empathy, personalised care, counselling, medical treatment, and group support sessions.

Following your inpatient detox, we provide and encourage a detailed aftercare plan to continue supporting you on your journey away from substance dependency.



## What do we treat?

**We provide confidential treatment for all forms of addiction, including:**

- Opiates
- Alcohol
- Ketamine
- Benzodiazepines
- Cocaine
- GHB
- Amphetamine
- Cannabis
- Spice
- Novel substances
- Other illicit recreational substances

Our personalised support includes pre-detox, individualised care plans and aftercare plans. We regularly work with multi-disciplinary teams to ensure a holistic approach to support you on your road to recovery.



*“Addiction does not discriminate, and neither do we. We employ experienced professionals, people who care, people who have been through their own journey with alcohol and drugs, and it’s the kindness and compassion of our people that makes us stand out. We’re here to make a long-lasting difference in people’s lives by providing innovative and specialist addiction services.*”

Louis Wild  
Integrated Service Manager

## Getting Started on your detox journey

Our referral team will work with you to tailor a person-centred start to your referral journey, around your specific circumstances.

When you arrive at the Pavilion, you’ll complete a holistic personal assessment to help us meet your needs. Once you’ve completed your assessment, we’ll take you on a tour of the centre, followed by a meet and greet with the team and other patients. Our team will be here to support you throughout the process.

Following this, we’ll work with you to create your recovery plan, which will include a safe detoxification process and a tailored treatment programme, featuring a range of psychosocial and therapeutic treatments. We can also include guidance for family members and significant others if needed.

Throughout your stay, you’ll have access to specialist support from prescribing and nursing staff, a therapist and recovery support workers, some of whom have lived experience. The length of your treatments and the time spent at our centre will vary depending on the severity of your substance dependency.



## Treatments at the Pavilion

Personalisation and flexibility are at the heart of what we offer and treatment options can be designed around your needs and individual circumstances.

We take a clinical and therapeutic approach that supports people to detox and address what led them to dependency.

### We provide

- Detox
- Therapy
- Employer Assistance Programmes
- Clinical Programmes
- Family and friends care and support

We also offer a trauma informed psychosocial programme, including, cognitive-behavioural approaches, motivational interventions, family approaches and relapse prevention therapy.



## Therapy at the Pavilion

At the Pavilion, we believe that whilst a medicated detoxification is a necessary first step to becoming alcohol or drug-free, lasting change is more likely to occur when it is supported by psychosocial interventions and after-care planning.

Our therapy programmes offer a selection of dependency-related topics that encourage individuals to take responsibility for their substance use and identify the changes they need to make to sustain their recovery.

## Home detox programme

Whilst inpatient treatment is considered the most effective method, at the Pavilion, we also offer home detox programmes.

The availability of outpatient treatment depends on your individual needs and circumstances, so if you want to learn more about doing your detox at home please get in touch.

## A healing environment

You can find us just on the outskirts of Lancaster. Our beautiful, picturesque grounds offer a safe and secure environment where you can switch off from the outside world and focus on you and your recovery.

All patients have their own facilities, including a private bedroom and en-suite bathroom.

When you're not in group or one-to-one sessions, you have access to our fully equipped on-site gym to help promote physical and mental wellbeing, as well as communal gardens, TV lounges and healthy and nutritional meals from our on-site chef.

Fancy a virtual tour?



## Real voices, real recovery

*"Detoxed through The Pavilion in January 2021 for 11 days on an alcohol detox. I didn't want to get out of the taxi and was extremely scared. As soon as I entered, I was greeted with a smile and warmth. Nothing is too much for them and staff really go out of their way to help you. The groups were extremely helpful and I can not rate them enough beyond words. Anyone thinking of getting help, this is definitely one to consider! The staff genuinely care, I won't forget that."*

Alcohol Detox Patient



## Real voices, real recovery

*"I was scared to come off methadone, but slept like a baby throughout and found it an absolute walk in the park with The Pavilion. I was doing 8-mile daily runs during detox. Having a structured daily plan, being able to exercise and carry on with normal life was really important "*

Opiate Detox Patient

*"The best service I can say with delight. They took me from darkness and showed me the light. They understood my situation and took great care with understanding and patience. Great staff, great people. Listen to them and you will believe that you still have a life to lead."*

Alcohol Detox Patient





## Your first step towards freedom


In many ways, 'connection' is the opposite of addiction. It is through connecting with people and things in life where you begin to understand life beyond addiction. Are you ready to take that first step towards freedom?

Talk to one of our friendly and professional experts today.

 01524 39375

 [enquiries@delhipavilion.co.uk](mailto:enquiries@delhipavilion.co.uk)

 [delphimedical.co.uk/our-services/the-pavilion/](https://delphimedical.co.uk/our-services/the-pavilion/)

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All enquiries are handled with total confidentiality.





