

HEROIN DETOX

Heroin Detox

Heroin detox is safest when completed in a supervised clinic, allowing professionals to monitor and manage any issues arising, for the most comfortable experience possible.

Clinical lead at Abbeycare's clinic near Glasgow, Dr Stephen Conroy, specialises in opiate withdrawal management, and can oversee custom detox regimens, specific to the individual.

This means a custom detox programme to maximise comfort and safety, in a supervised setting.

Once detox is complete, it's important to understand the underlying patterns in life which gave rise to the problem initially, and provide social supports, for the future.

Achieving therapeutic breakthroughs using CBT, counselling, group or individual therapy, can bolster relapse prevention planning, to help achieve long term recovery in the community.

COCAINE REHAB

Cocaine Rehab

Abbeycare's programme for cocaine rehab comprises evidence based approaches such as Cognitive Behavioural Therapy and counselling.

An individual care plan is prepared and customised to individual needs and progress is monitored throughout treatment.

A positive approach to long term recovery from cocaine includes not only removing the troublesome substance, but adding in new social supports and community based aftercare initiatives.

Each client leaves Abbeycare with a step by step aftercare plan, laying out the how/when/where/what of relapse prevention activities in recovery from cocaine.

Consider regularly attending local 12 step or fellowship groups to support long term abstinence.

Cocaine rehab lasts 28 or longer, and begins with a pre-admission telephone assessment completed by telephone.

ALCOHOL HOME DETOX

Alcohol Home Detox

Detoxing at home can provide a viable option for those too busy to enter a clinic for residential help. Some also prefer home detox to help maintain privacy and confidentiality.

Abbeycare's addiction nurse specialists will complete a personalised assessment of your needs and oversee treatment.

Home detox with supervised help alleviates withdrawal issues, is faster than residential treatment, and allows family contact to continue.

Treatment usually lasts 3-7 days, depending on specifics.

Detoxing from alcohol at home does not remove the need for qualified help to tackle the underlying psychological components of an alcohol problem.

Our specialists can advise on appropriate aftercare or secondary care options, specific to your needs.

After detox, also consider individual or group counselling sessions, support programs, sponsorship, and meditation to help continue recovery in the long term.

ALCOHOL REHAB

Alcohol Rehab

Rehabilitation refers to a number of phases during initial recovery.

Abbeycare Scotland provide a three stage alcohol programme of:

Detox > Rehabilitation > Aftercare

Rehab takes account not only of physical detoxification, but also therapeutic elements of getting better, as well as readiness and willingness to transition back into life outside the clinic.

The core rehab programme at Abbeycare consists of counselling, Cognitive Behavioural Therapy, the 12 step model of recovery,

psychosocial education, meditation, fellowship communities, holistic treatment, and structured aftercare planning.

Clients receive individual case management and progress checks twice per week to stay on track toward goals.

Each client receives a custom individualised care plan and is assigned to a specific member of our team.

COUNSELLING HELP FOR ALCOHOL

Counselling Help For Alcohol

Abbeycare's residential addiction programme includes an evidence based approach to therapy. This includes Cognitive Behavioural Therapy, the 12 step model, and counselling.

Counselling helps individuals understand and resolve underlying psychological issues, and takes place in a safe, supervised environment, as part of our residential programme.

Counselling can help clients discuss their concerns, develop coping skills, and feel less triggered by external events.

Making sense of the past can help prevent old patterns recurring.

Clients at our Erskine clinic near Glasgow can optionally continue counselling help beyond their residential clinic stay, via a one-to-one CTI package.

ALCOHOL DETOX

Alcohol Detox

Ceasing alcohol intake means seeking appropriate help to ensure safe and comfortable withdrawal.

Abbeycare's qualified addiction specialist professionals tailor a custom detox plan specifically to each client's history of alcohol addiction, pre-existing conditions, previous detoxes, relapses, tolerance, frequency, and recency of usage.

Prescribed medication can assist the body and mind to avoid symptoms of alcohol withdrawal, cravings, or complications.

Alcohol detox normally lasts 7-10 days, on average.

However, detox does not equal rehab, and detox should always be followed by qualified mental health help to address the behavioural and psycho-social issues lying underneath a physical addiction to alcohol. A comprehensive treatment programme can help maintain sobriety over time.

Always seek the advice of your GP or qualified healthcare professional before considering reducing alcohol intake.

<https://www.abbeycarefoundation.com/rehab-scotland/>