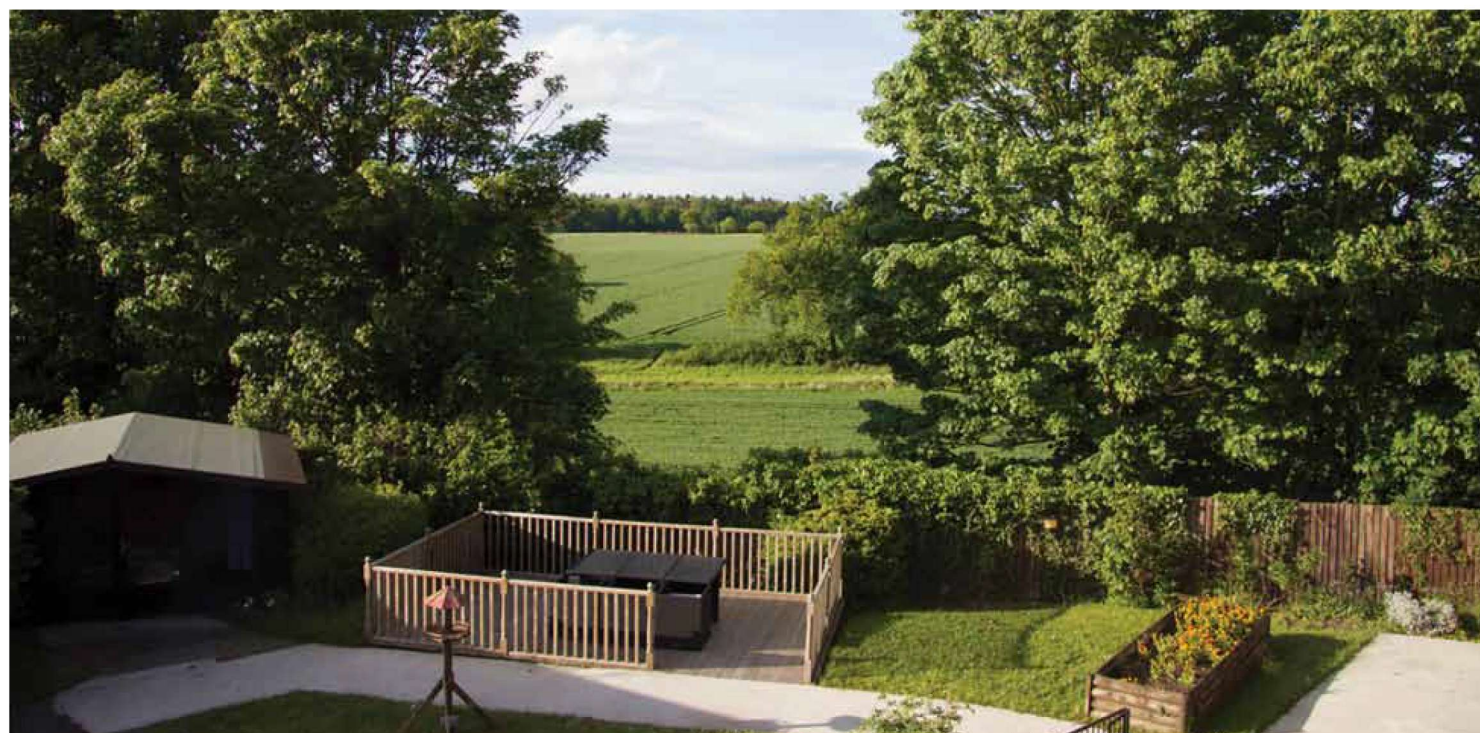




Bupa
Recognised
Provider

Recovery Is Getting Better



SANCTUARY LODGE
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Essex
CO9 2DW
www.sanctuarylodge.com

Call our 24-Hour Confidential Freephone
0800 511 8111
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Medical Insurance Accepted

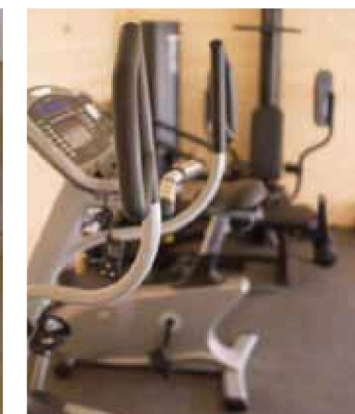


A full-service clinic
offering complete
medical detox,
rehabilitation
and recovery
therapies.





“Coming in to recovery myself and beginning my own journey of self-discovery, I developed an enthusiasm and powerful desire to help others into recovery. My vision was to create a sanctuary and safe haven where individuals suffering from addiction could access the best in contemporary treatment methodologies, in an environment that promotes love and compassion. I am fortunate enough to have been able to make this vision come true and have nothing but utter faith in the treatment delivered by a team of therapists that excel in the field of addiction treatment. **Eytan Alexander**



ABOUT SANCTUARY LODGE

Sanctuary Lodge are proud to provide Bupa health insurance cover.

Sanctuary Lodge is a state-of-the-art rehabilitation facility set in the picturesque market town of Halstead, in Essex, England. We offer treatment for addictions and other behavioural and psychological conditions and illnesses. A full-service rehab, the clinic offers complete treatment including medical detox, rehabilitation and recovery therapies.

Client facilities include twenty-four en suite luxury double bedrooms, making it the perfect sanctuary for those starting their journey in recovery.

We have some of the most experienced and highly-trained addiction staff in the UK. And, we hand-picked them all.

In addition, clients also have the service of a full-time chef providing outstanding catering, an on-site gymnasium, holistic therapy room, recreation and relaxation room, one-to-one trauma therapy room, clinical assessment room, exceptional gardens and outdoor recreation space, and around-the-clock care.

When clients leave Sanctuary Lodge, it's just the beginning of their recovery journey, which is why we provide all clients with 12 months' free aftercare, helping them maintain their recovery.

It really is a place for people to get well and move forward with their lives – a safe place to heal and feel secure with the best possible care and treatment.

SANCTUARY LODGE FACILITIES AND ACCOMMODATION

Everything you need to fully detox and rehabilitate is offered under the one roof. Our medical and psychosocial team is fully integrated, ensuring you receive the best treatment and care possible for your addiction or condition. We have worked hard to bring you a world class clinic, ensuring that everyone has the opportunity to benefit from the Sanctuary Lodge recovery experience.

Sanctuary Lodge has created a tranquil and homely environment furnished to the highest standards:

- 24 en suite bedrooms, each with a TV and Wifi
- One-to-one counselling and trauma room
- 3 main therapy rooms
- Clinical admissions, medical assesment and pharma rooms
- Fully-equipped gym
- Large, fully equipped kitchen, pantry & dining rooms
- Staffed round-the-clock
- Spiritual out-house
- Large garden & BBQ space, with decking area
- Beautiful countryside views
- Gardening therapy area
- Local park, and nature walks
- Private parking for staff and visitors
- Situated adjacent to local hospital
- Local cafes and restaurants are a short drive into the market town

“ Our programme is packed with treatments, therapies and activities dedicated to recovery.”

Patrick Douglas Hamilton,
Head Therapist





TREATMENT PROGRAMME

Our treatment programme focuses on the individual's needs with the goal of achieving full recovery. We give clients the best possible start using clinically tried and tested approaches, as well as a variety of therapies and pathways to give a comprehensive, thorough treatment.

REHAB TREATMENT

Clients undertake a regimen of therapy, guidance, advice, well-being and structured psychological, physical, and emotional treatments to understand addiction, cope with it, deal with it, and ultimately live a life free from substances and behavioural harm.

Our treatments include:

- 12-step therapy
- Trauma therapy
- One-to-one and group therapies
- Stress reduction techniques
- Motivational interviewing
- Relaxation & sleep-inducing techniques
- Art and creative therapies
- Cognitive behavioural therapy
- Relapse prevention
- Holistic therapies
- Psychological interventions
- Spiritual studies
- Health pursuits
- Group outings
- Addiction education
- Meditation
- Massage
- Auricular acupuncture

DETOX TREATMENT

At Sanctuary Lodge we offer a full medical detox for those suffering from a physical addiction to alcohol or drugs.

On admission, all clients see our clinical psychiatrist, who specialises in detoxification.

Clients will be prescribed any detox medications our psychiatrist feels they require to make their stay at Sanctuary Lodge as comfortable as possible.

As a full treatment centre, we have the experience and facilities to undertake detox from a wide range of substances. These include:

- Alcohol
- Heroin
- Methadone
- Cocaine
- Crack Cocaine
- Sleeping tablets
- Prescription drugs
- Opiate-based drugs such as Codeine and over-the-counter medicines
- Amphetamines
- Cannabis
- Hallucinogenics such as LSD, Skunk, Mushrooms



“ We give clients a whole new set of tools to live their life in a new way: a way of recovery, wellbeing and happiness.” **Hilary Betts, Clinical Director**