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Recovery is getting better



RECOVERY COMMUNITIES

LIFE CHANGING TREATMENT

 a UKAT facility



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



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# Welcome to Oasis Recovery Communities.

Our primary goal is to ensure that our services strive daily to exceed expectations in providing the very best in quality addiction treatment for our clients and their communities.

Oasis Recovery Communities mission is to provide comprehensive addiction rehabilitation and an unsurpassed treatment experience to our service users by challenging and inspiring a person to awaken within themselves a desire and commitment to change; YOU can build the foundation necessary to begin the journey of self-recovery.

Our programmes are based on proven addiction treatment methods, principles to promote healing and enhance quality of life. Through evidence based therapy, and our intimate group setting, individuals will grow and regain strength and character through a personalised recovery plan created to meet their specific needs.

May we take this opportunity to thank you for choosing Oasis Recovery Communities, and wish you every success in your new found recovery.



## Referrer Testimonials

“Our Drug and Alcohol Team have found Oasis Recovery Communities to deliver a high quality residential recovery service tailored to meet the individual needs of our service users. They offer a range of models and therapeutic programmes which allow choice and empowerment to those who engage in the path to recovery to address their addiction. Oasis recovery and success rates bear testimony to their effectiveness and comprehensive service provision. The ethos of the organisation is based on sound principles that promote a culture of personalised recovery which is in harmony with our own. The team consider that we will have a long association with Oasis because of their professionalism and the feedback from our service users which gives us the confidence to commission their service provision”.

Alan & Michelle  
Social work team

## Benefits of referring to Oasis

Oasis Recovery Communities main focus is to ensure that anyone commencing treatment at any of our services feels comfortable and safe during their time with us and completes their planned treatment episode. All of our services are fully residential and have facilities to ensure a comfortable and productive stay.

Oasis provide seamless treatment packages including detoxification, rehabilitation and community integration. These packages are designed to make a service user's treatment journey as smooth and rewarding as possible.

One thing has always been clear to us at Oasis, everyone is different, and therefore people need different interventions to help them along the treatment journey. What works for one person doesn't necessarily give the best results to another. The best way to help as many people as possible to achieve long-term recovery is to offer choices. Oasis offer bespoke treatment packages to meet individual needs. Oasis offer different locations, treatment modalities and lengths of stay.

All of our staff are qualified and many in recovery themselves, which means we have a deep understanding of addiction – and the difficulties it can present. Oasis employees are continually undergoing professional training, meaning we're always improving our service and can provide the most up

to date therapies. A high proportion of our service users have multiple addictions or are cross addicted which can be identified and treated by Oasis.

Preparation is important to ensure positive outcomes and Oasis will fully engage in preparing people for both detoxification and rehabilitation. We will attend any preparation groups and present our experience of what service users can expect on their journey with Oasis.

It is important that we engage with everyone involved in the service users treatment. Oasis will keep all Care Managers informed of their service user's journey through our services. We will send updates of recovery plans, graduation reports on completion of detoxification, primary and secondary treatment care. We will also send four-weekly reports informing Care Managers of the service users progress and welcome six-weekly face to face visits or telephone assessments.

Service users will be transferred from our inpatient detoxification facility to any Oasis Recovery Rehabilitation Centre at no extra cost to the referring agency.

At Oasis Recovery Communities we feel that listening to our service user's enables us to continually improve.



## Oasis Runcorn

Oasis Runcorn Rehabilitation Centre offers:

- A unique offering of two separate treatment programmes, allowing for tailored treatment options and service user choice.
- A 12 step programme and Oasis Strengths model programme are delivered separately within the therapeutic environment.
- Medically monitored detoxification programme supervised by a specialist prescribing GP for both drug and alcohol detoxification.
- Primary and secondary treatment which consists of community groups, process groups, therapeutic activities, one to one counselling, house meetings, workshops, groups and worksheets.
- Individual recovery planning tailored to suit the service user needs.
- Service users with literacy and/or learning difficulties will be offered additional support so as to fully benefit from the programme.
- Care for service user health and wellbeing, complex needs and dual diagnosis.
- Music and dance workshops.
- Swimming and access to a local gym.
- Local walks along nature trails, woodlands, and canal paths.
- Close to shops in Runcorn Old Town.
- After care programme and a post treatment recovery plan.

## Oasis Bradford

Oasis Bradford Inpatient detoxification unit offers:

- Full medical assessment with detox prescribed by our specialist doctor on arrival.
- Recovery plan individually tailored to meet service user's specific needs.
- A range of group and one to one interventions alongside a clinical detoxification programme.
- An eclectic mixture of therapeutic interventions, CBT, Motivational Enhancement Therapy, Solution Focused Therapy, Strengths Model programme and Mutual Aid Groups.

The therapeutic programme consists of workshops, process groups, worksheets, house meetings, guided relaxation, individual recovery planning and support.

- Service user's with literacy and/or learning difficulties will be offered additional support so as to fully benefit from the programme.
  - Individual care of service user's health and wellbeing.
  - Care for complex needs and dual diagnosis service users.
  - Kick start detox programmes available.
- After care programme and a post treatment recovery plan.





## 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
- Experiential therapy
- One-to-one and group therapies
- Stress reduction techniques
- Motivational interviewing
- Relaxation techniques
- Art and creative therapies
- Cognitive behavioural therapy
- Relapse prevention
- Holistic therapies
- Psychological interventions
- Spiritual studies
- Health pursuits
- Addiction education
- Meditation
- Mindfulness

## DETOX TREATMENT

At Oasis Recovery Communities we offer a full medically supervised detox for those suffering from a physical addiction to alcohol or drugs.

On admission, all clients see our medical practitioner, who specialises in detoxification.

Clients will be prescribed any detox medications our medical practitioner feels they require to make their stay at Oasis Recovery Communities 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
- Opiates & OTC drugs
- Amphetamines
- Cannabis
- Hallucinogenics

