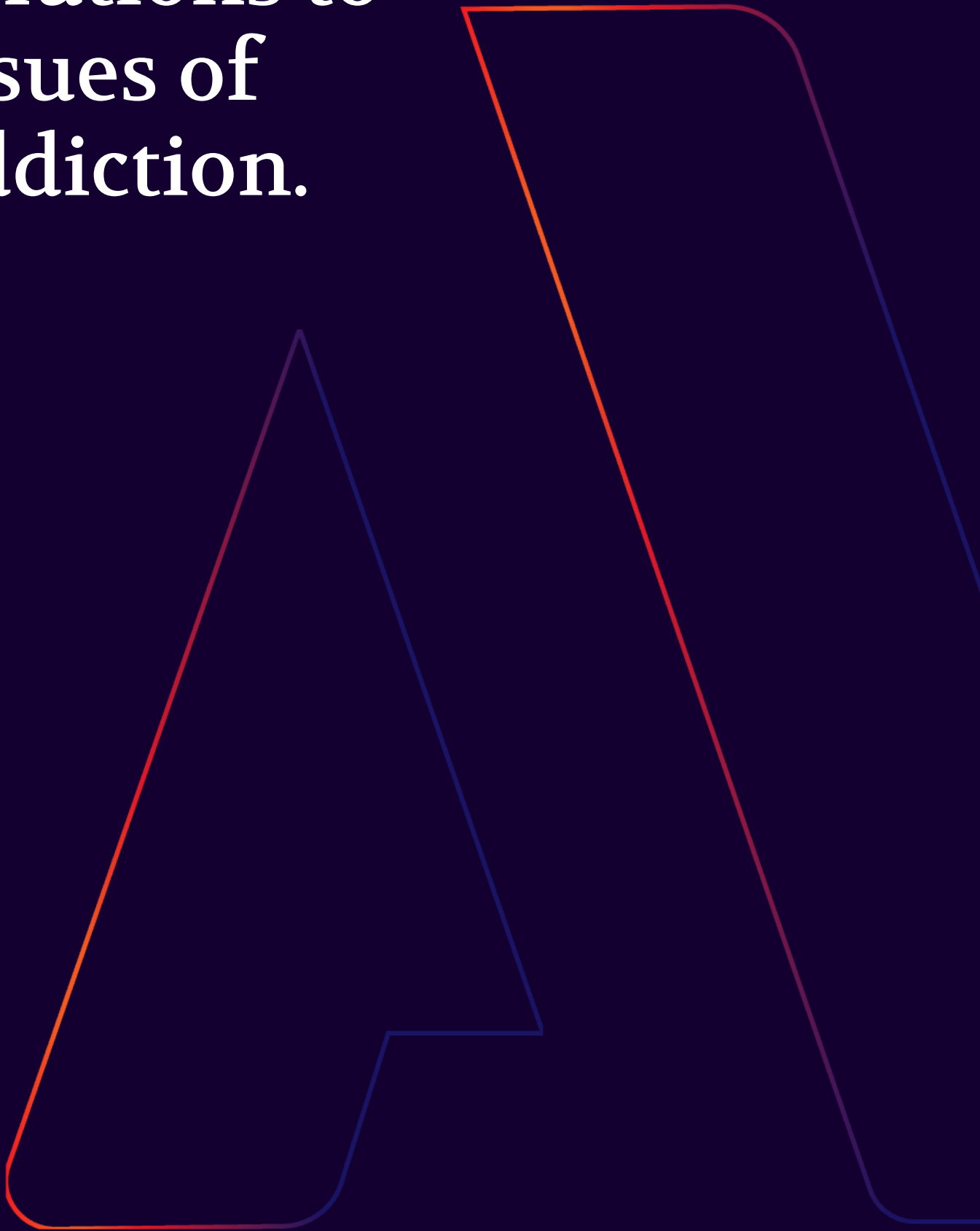


Real world  
solutions to  
issues of  
addiction.



**ac.qui.esce**

To accept . To rest . To find comfort in

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## The difference between detox and rehab.

The terms **detox** and **rehab** are very often confused.



Detox helps you to stop, rehab helps you to stay stopped!

## Detox.

Detox or detoxification is the process of clearing the body of toxic or unhealthy substances.

At Acquiesce we are happy to arrange your detox placement for you. We arrange all aspects of the detox, this ensures a hassle free process, providing a seamless and fluid treatment journey.

There are various types of “**detox**” available to facilitate the safe removal of substances from the body and to manage the withdrawal symptoms.

## Rehab.

Rehab or rehabilitation is the process of learning to live a positive and fulfilling life free from substances.

Many individuals believe that if they can just become substance free they will never need to use again and life will be far better. For the majority this is, unfortunately, not the case.

Many reflect that life becomes all the more difficult during early abstinence. Feelings and emotions which have been previously suppressed by substances, tend to come flooding back and become overwhelming. Addiction very often presents a variety of consequences which can suddenly become reality.

## Our Model.

The Acquiesce **urban recovery model** provides a discreet, highly supported and safe environment within the community. Whilst not being hidden from the real world this allows individuals to gain all the tools and experience necessary whilst maintaining a carefully monitored level of autonomy and responsibility over their own recovery.

This makes any transitional period from treatment a much smoother process resulting in a more sustainable recovery journey.

**Our sensitive to need model offers individually tailored treatment.**

**Individuals in our programme will reside in discreet, high quality, modern living accommodation with 24 hour support.**

# Our Programme.

Our core programme addresses the psychological, physical, spiritual and social effects of addiction. It is delivered by our **highly trained** and experienced team and incorporates the latest evidence based interventions alternative therapies and activities.

## Physical.

- Coordination of detox services,
- Psychoeducation,
- Fitness sessions,
- Nutritional education,
- Health and well-being support,
- Sleep hygiene practices,
- Rest and relaxation,
- Responsibility for secondary illnesses.

## Psychological.

- Cognitive behavioural therapy approaches,
- Motivational interviewing,
- Psychosocial interventions,
- One to one sessions,
- 12 Step approaches,
- ITEP,
- Behavioural activation,
- Mindfulness,
- Art therapy approaches,
- Music therapy approaches.

# Combination Treatment Programme.

At Acquiesce we realise that alcohol, drugs, gambling, etc. are all symptoms of what the individual is using as a solution to the root issue they may be experiencing.

To treat addiction effectively Acquiesce offers a **combination package** which includes the 12 steps and cognitive behavioural therapy based approaches. In combination together they complement each other excellently.


The 12 steps allows you to discover a new recovery focused code of behaviour in which to live by and the cognitive behavioural therapy based approaches allow the individual to gain skills and resources to help them to be able to treat their addiction day to day on a practical level which in turn supports them to live by their new recovery focused code of behaviour.

# 12 Steps.

The **12 step programme** has introduced long term support to many people. It originates from the 1930s, where the first Alcoholics Anonymous 12-step fellowship was founded by Bill W & Dr Bob, This programme was initially aimed at those who were affected with alcoholism but was adapted to address substance misuse and other addictions.

As the name suggests the programme uses 12 'steps' which allows individual's to learn to live by a new code of behaviour to aid their recovery. The steps supports the person to accept they have a problem and to recognise there is a solution to their addiction, it helps them look at mistakes made in the past and how to make amends for them.

Individuals in 12 step programmes attend meetings where they are able to identify and connect with others who have or are experiencing the same issues.



**The meetings provide a safe, non-judgemental space where individuals can support others with similar problems.**

# Cognitive Behavioural Therapy Approaches.

**Cognitive behavioural therapy** based approaches include SMART Recovery, psychosocial interventions and positive psychology. These support an individual to gain skills, tools and resources to manage their addiction practically day to day.

They allow an individual to look at the reasons behind their actions and behaviours, and at the relationship between the way a person thinks and their problems with addiction. They are aimed to support the individual to break the cycle of destructive behaviours and actions and to form new healthier habits so that they can respond to challenges in a more effective, healthier way.

## Spiritual.



- Yoga
- 12 step approaches
- Meditation
- Spiritual principles
- Healing Therapies
- Workshops
- Affirmations
- Mindfulness

## Social.



- Mutual aid
- Educational advice and access
- Employment support, advice and guidance
- Family Support
- Housing advice and guidance
- Budgeting advice and support

# Family Support.

At Acquiesce we offer **family support** this includes, family psychoeducation and update calls to your loved ones.

Evidence shows that including family as part of an individual's treatment programme can be an important factor in the effectiveness and success of their treatment.

Family support can have many benefits. It aims to provide all concerned with a greater understanding of addiction and recovery. This helps to demystify any confusion and offer clarity of a family members role and limitations within the process. It provides a recognition of current responses and provides alternatives and often more productive ways to manage issues.



“

Getting sober was the bravest thing I've ever done and will ever do in my life.

- Jamie Lee Curtis

# Example Timetable.

Core Programme includes a **structured psychosocial treatment programme** including CBT approaches, motivational interviewing, ITEP, psychoeducation, SMART Recovery, 12 step principles, etc.

Holistic Therapies vary but may include acupuncture, meditation, yoga etc.

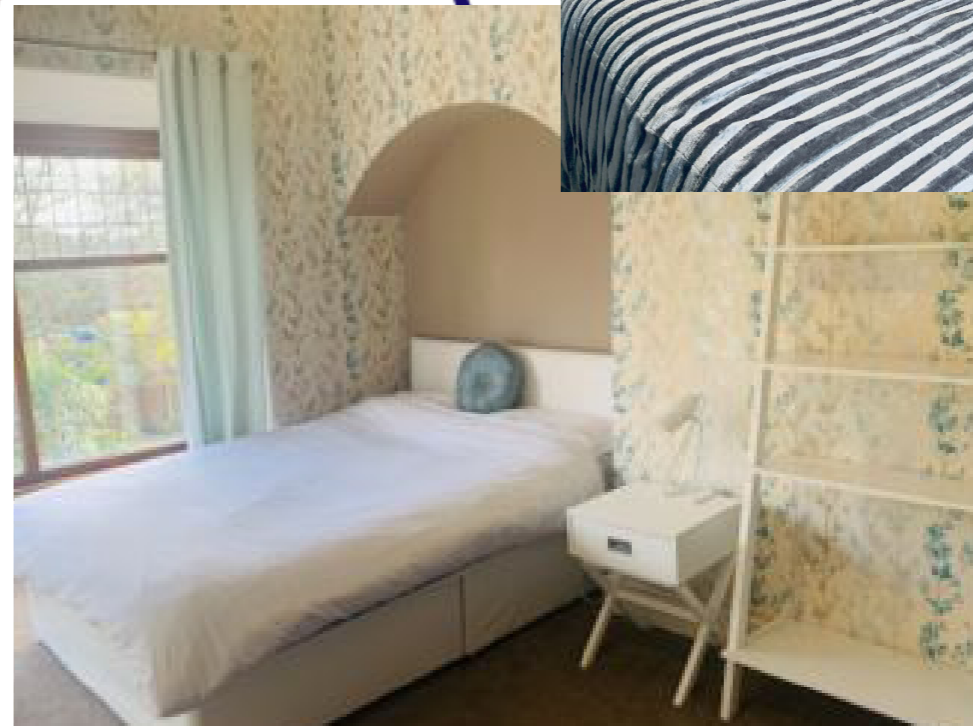
Transport between the treatment facility and accommodation is provided and accommodation is located close to the treatment facility.

This timetable is a sample copy and may be subject to change, weekend attendance remains structured however as per the timetable this is less formal.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:30 - 10:00								
10:00 - 10:15								
10:15 - 10:30	Morning Grounding & Cleaning Rota 10:15-11:15	Morning Grounding 10:15-11:15	Morning Grounding & Shopping Lists 10:15-11:15	Morning Grounding 10:15-11:15	Morning Grounding 10:15-11:15	Morning Grounding 10:15-11:15	Morning Grounding & Shopping Lists 10:15-11:15	
10:30 - 10:45								
10:45 - 11:00								
11:00 - 11:15								
11:15 - 11:30	BREAK - 15 Minutes							
11:30 - 11:45	Core Programme 11:30-13:00	Core Programme 11:30-13:00	Core Programme 11:30-13:00	Core Programme 11:30-13:00	Core Programme 11:30-13:00	Core Programme 11:30-12:30	Fitness Session 11:30-12:30	
11:45 - 12:00								
12:00 - 12:15								
12:15 - 12:30								
12:30 - 12:45						LUNCH 12:30-13:30		
12:45 - 13:00								
13:00 - 13:15	LUNCH 12:30-13:30							
13:15 - 13:30								
13:30 - 13:45					Core Programme 13:30-14:30		Core Programme 13:30-14:30	
13:45 - 14:00								
14:00 - 14:15	Core Programme 14:00-15:00	Core Programme 14:00-15:00	Core Programme 14:00-15:00	Core Programme 14:00-15:00	Core Programme 14:00-15:00	BREAK - 15 Minutes		
14:15 - 14:30								
14:30 - 14:45								
14:45 - 15:00								
15:00 - 15:15	BREAK - 15 Minutes					CHECK OUT 15:00-15:30	CHECK OUT 15:00-15:30	
15:15 - 15:30	CHECK OUT 15:15-15:45	CHECK OUT 15:15-15:45	CHECK OUT 15:15-15:45	CHECK OUT 15:15-15:45	CHECK OUT 15:15-15:45			
15:30 - 15:45								
15:45 - 16:00								
16:00 - 16:15								
16:15 - 16:30								
EVENING	Mutual Aid Meeting		Mutual Aid Meeting		Mutual Aid Meeting			

# Our Accommodation.

- Luxury, spacious single occupancy rooms with double beds, some rooms en suite
- Maintained garden area
- Spacious living area and kitchen with all modern amenities
- House keeping service
- Wifi access





“

I couldn't recommend a better rehab for someone to go to who is struggling with drugs, drink, gambling or any addiction.

## Aftercare Package.

Your support from Acquiesce does not end when you complete your residential treatment.

We do not charge any additional costs for the aftercare package. As part of your package we offer **ongoing help and support**.

We will keep in close contact with you for your first 3 months after leaving treatment to help to support you with your progress.

“

The only mistake I have made since the start of my recovery journey is not coming to Acquiesce straight away.

# FAQs.

## **Do I have to share a room?**

No, all our rooms are single occupancy.

## **Do I have to share a bathroom?**

We have a room with an ensuite bathroom and there are no more than 2 people sharing each of the other bathrooms.

## **What can I bring with me?**

Comfortable clothing, clothing suitable for exercise and outdoors, your own towels and toiletries.

## **Can I have my mobile phone?**

You are expected to hand your mobile phone in during the day when you are at the treatment facility but this is returned to you at the end of the day.

## **What about meals?**

We provide a large kitchen area at the accommodation which includes all modern amenities, pots and pans, you just need to purchase the food and cook it for yourself.

## **Can I receive letters and parcels?**

You can receive letters and parcels however these must be delivered at the treatment centre and will be checked by a staff member before they are given to you.

## **What do I do about money for living expenses?**

Acquiesce offers a money management service where we can dispense your money to you for budgeting purposes or you can manage your own money.

## **Can I go out on my own?**

No.

## **What if I need to see a GP?**

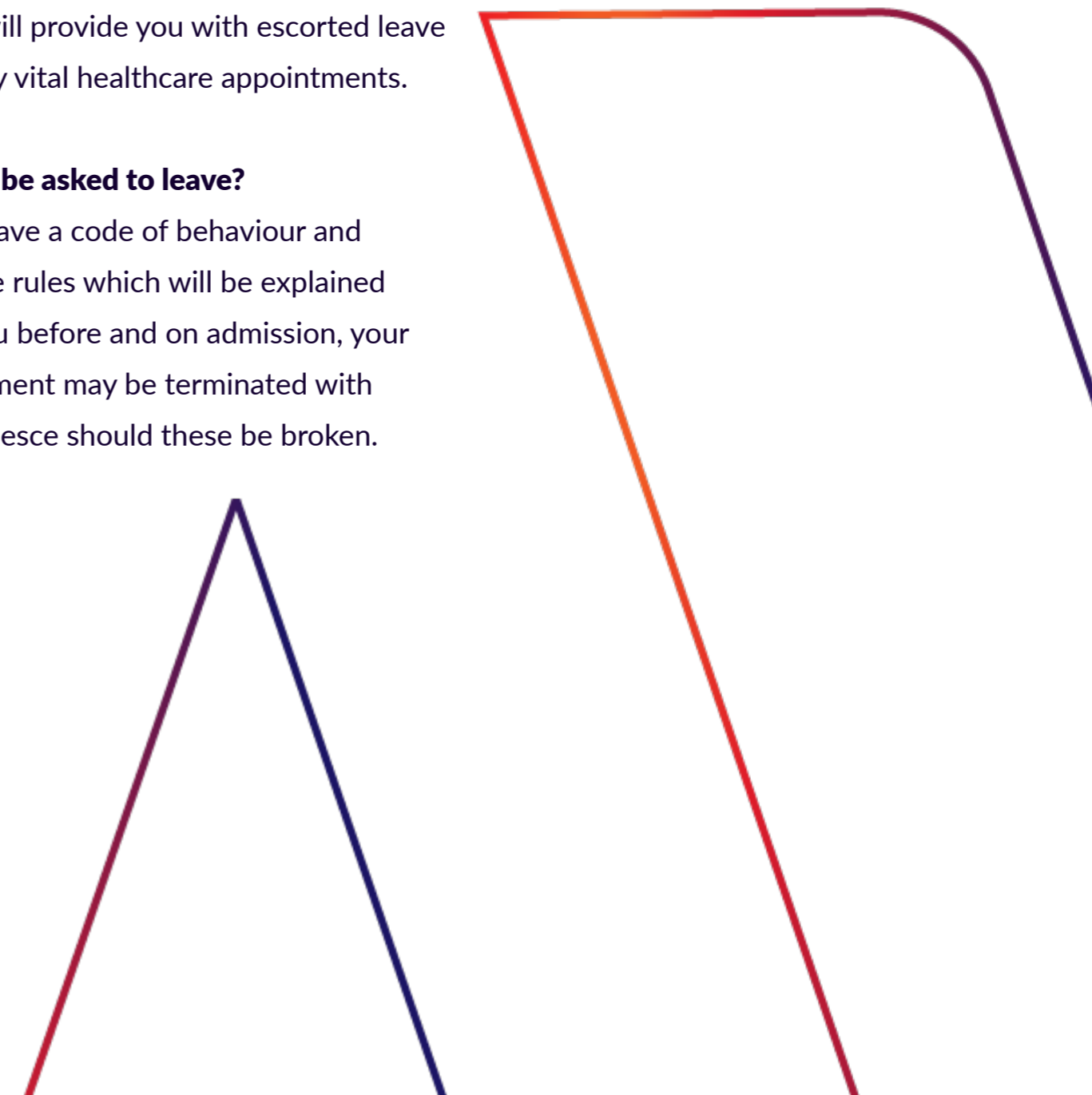
During your stay at Acquiesce you should be you will be registered under the care of a GP.

## **What if I need to attend appointments?**

We will provide you with escorted leave to any vital healthcare appointments.

## **Can I be asked to leave?**

We have a code of behaviour and house rules which will be explained to you before and on admission, your treatment may be terminated with Acquiesce should these be broken.



## Testimonials.

*\*Disclaimer - names have been changed to protect client confidentiality.*

# Katie L.



Having researched many rehabs countrywide on the internet, Acquiesce kept coming on top due to the urban model. It was the closest thing to being in rehab and living a normal life. The separate accommodation with your own room really appealed to me.

The staff at the centre have the enthusiasm for recovery that I have never seen anywhere else before. They are all very welcoming, caring and willing to go to any lengths to accommodate your needs and your recovery. Due to Acquiesce catering for a small number of addicts at one time, you really get to know the staff and they know you. The timetable gives time for one to one sessions, where the feedback is excellent – my Practitioner was really tuned in and clearly only wanted the best for my long term recovery. I cannot thank him enough.

Acquiesce has saved my life, it has not only given me the knowledge and tools to deal with my addiction but the best springboard for long term recovery. I left Acquiesce with my head held high, not ashamed to be in recovery, knowing who I really was and where I was going on my journey to long term recovery. The pace at which you learn, exercise, socialise and grow is extremely well balanced, never did I feel under pressure, every day was a joy to attend, I woke happy and enthusiastic about my day ahead.

Again I owe my life to Acquiesce therefore I will be returning to share my experience of being in rehab and how my life has changed since leaving in the hope I can show others RECOVERY IS POSSIBLE Thank you all at Acquiesce – you will be forever a part of my new life.”

# Andy T.



I'm not afraid to admit that prior to going to Acquiesce I was afraid, nervous and apprehensive. I had never attended rehabilitation before however this was my last chance of changing my life around as I was powerless over my addiction to alcohol.

The Acquiesce team were extremely welcoming, non-judgemental and made me feel at ease. The other peers made me feel welcomed and over time became great friends. Everyone was extremely supportive.

I was taught many useful tools, models, concepts and about the disease of addiction. I now understand how to deal with my cravings and triggers to remain abstinent. Furthermore, Acquiesce has taught me how to deal with difficult situations through meditation, mindfulness, gratitude and the 12 step approach.

It's been an amazing experience; I would definitely recommend Acquiesce to anyone suffering with addiction. I was allocated a Recovery Practitioner who advised and supported me through a difficult family matter that affected my addiction, the support given was exceptional and I thank her for that. I gained in confidence, positivity and strength to beat my addiction.

Thank you Acquiesce for this experience, if anyone is suffering with an addiction of any sort Acquiesce is the place to go."

# Jenny N.



My experience at Acquiesce has been extremely positive. I arrived with little hope but left feeling full of determination, optimism and knowledge.

The staff are excellent, from the minute I arrived I felt welcomed and cared for. It is obvious that the team are genuinely dedicated, going above and beyond their duties. The accommodation is grand and has everything you need. The bedrooms are comfy and although they are large they have a cozy feel.

I thought the programme offered was excellent, it is carried out in an urban setting – so rather than being isolated in the middle of nowhere you are still a part of society.

Acquiesce offers both 12 step and SMART recovery, I believe this gives you the best of both worlds as I enjoyed elements of both.

After an 18 year long addiction I finally feel fully equipped to lead a happy life of sobriety. I cannot thank Acquiesce and all the staff as well as my peers enough for this opportunity, I may just owe them my life."

# Jonny's Mum.



Jonny started rehab late January after an explosive row with his girlfriend of 4 years. Her parents had become involved and it was time that things changed. With some help from a friend Jonny was accepted at Acquiesce. From that day onward when he traveled to Bolton by train, not only did his life change, but so did mine and the rest of my family. Jonny was in a safe place. I did not have to worry if he was eating, driving, working or even breathing!!! Something I had not done for many years. I started to sleep the night through and so did my husband, Jonny's step-father. We stopped bickering about him and whether he was still smoking cannabis or not. We had no idea he was using cocaine.

I only spoke to him for a few minutes a day and within days I noticed the change in him. My son was slowly coming back to us.

He has changed so much in the three months he has been at Acquiesce; he doesn't get angry and shout, he seems to be so much happier in his own skin. He has developed life skills, like cleaning, washing and cooking for himself that he never had before. Most of all he started to believe in himself and I know that is because the work that Acquiesce had done with him; giving him the tools not to relapse.

When he came home for a weekend the change was also physical; he had put on weight, was a good colour, his wicked sense of humour has come back and best of all he wasn't dirty and didn't smell.

**I can't thank  
Acquiesce enough  
for giving my son  
a chance to totally  
change his life, and  
also for giving me  
my life back."**

**23-25**

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