

Treatment Packages

AT BROADWAY LODGE

Residential Addiction Treatment in North Somerset

BROADWAY
LODGE est. 1974
TRANSFORMING LIVES

Our 12-Week Treatment Packages

From £7,995

We offer treatment packages encompassing either a 4, 8 or 12 week residential stay so that you can choose an option that best suits your life and circumstances. They each combine residential treatment (with or without a medically managed detoxification), with on-going remote support, amounting to 12 weeks treatment in total, that will help you to:

- ✓ Stay on track with your recovery from addiction.
- ✓ Remain focused and connected.
- ✓ Continue to be supported whilst working through a process of change.

The prospect of undertaking rehabilitation treatment may seem daunting, but at Broadway Lodge you will be welcomed with open arms and supported compassionately from the moment you step through our doors.

The positive changes as a result of tackling your addiction can be immeasurable, not just for you but for your loved ones too.



Absolute Package

12 week stay

£19,495 (without detox)
£21,750 (with detox)

If you would like a pre-admission telephone call with one of our counsellors we will be happy to arrange this.

12 week residential stay at Broadway Lodge for the comprehensive therapeutic programme and 24/7 support.

This is the most involved and intensive option for anyone wanting the most thorough support to begin their new life in recovery.

Includes 6 holistic therapies.

Immersive Package

8 week stay

£13,945 (without detox)
£16,200 (with detox)

If you would like a pre-admission telephone call with one of our counsellors we will be happy to arrange this.

8 week residential stay at Broadway Lodge for the comprehensive therapeutic programme and 24/7 support.

Includes 4 holistic therapies.

A weekly online one to one counselling session for 4 weeks after you leave Broadway Lodge.

Essential Package

4 week stay

£7,995 (without detox)
£10,250 (with detox)

If you would like a pre-admission telephone call with one of our counsellors we will be happy to arrange this.

4 week residential stay at Broadway Lodge for the comprehensive therapeutic programme and 24/7 support.

Includes 2 holistic therapies.

A weekly online one to one counselling session for 8 weeks after you leave Broadway Lodge.

Each of our packages also include:

- ✓ Online aftercare sessions (held most weeks) to help you stay on track with your recovery.
- ✓ Places for your closest loved ones to participate in our supportive online Family Programme.
- ✓ Ability to purchase additional holistic therapies whilst staying at Broadway Lodge.

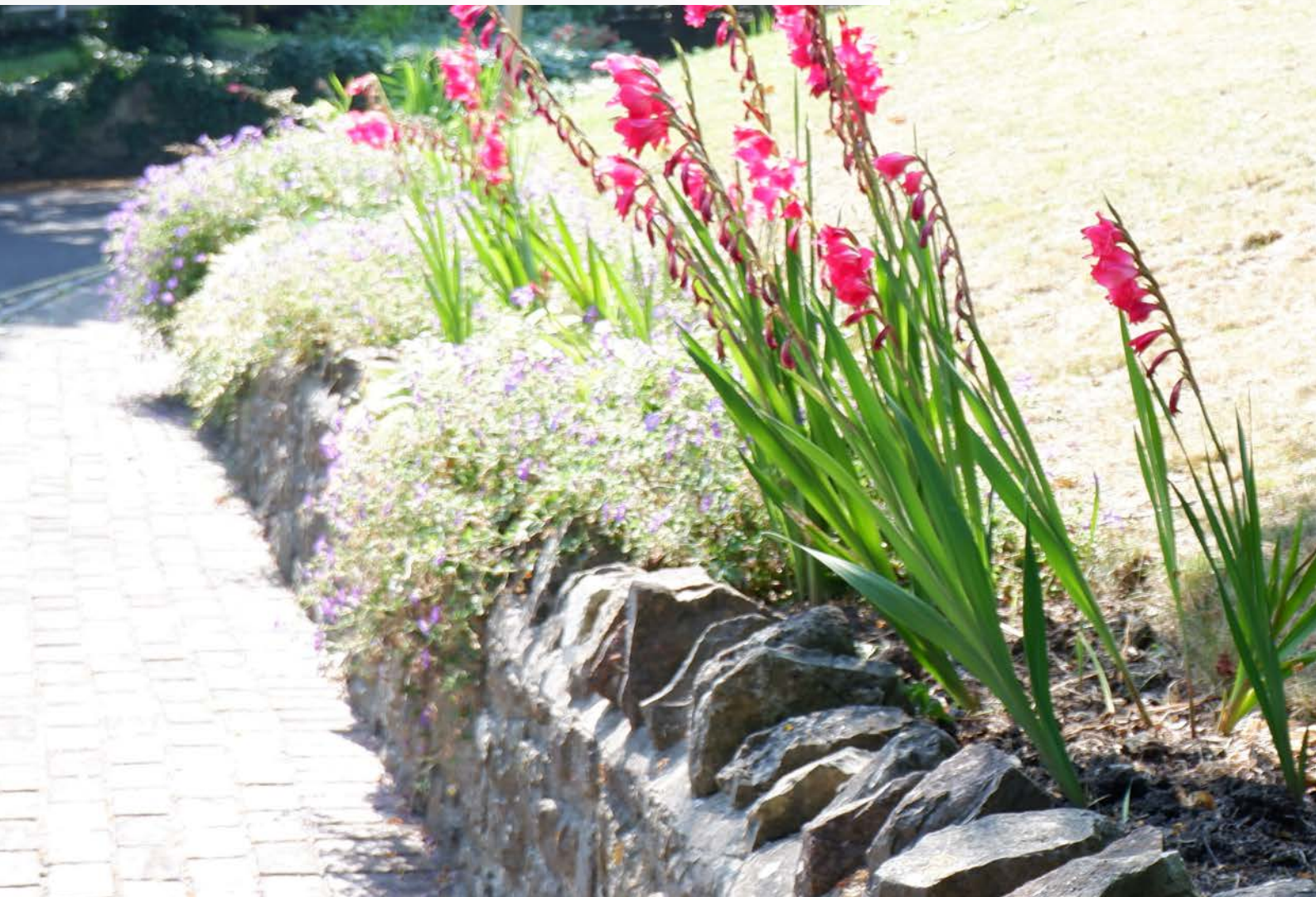
If there is bed availability, you can choose to extend your stay by upgrading the package or paying for additional weeks.

Please note, we reserve the right to change any of our packages and prices.

Why 12 weeks?

12 weeks of treatment with Broadway Lodge, whether full or part residential, is the ideal duration to gain a solid foundation to your recovery. While it may seem like a long time when considering rehab, addressing your addiction is often just the tip of the iceberg. Working with counsellors and your peers in this time will allow for thorough introspection and exploration of your addiction and deeper rooted issues that you may not have even realised existed.

A 12 week stay can change your life considerably. 12 weeks affords you the dedicated time and space to learn, experience emotional growth, begin to heal and to develop the tools that will enable you to sustain your recovery for the rest of your life. This amount of time will provide you with significant professional support that will nurture your mental, emotional and spiritual wellbeing and will prepare you for the transition to life after Broadway Lodge.



Detoxification

If you have become physically dependent to alcohol or a certain substance, it is likely that you will require a detoxification as the first stage of treatment and this is medically managed at Broadway Lodge, which is considered the safest way to detox. It might seem like a scary thought but our experienced team of specialist nurses and health care assistants will be available to support you 24/7, ensuring you are as safe and comfortable as possible. The medical team are all on hand throughout your stay and this team includes registered general nurses, registered mental health nurses, nurse prescribers, health care assistants and a consultant psychiatrist.



Alongside medical care and supporting you to get physically better during detox, you will be able to partake in a therapeutic programme to enable you to start addressing your addiction. These therapeutic interventions include:

- ✓ Daily group therapy
- ✓ Interventions with a counsellor
- ✓ Auricular Acupuncture to promote healing and relaxation
- ✓ Educational workshops and lectures
- ✓ Relapse prevention
- ✓ Guidance to start working on the 12 Steps
- ✓ Therapeutic, addiction-related films



Therapeutic Treatment Programme

The therapeutic treatment programme at Broadway Lodge is a structured, compassion focused and abstinence-based psychological programme designed to nurture your mental, emotional and spiritual wellbeing. You will join up to 32 peers in our main house and be involved in a powerful, daily schedule of group and individual work that will enable you to understand your addiction and your triggers. You will address the root cause of your addiction and any other presenting issues that you find challenging so that you can develop healthy coping mechanisms, move forward with your life and gain the tools to sustain your recovery for the long term.

An individual plan of care will be tailored to your needs and reviewed throughout treatment to help you to get the most out of your time at Broadway Lodge. In between group sessions, you may have appointments with your focal counsellor for one to one counselling sessions. On average, clients receive two of these sessions each week but at times this may increase in order to support your individual needs throughout your treatment journey.

Therapeutic Treatment Features:

- ✓ Daily group therapy
- ✓ One to one counselling
- ✓ 24/7 staff support
- ✓ Tailored care plan developed for your individual needs
- ✓ Psycho-educational lectures
- ✓ Variety of interactive, educational workshops
- ✓ Assignments to work through presenting issues
- ✓ Therapeutic films
- ✓ Relapse prevention
- ✓ Mini groups and gender groups
- ✓ rTMS therapy (available to purchase additionally)*
- ✓ EMDR*
- ✓ Hypnotherapy*
- ✓ Reiki*
- ✓ Massage
- ✓ Auricular Acupuncture
- ✓ Yoga
- ✓ Calming meditation sessions
- ✓ Support to work through the 12 Steps
- ✓ Ex-resident shares
- ✓ Fellowship meetings
- ✓ Walks and leisure activities



*dependent on length of stay

Relax & Unwind

There are times in treatment that can feel heavy, emotional and overwhelming - this is all part of the process. That's why we offer various holistic therapies to aid relaxation, help calm the mind and promote healing. A set amount of holistic therapy sessions are included in each package and you will be able to choose from a selection, including:

- Auricular Acupuncture
- Indian Head Massage
- Massage
- Reflexology
- Reiki



Accommodation

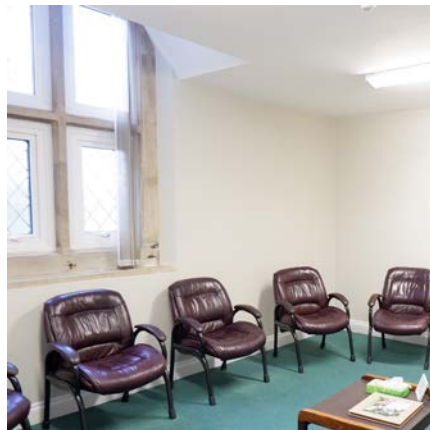
Bedrooms in the Gordon Beard Unit (where you will initially be admitted) are twin en-suite and in the main house there are 13 single occupancy bedrooms (many of which have an en-suite), as well as same-sex shared bedrooms with either two or four double beds. Addiction is an isolating illness so sharing a room provides you with valuable 24/7 peer support which is a beneficial part of the treatment process. We understand the reservations that can be felt about the prospect of sharing but we often find these feelings soon disappear as highly supportive relationships are built. Both buildings have a lift and wheelchair-accessible rooms. The landscaped gardens at Broadway Lodge have various seating areas where you can reflect and relax.

Connections in Treatment

The relationships you build with your peers and the learning that comes from this is an important aspect of treatment. It is common to find that the identification from being with others helps the healing process from painful experiences in the past, present and in active addiction.

“ Going into rehab was literally my last chance, after years of alcoholism and several, progressively worse, relapses. I had little faith in managing to stay sober for any length of time. In Broadway Lodge I started to learn the truth about myself. I often found this painful but never felt alone or unsupported. I was 'held', encouraged, challenged and loved into an understanding of my thinking, behaviours and attitudes. It was an amazing experience, the hardest but definitely the best thing I've ever done.....just wish I'd gone there years ago. I'm continuing the journey and growth and loving being sober. My life is BIG compared to the miserable, shrivelled little existence it was before. ”

5 star Google review



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As parents of an adult son in his early 20s, finding out about his addictions plunged us into a terrifying world we knew nothing about. Our son needed help far beyond what we could provide for him. Finding somewhere that he, and we, could trust to help him was overwhelming. How do you make that kind of decision, particularly in the middle of a pandemic. If any other parent finds themselves in that position, please choose Broadway Lodge. Our son arrived there broken and terrified. He has emerged 12 weeks later as a young man full of hope, purpose and an understanding of the many complex reasons for his addictions. He also has a network around him that will support and nurture him as he builds his new life. As parents, letting our son go was difficult and coming to terms with the fact that despite all the love, we had played a fundamental role in why our son sought answers in drugs had the potential to overwhelm us. However, the absolutely superb, sensitive and skilled counselling that our son received during his time at Broadway helped him and consequently us, navigate a path through this. We have emerged with the love still intact and with a relationship that is healthy and enables our son to grow and become the wonderful young man that he deserves to be. Finally, Broadway Lodge continues to support our son through their aftercare programme. Knowing that he has this alongside him as he takes his next steps is something that I cannot express my gratitude for. Broadway Lodge is a place that has loved, nurtured, challenged and supported my son and so if there are any other parents out there having to make a decision they never expected to have to make, I do not hesitate to say, choose Broadway. ”

5 star Google review

A Typical Day in Therapeutic Treatment

Our therapeutic treatment programme has been developed over five decades of experience. There is a schedule created for every week that encourages healthy routine to be developed. In between compulsory and optional group sessions, one to one interventions with therapists and clinicians will be arranged for you. These include individual counselling, holistic therapies and medical appointments if required. When you have no sessions or appointments to attend, this time enables you to explore the 12 steps and work on a personal assignment to help you to manage or heal a particular area in your life or a way of thinking that is challenging.

Morning

Each day will begin at around 7.20am and after getting ready, you can help yourself to a selection of different breakfast choices including fresh fruit, yoghurts, cereals and toast. Following breakfast, there will be a community group where all peers meet with a counsellor to talk about how they feel and to discuss any issues being experienced in the house. Other days there will be a psycho-educational lecture about an addiction or self awareness topic. This is followed by a powerful, 60-minute group therapy session. The remainder of the morning usually consists of time to relax, time to work on an assignment, attend an optional relaxation session or a one to one intervention.

Afternoon

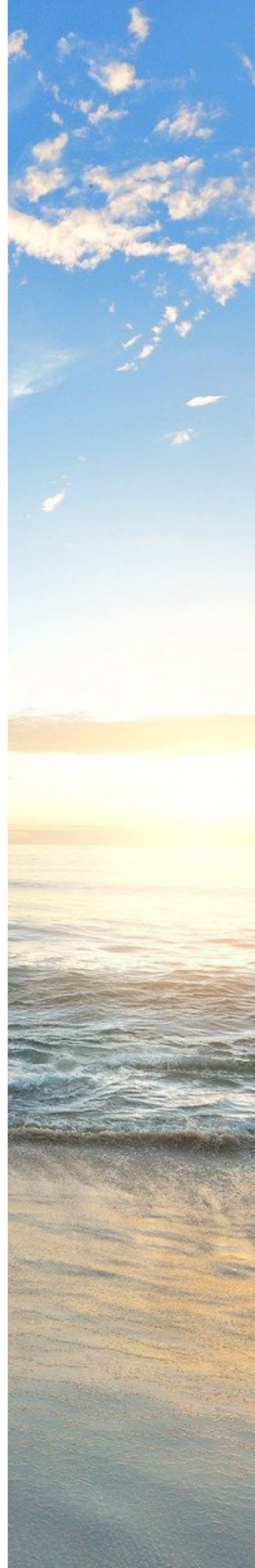
After lunch, on most days you can choose to experience a peaceful escape by partaking in Auricular Acupuncture (renowned for its healing benefits), or a stress-busting mindfulness meditation in a spirituality workshop. You may choose to work on an assignment or take a break by reading a book or chatting with your peers. Several times a week you can opt to take advantage of the fresh, coastal air by going for a walk with some peers.

There will be another group therapy session in the afternoon and on some days there will be a workshop. These are usually educational and interactive sessions where you can explore your own ideas and experiences with others. The workshop topic could be relationships, anger, self awareness, identification, emotions or relapse prevention for example. Other times, a workshop may be music or art-based, offering a chance to express your feelings in an alternative way to writing or talking.

Evening

Following evening dinner, you may watch a therapeutic DVD, listen to an ex-resident share or attend a Fellowship meeting. If a peer is completing treatment there will be a traditional medallion ceremony to wish them well in their onward journey, or another community group. There are also a range of games to play before bed, such as table tennis, board games and Nintendo Wii, and you might choose to check in with friends and family using video-call or telephone (when permitted).

This is an example day and the schedule is subject to change.



Frequently Asked Questions

Q. How do I refer myself/a loved one to Broadway Lodge?

A. If you would like to begin the referral process, please call our admissions team on **01934 815515** who will talk you through the process and are able to complete an application with you over the telephone. They are available 9am – 5pm Monday to Friday. If you decide to proceed with the application, we request that an administration and bed reservation deposit is paid prior to assessment and this deposit is used as payment towards the chosen package.

Q. Do you offer any payment plans or financial help?

A. Unfortunately we are not able to offer payment plans or financial help to pay for treatment.

Q. How do I know how many weeks treatment I/my loved one will need?

A. This is dependent on the individual's needs and circumstances. While a 12 week stay provides a solid foundation to recovery, we know that budget constraints or having time off work for example, may prevent you from being able to stay with us for that amount of time. That is why we offer packages where the essential residential element is of shorter duration, supplemented with a number of online counselling sessions afterwards, amounting to 12 weeks treatment in total. Clients can choose to stay for longer once they are with us if there is bed availability and providing we know at least one week prior to extension.

Q. Do you have to be religious to go to a 12 step rehab?

A. No – the 12 Steps is a spiritual model that can be applied by anybody (religious or not) and has helped thousands of people to live clean, sober and happy lives. At Broadway Lodge, we interpret God to mean 'Good Orderly Direction', and clients can choose to apply anything that's important to them as their Higher Power, whether it's a faith, music or nature for example. There is long-standing evidence that practicing the 12 Steps, as part of an ongoing commitment to Fellowship meetings, is one of the most effective means of establishing and maintaining recovery.

Q. Am I allowed my phone?

A. Yes - clients are able to access their mobile phone at permitted times in treatment, in addition to the use of our client dedicated telephone to make outgoing calls.

Q. How experienced is the team regarding mental health?

A. Staff at Broadway Lodge are experienced in supporting clients who have a mental health illness (e.g. anxiety and depression), that co-exists alongside addiction. A number of our nurses are registered mental health nurses and we also have a consultant psychiatrist who runs a clinic at Broadway Lodge. Counsellors and therapists work holistically with clients so while the addiction is addressed they are also supported to take a deep look into other presenting issues and unhelpful patterns of thinking and behaviour so they can improve their mental, emotional and spiritual wellbeing.

Q. What is rTMS?

A. rTMS stands for 'repetitive transcranial magnetic stimulation'. It is a non-invasive and drug-free therapy that uses magnetic pulses to stimulate specific areas of the brain to change behaviour. It is being used across the world to treat a range of conditions, including depression, and at Broadway Lodge it is used to treat addiction by reducing cravings. It is available at an additional cost (subject to eligibility). A course of rTMS therapy at Broadway Lodge takes between 4 - 6 weeks on average.

Speak To Us

Reaching out is the first step to getting well and we are here to help. You can speak to us in confidence by calling 01934 815515 or emailing hello@broadwaylodge.org.uk

Or for more information and to watch our introductory video, please visit our website at: www.broadwaylodge.org.uk

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Registered Charity Number: 269167

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