



# Chandos House

treatment for addiction  
community interest company

# Chandos House Treatment for Addiction, Bristol

**Our goal is to help people achieve  
an alcohol and drug-free lifestyle**

Chandos is an all-male treatment facility focused on helping those who are committed to their recovery from substance misuse. We offer a residential treatment programme and aftercare package which is second to none.

We provide active therapeutic intervention through counselling and group work in a supportive and semi-structured environment, with emphasis on health promotion and emotional well-being.

Our approach is holistic, meaning we care for and consider the whole person: mind, body, spirit, emotions and social factors, and not just the symptoms of the disease.

We strive to ensure that the care and treatment provided is of the highest quality.



Worried about yourself, a friend/relative, an employee or a client/patient?





## All of you is welcome

Chandos offers a safe and supportive environment where treatment is enriched with a spirit of community, sharing and growth.



## It takes a big man to....

embrace his flaws, take the first step to a better life, beat addiction, accept himself & find purpose.

## Conditions we treat

Addiction to any substance brings with it serious risks to health, nutrition, lifestyle and well-being. Prolonged excessive use of drugs or alcohol diminishes the capacity to function in the day to day: to hold down a job and a secure income, maintain healthy relationships and retain good mental health.

Every addiction arises from a complex set of conditions and circumstances, any of which, or any combination of which can tip the balance from 'heavy use' to problem use - ie addiction.

Mental health, emotional and psychological issues all impact how deeply someone falls into addictive behaviour: anxiety, grief and loss, stress and post-traumatic stress disorder (PTSD), depression, neurosis and psychosis, eating disorders and self-harming – all of these conditions can have a detrimental effect and lead to full blown addiction and substance misuse.

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### **Alcoholism**

At Chandos we understand alcoholism and the many parallel conditions and factors that either cause it, or prolong it.

### **Drugs & chemical dependency**

Whatever the drug of choice, we understand the ways that drugs take hold of a person's life and we can help clients take back control, heal the damage to their bodies, their loved ones and their lives.

### **Co-dependency**

Co-dependency describes unhealthy, addictive relationships. At Chandos we can help clients sever the compulsive hold and liberate themselves to re-claim and re-build their life.

We help people understand the difference between healthy and unhealthy relationships and untangle those complicated enmeshed connections with people.

### **Dual diagnosis**

We regularly treat people with a dual diagnosis (such as alcoholism and a mental health issue) or people who have experienced psychological trauma, depression, anxiety, stress and other addictive behaviours such as gaming and gambling and sex addiction.



# The 'New' Chandos Rehab Programme

After very successful trials, Chandos treatment centre for men has now established its cutting edge 'hit the deck running' course of treatment. This new, more focused and strategic treatment package admits clients either during or immediately after detox. In the true spirit that defines Chandos, we will continue to provide free pre and post treatment support for as long as it is required.

As a treatment centre, Chandos provides active, therapeutic intervention through counselling, group work and individual body work in a supportive and semi-structured environment, with the emphasis on health promotion and emotional well-being. All residents are encouraged to actively engage with the planning of their own recovery.

Our programme also supports the development of social skills, healthy self esteem and confidence – the essential elements needed to enable re-entry into the community. Residents actively participate in all house activities and tasks associated with communal living.



Worried about yourself, a friend/relative, an employee or a client/patient?



## You are not alone

Finding it hard to hold down a job, maintain relationships and retain good mental health due to your excessive use of drugs or alcohol?

## Therapies offered at Chandos

The treatment programme at Chandos has been carefully crafted to ensure that each of our interventions readily complement the others; through engagement with our comprehensive structure of activities, each resident can begin to develop a more firmly rooted foundation, on which to build a better quality of life. Chandos is an abstinence-based programme meaning no use of any form of mind-altering substances will be permitted during treatment.





## Growth, change & recovery

We help men who recognise that alcohol and/or other substances are a problem for them, and who have a genuine commitment to doing something about it.

Worried about yourself, a friend/relative, an employee or a client/patient?





## Chandos Culture

Addiction is a painful, internal and isolated state of low grade depression. The sharing of space is an intrinsic part of learning to live with the self and with other people. We see this as a critical component of avoiding relapse. The objective is integration rather than separation and involvement rather than detachment.

Residents who successfully commit to this approach are able to continue the process of change once they move on to a healthier and more fulfilling life.

The house is first and foremost a home, a shared home. Yes, there are house rules, but these are kept to a minimum and mostly comprise common sense, safety and respect for self and others.

### Chandos Accommodation

Chandos is a 15-bed house, arranged in triple, double and single rooms, 3 have ensuite shower and toilet facilities. Bed linen is provided. Communal spaces include the kitchen/dining room, living room, group room and a sheltered courtyard garden with smoking area.

# Meeting Our Aims

If the fundamental goal of rehabilitation is to help people to find satisfaction in living with self and others, instead of addictions that supplement low self esteem, then we the helpers must support clients in giving up their need for omnipotence and control. This is best achieved via sustained exposure to a new experience of a peer group identity:

- stopping destructive, unhealthy behaviours and keeping them stopped.
- recognising the therapeutic value of support.

## **The aims of the programme will be achieved through:**

- Group therapy
- 1:1 key-working
- Complementary therapies (counselling, group work, nutritional therapy, homeopathy, yoga, massage, acupuncture)
- Talks and creative workshops (cooking, writing, games, drama, singing, music, dance & movement)
- Written assignments
- Participation in therapeutic duties and house-based activities.
- Physical activity (climbing, archery, sports etc)



Worried about yourself, a friend/relative, an employee or a client/patient?





## Active therapeutic intervention

At Chandos we integrate psychological, physical and spiritual approaches to growth, change and recovery through individual counselling, groupwork, workshops, complementary and recreational therapies.





## A safe place for transformation

Chandos House offers a safe and supportive environment where treatment is enriched with a spirit of community, sharing and growth.

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## Qualified & Registered

Chandos exists to provide a safe setting where men are empowered and enabled to change the self-defeating, self-limiting and self-sabotaging behaviours associated with active addiction.

### Community Interest Company

We're a social enterprise that wants to use our profits and assets for the public good.

### EATA founding members

Chandos is a founder member of EATA - The European Association for the Treatment of Addiction (UK), and adheres to its policies, codes of practice and guidelines.

### CQC Regulated

Chandos is a registered and regulated provider of addiction treatment and care with the Care Quality Commission (CQC). Copies of inspection reports are available to view on the CQC Website.

### Disability Access

Chandos has disabled access and can accommodate up to two people with disabilities.

Monday	Tuesday	Wednesday	Thursday
6:00am-8:00am Bannatynes Gym swimming, yoga, gym, sauna, steam (optional)			
8:00am-9:00am Breakfast			
9:00am-9:30am House work skills			
9:45am-10:00am Community journal and assignment share			
10:15am-12:00am Transformational speaking	10:15am-12:00am Relapse prevention (Urge management, stimuli control, identifying and coping with high risk situations, lapse control, trigger awareness, abstinence violation effect).	10:15am-12:00am Group focus / Group dynamics	10:15am-12:00am Movement therapy
12:00am-1:15pm Lunch			
1:15pm-2:15pm Community development	2:00pm-4:00pm Creative writing	2:00pm-4:00pm Hoola hooping / circus skills	2:00pm-4:00pm Art therapy
2:30pm-4:00pm Art therapy			
6:00pm-7:00pm Communal evening meal followed by checking in round			
Mutual aid meetings, MANual and free time. Curfew 9:00pm		7:15pm-9:00pm Chandos out of house SMART meeting	

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Friday	Saturday	Sunday
	<b>9:30am-10:00am</b> House work skills	<b>10:00am-10:30am</b> House work skills
	<b>10:00am-10:30am</b> Brunch	<b>11:00am-12:00am</b> Brunch
	<b>10:30am-11:00am</b> Check in round	<b>12:00am-12:30pm</b> Check in round
<b>10:15am-12:00am</b> Drama Therapy	<b>11:00am-1:00pm</b> Food and feelings group	<b>12:00am-2:00pm</b> Family support every other week (optional)
	<b>1:00pm-2:00pm</b> Lunch	<b>1:00pm-2:00pm</b> Acceptance commitment therapy (topics include: Working with anger, depression, anxiety, stress management, assertiveness, community citizenship, relationships, beginnings, middles and endings, decision making and financial management)
<b>1:00pm-3:00pm</b> Let's get a life worth living / post treatment group, alternating with body accupuncture	<b>2:00pm-4:00pm</b> Music therapy	
<b>3:20pm-4:50pm</b> Yoga		
and progress and goals review		
Mutual aid meetings, MANual and free time. Curfew <b>9:00pm</b>		

## Timetable

(Subject to change)

- **Free** pre and post day treatment for as long as required.
- All clients expecting to complete our page a day manual and assignments.
- Banatynes Health and Fitness membership for all clients, 5 minutes walk from Chandos.
- Mutual aid meetings: minimum of 2 post detox, maximum of 4 per week.
- 1 SMART (compulsory) + AA, NA, CA, OA, CODA etc.
- Length of stay 6 - 24 weeks. Fees £760 - £2,800 per week.

## Decide Commit Act



## Contact us

Chandos House, 36 Chandos Road,  
Redland, Bristol, BS6 6PF

**t:** 0117 924 3071

**w:** [www.chandoshouse.org](http://www.chandoshouse.org)

**e:** [info@chandoshouse.org](mailto:info@chandoshouse.org)

### Office Opening Hours:

Monday to Friday: 9am - 5pm



Chandos House  
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registered manager  
**James Dickinson**  
company no: 10639419

For referrals, treatment plan & pricing information visit [www.chandoshouse.org](http://www.chandoshouse.org)