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

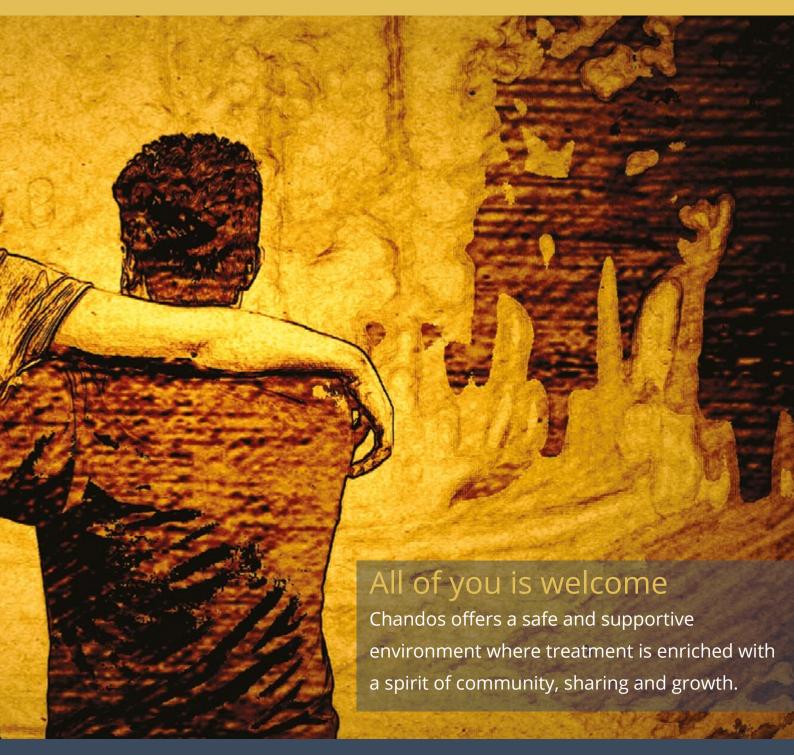
Chandos is an all-male treatment facility focused on helping those who are committed to their recovery from substance misuse. We offer a residential treatment programme and aftercare package which is second to none.

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.





Talk to us confidentially on 0117 924 3071 or visit www.chandoshouse.org





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.

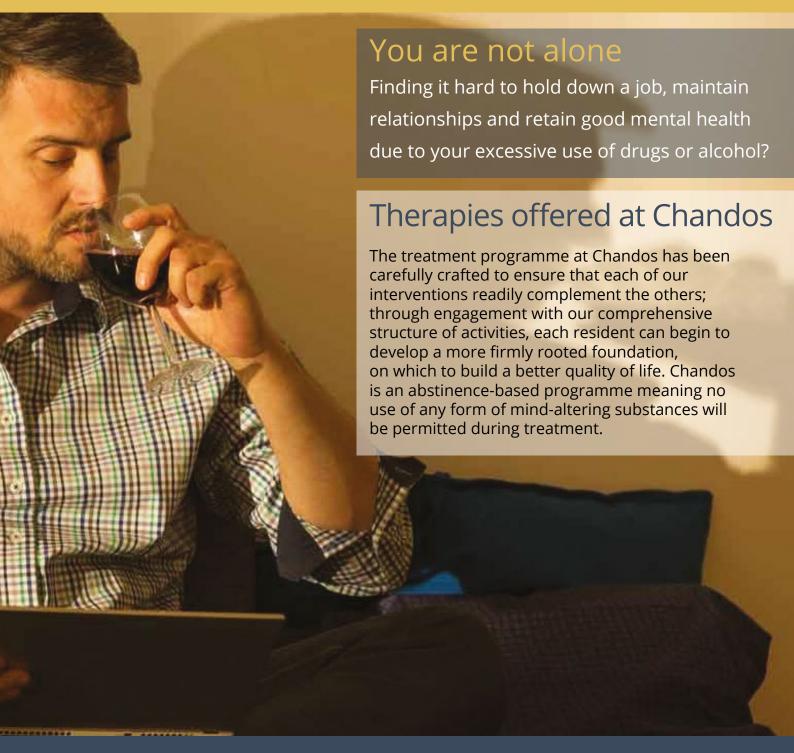
The 'New' Chandos Rehab Programme

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 wellbeing. 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?



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

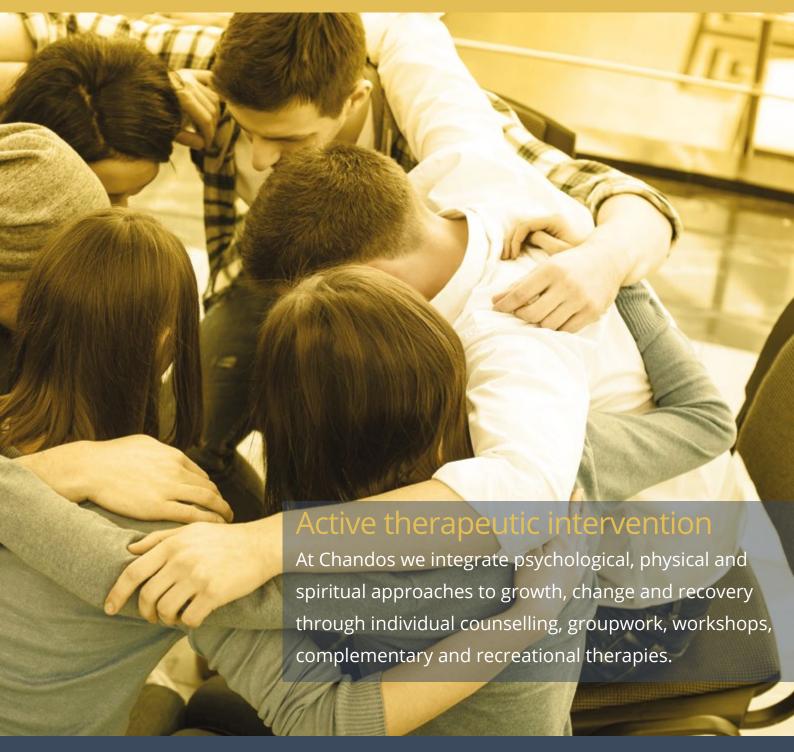
If the fundamental goal of rehabilitation is to help people to find satisfaction in living with self and others, instead of addictions that supplement low self esteem, then we the helpers must support clients in giving up their need for omnipotence and control. This is best achieved via sustained exposure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







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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 guideliness.

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		

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

Timetable

(Subject to change)

- **Free** pre and post day treament 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 detoz, 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.



Mutual aid meetings, MANual and free time. Curfew 9:00pm



For referrals, treatment plan & pricing information visit www.chandoshouse.org