



**WE'RE HERE
TO HELP
TURN YOUR
LIFE AROUND**

Drugs and Alcohol

At Equinox we offer comprehensive, integrated detoxification and rehabilitation services for adults who require assisted withdrawal from drugs and alcohol. This includes clients with multiple and complex needs.

We provide services on a residential and non-residential basis and offer a support package that gives the best chance for positive outcomes for people undertaking this journey.

Equinox is an established and trusted service provider with over 27 years experience in this field.

“I was drinking eight to ten cans of lager a day, sometimes wine on top. I tried to cut down but couldn't. I got the referral to come for detox from my psychiatrist. I was able to bring my dog Fifi with me which has made a huge difference. My first few days of detox were hard but now I feel great. I have moved to a bungalow and made good friends. I am also doing some voluntary work and looking for paid employment. I cannot thank the staff at Brook Drive enough. They have turned my life around.”

*Susan**

Detoxification Service

Our detoxification service is run from Brook Drive in Lambeth, South London.

What we provide

In partnership with The South London and Maudsley Hospital (SLaM) we provide clinical medically managed detoxification programmes for adults over 18 who require assisted withdrawal from addictive substances from any combination of:

- alcohol
- heroin
- recreational drugs
- prescription drugs
- solvents
- cannabis

Our partnership with SLaM allows us to provide safe detoxification for treatment-resistant drug and alcohol users, whose health has become a critical concern.

This includes people with advanced liver disease, diabetes, cardiovascular disease, DVT and blood-borne viruses.

We offer:

- clinical input from SLaM addictions team
- trained nurses on site
- onsite GP for daily assessment
- individualized treatment packages
- 1-2-1 sessions
- group work
- complementary therapies
- health information
- recreational time and life skills
- planned move on



Our environment

We provide a safe and comfortable environment for our clients in a relaxed setting with many recreational facilities. All of our rooms are brightly decorated and warm, offering clients privacy and comfort during their stay. We also allow pets to stay with clients at Brook Drive. This provides reassurance for pet owners whilst they undergo their detoxification.

Established in 1989, we have many years of clinical excellence, which today includes:

- a strong partnership with South London and Maudsley Hospital (SLaM)
- a longstanding partnership with our local GP surgery
- in-house psychiatrist
- phlebotomist
- TB and BBV screening
- nicotine replacement therapy provision



“Our aim is to help people return to or find a good quality of life, so often lost to addiction. We achieve this by meeting the increased complexity of our service users’ needs through our progressive clinical excellence and flexibly responding to the changing needs of the market.”

Michael Twamley
Service Manager, Brook Drive



Rehabilitation Service

Our rehabilitation service is located at Mitcham Park in Surrey.

It facilitates a process of change for adults who wish to abstain from addiction and provides 24 hour care through a team of qualified and specialist recovery workers and counsellors.

What we offer

We provide a safe and supportive environment that enables the client to consider their personal circumstances and make realistic choices about the changes required in order to live the life they wish to live. Our staff work with clients to promote health and wellbeing, personal responsibility and independence. They help clients identify the challenges they face and equip them with strategies for managing and overcoming their addictions.

Our collaborative approach enables clients to maintain stable relationships, recognise negative influences and harmful behaviours in themselves and others and understand their addiction. We provide advice and guidance relating to health, housing, benefits, employment options and self-care as well as support for reintegration into the community.

The programme

We offer a 12 week personalised programme which clients can engage with on a residential or non-residential basis. We work with clients to tailor make a recovery plan that fits with the lifestyle they currently lead and one to which they aspire to.

The range of interventions and support available each week include 11 group workshops with rolling topics such as;

- attitudes and emotions
- thoughts, feelings and behaviour
- focus, motivation and goals
- managing addiction
- understanding and managing a cycle of change.

A weekly session with a qualified Counsellor and Key Worker is also provided.

Why are we different to other rehabilitation services?

For real, lifelong change to occur we believe that people must make their choices and construct their new lifestyle in a real world environment.

Mitcham Park has been providing a rehabilitation service for over 20 years in a normal house, in a normal suburban street in Mitcham. It is close to shops, transport links and local health and leisure facilities and has strong support from local residents.

This enables our clients to easily integrate into the wider community, amongst familiar sights and sounds and benefit from that support while developing their life management skills.

Life After Mitcham Park (LAMP)

The initial 12 weeks we provide is only the beginning of a much longer journey for most of our clients. We offer participants, past and present, the opportunity to attend our Service User led aftergroup called 'Life After Mitcham Park (LAMP)'.

LAMP runs twice a month and is free of charge. Most people attend for 6 months and many go on to become peer mentors who regularly attend sessions at Mitcham Park to inspire those currently on the programme.

“ I came to Mitcham Park as a vulnerable person. My alcohol and drug addiction led me into an unmanageable life. As a result of the programme and a lot of help from different professional people, I believe today that I am a different person. Recovery is a complex process and I hope that soon I will be a successful example of a man fully recovered from his addictions. I am grateful to be part of the Mitcham Park service user's forum and offer special thanks to all the staff here. ”

*Arvinder**



How can the services be accessed?

Most of our clients are referred by a care manager or a health professional from their local area. Some clients choose to pay privately.

Information for care managers and professionals

We take planned admissions from local authorities and also offer spot purchase beds. If you are looking to refer a client or arrange a visit please contact our admissions team.

Integrated service

In addition to our stand alone detoxification and rehabilitation services we offer an integrated support package. If the client opts for this they will undergo treatment at Brook Drive and will then be taken to Mitcham Park. Moving between services provides continuity of care and a consistent programme that is specifically designed to seamlessly move them through the different stages of treatment.

Get in touch

If you would like to find out more or wish to arrange a visit please contact:

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