a five-day medically supervised residential detoxification programme
Introduction
Our hospital offers a range of substance misuse services including opiate detoxification and treatment programmes for addictions to alcohol and other substances.

Opiate Detoxification
We use a five-day medically supervised residential detoxification programme called Detox 5 (www.detox5.co.uk) that treats addiction to opiate based substances such as heroin, methadone and codeine. The programme uses light sedation to allow service users to become opiate-free safely and comfortably, controlling the symptoms of withdrawal. This is maintained by taking naltrexone, the opiate-blocker, for a recommended 12 months; this is available through daily oral medication prescribed by your GP. People are cared for in private en-suite rooms and are supported 24-hours a day by our caring and qualified nursing staff. Patients do not have contact outside the hospital until they are opiate-free, however identified relatives and friends can make contact with the hospital for progress updates.

We look at eligibility by assessing:

Motivation/readiness
As with any intervention, readiness and motivation to change, as well as a willingness to engage with the process to make it work, are highly important. Those wishing to come through the programme should be assessed as ready to be opiate-free. They will be made aware of their part in maintaining this status and encouraged to make plans in support of this.

Drug use
We can treat people who are taking up to 70ml of methadone a day. For other opiates there is no set rule about how much or how little someone might be using or the length of their drug using history. The programme is suitable for all types of opiates, whether prescribed, synthetic or street drugs.

Medical/psychiatric conditions
We ask for a medical history prior to admission and assess potential candidates on an individual basis. This treatment option is not suitable for everyone; some referrals are declined whilst others are offered a modified detox because of their medical or psychiatric conditions. Medical conditions that would preclude an admission to the programme include:

- Insulin dependent diabetes
- Pregnancy
- Undiagnosed seizures
- Significant heart disease
- Significant lung disease
- Significant brain disease
A robust supervision plan will continue the successful recovery journey.
Wakeful Detox
For those who may have underlying physical health problems an alternative to a sedative detox is the ‘wakeful detox’. Individuals requiring this type of detox will experience wakeful periods; they will sleep at night and will eat, drink and mobilise throughout the day. The symptoms of withdrawal will be controlled to ensure their safety and comfort throughout the withdrawal period.

Reasons for a wakeful detox being chosen might include:
- Low BMI
- Diet/Tablet controlled Diabetes
- Respiratory Diseases
- High BMI
- Warfarin therapy
- High degrees of physical disability

Post-detox support
While our treatment option is highly successful, adequate and effective aftercare is vital. We encourage our service users to access local support and we offer 12 weeks’ telephone support to complement this. Former service users have access to a trained nurse at any time following their detox.

We also link in with community support services and local drug teams, GPs, residential rehabilitation and other support services. We include family members and carers to promote the individual's recovery and reintegration back into the community.

Admission criteria
In order to be admitted to the programme, a person needs a referral from the GP or a healthcare professional within the Community Drug Team. A medical history is required and a referral form is available. Subject to the information we receive, we may require blood tests or other investigations to be carried out before an admission.

Nominated Supervisor
This is usually the partner, a parent or other family member. This person must be drug-free and prepared to monitor and support the person in their recovery. This role involves supervising the administration of opiate-blocking medication, enhancing motivation and encouraging them to attend appointments.

Key Supporting Professional
An individual should be identified; whether a nurse, social worker, drug worker or counsellor. They will liaise with Harrogate’s programme staff and support the service user’s recovery and return home.

Aftercare
A robust supervision plan will continue the successful recovery journey. We provide service users with access to a trained nurse at any point following their discharge and our nursing team will make contact over the weekend to address any concerns service users may have following their return home.

The following Monday service users will become part of our Aftercare Support service. This telephone service offers support and advice at what is usually a vulnerable time. Service users are encouraged to engage in the aftercare arrangements to find what is most useful to them. Former service users have reported satisfaction with residential rehabilitation, structured aftercare programmes, 1:1 counselling, mutual aid groups and on-line facilities.

Opiate Detoxification
Our withdrawal programme allows individuals to detoxify from alcohol in a safe and pleasant environment.
Our approach to addiction treatment at Cygnet Hospital Harrogate is abstinence-based – we believe completely giving up alcohol is the only way to break the cycle of addiction and regain control of your life. Cygnet Hospital Harrogate’s abstinence-based alcohol addiction treatment programme is long established. The programme follows a number of steps and can be completed in two stages – supervised and medically managed withdrawal followed by an intensive therapy programme. People can access one or both treatments depending on their needs.

The aim of this programme is to enable individuals with problem drinking to live successfully in a society where alcohol is readily available and seen as an acceptable social norm – while still abstaining from alcohol in this challenging environment.

Both programmes are residential. The withdrawal programme allows individuals to detoxify from alcohol in a safe and pleasant environment with full medical supervision. The therapeutic programme provides people with chances to develop a wider range of strategies to manage stressful situations constructively; understand the context of past drinking behaviour and reconstruct relationships.
The aim of this programme is to enable individuals with problem drinking to live successfully in a society.
Withdrawal

The managed medically supervised withdrawal step of our programme is dedicated to detoxification and can be managed with medication to reduce the symptoms of withdrawal. The consultant may also use other medications to support this process and to help reduce the chances of fits (which are sometimes associated with withdrawal), and/or replace depleted vitamins which may be the result of prolonged alcohol use. People are fully monitored and observed during this time.

We look at motivation and readiness to change as well as a person’s alcohol dependence. As with any intervention, assessment of readiness and a full physical examination is carried out. A psychological assessment is undertaken to identify any co-morbid mental health problems and the extent of the psychological addiction. Visiting is encouraged but special arrangements are made for visiting by children under 18 years. Towards the end of this step most people are ready for the therapeutic stage or for discharge home.
10 Day Therapy
The second stage of the abstinence based programme runs for 10 days and includes a planned programme of therapy sessions that give the opportunity to explore all aspects of drinking behaviour and to develop new skills and strategies for managing stress.

Service users will also be given material/notes and “homework” to complete outside of these sessions to reflect on the work done in the therapy groups. There are also 1:1 sessions with nursing staff.

During the weekend of the therapy programme people are encouraged to access our educational resources, video material, continue with a reflective diary and complete self directed work set by therapy staff.

Discharge is planned in advance and it is preferred that family and/or significant others are involved. Discharge will take place on the last day of the programme following the final therapy session. Service users are encouraged to maintain their abstinence following discharge by accessing community based programmes; information in this regard is made available prior to discharge. A person must be sober to access this part of the programme.

Outcomes
Our experience shows that abstinence-based addiction treatment such as that used at Cygnet Hospital Harrogate works. It provides the best environment for an addict’s body to recover and heal and helps prepare people to lead their lives without alcohol.

Other substances
Cygnet Hospital Harrogate offers individual admissions for those experiencing problems with other substances. We work with people and those involved in their care to develop an individualised treatment plan.

We can also develop packages for those whose problems involve more than one substance.

Dual diagnosis
Our addictions unit is within a mental health hospital and can successfully treat people with mental health problems alongside substance misuse. All patients are admitted under the care of a Consultant Psychiatrist and are able to withdraw slowly on the mental health ward or spend a period of time on our addictions unit to detoxify and then focus on their mental state for further assessment and stabilisation.

Aftercare
We strongly recommend that a significant other (relative or close friend) is involved in the care and is available at the time of discharge. Service users are encouraged to seek aftercare appropriate to their needs and are able to attend the weekly AA meeting within the hospital.
**Sample 10 Day Therapy Timetable**

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning (10.00am - 11.00am)</th>
<th>Afternoon (2.00pm - 3.00pm)</th>
<th>Afternoon (3.15pm - 4.15pm)</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>How Much Do You Know</td>
<td>Process of Change</td>
<td></td>
<td>Self Directed*</td>
</tr>
<tr>
<td>Day 2</td>
<td>Process of Change II</td>
<td>Physical Effects of Alcohol</td>
<td></td>
<td>Self Directed*</td>
</tr>
<tr>
<td>Day 3</td>
<td>Withdrawal</td>
<td>Assertiveness</td>
<td></td>
<td>Self Directed*</td>
</tr>
<tr>
<td>Day 4</td>
<td>Life Style – Who’s at Risk?</td>
<td>Mindfulness</td>
<td>Progressive Relaxation</td>
<td>Self Directed*</td>
</tr>
<tr>
<td>Day 5</td>
<td>Cravings</td>
<td>Depression</td>
<td>DISCHARGE</td>
<td>Self Directed*</td>
</tr>
<tr>
<td>Day 6</td>
<td>Personal Questionnaire</td>
<td>DVD and Discussion</td>
<td>WEEK-END GROUPS</td>
<td>WEEK-END GROUPS</td>
</tr>
<tr>
<td>Day 7</td>
<td>Sleep</td>
<td>Relaxation and Breathing</td>
<td>1:1 Session</td>
<td>1:1 Session</td>
</tr>
<tr>
<td>Day 8</td>
<td>Discharge Planning</td>
<td>Recognising Anxiety and Stress</td>
<td></td>
<td>Self Directed*</td>
</tr>
<tr>
<td>Day 9</td>
<td>AA Meeting</td>
<td>Managing Stress</td>
<td>Stress-the Pros and Cons</td>
<td>Self Directed*</td>
</tr>
<tr>
<td>Day 10</td>
<td>Breath Awareness</td>
<td>Communication</td>
<td>Feelings &amp; Emotion</td>
<td>Self Directed*</td>
</tr>
</tbody>
</table>

*Self Directed* work as given by the session group facilitator
Directions by car
If travelling to Harrogate from the A1(M) South, leave the A1(M) at junction 45 and follow the signs for Harrogate A661, passing through Spofforth. At the Empress Roundabout in Harrogate, take the second exit onto the A59 signposted Skipton, Ripon. At the next roundabout, follow signs for Town Centre A61. Travel up the hill, and Cygnet Hospital is on your right hand side.
If travelling to Harrogate from the A1(M) North, leave the A1(M) at junction 50, following signs for A61 Ripon. Continue on A61, bypassing Ripon, following signs for Harrogate, then follow signs for Town Centre A61. Travel up the hill, and Cygnet Hospital Harrogate is on your right hand side.
If travelling to Harrogate from Leeds or Bradford, follow signs for A61 signposted Harrogate. At the Prince of Wales roundabout follow signs for A61 Ripon. Cygnet Hospital Harrogate is past The Cairn Hotel on your left hand side.
If travelling to Harrogate on the A65, follow the signs for Harrogate A59, then follow signs for Town Centre A61. Travel up the hill, and Cygnet Hospital Harrogate is on your right hand side.

Directions by train
The station in Harrogate is serviced by connections from Leeds and York. Taxis are available and cost approximately £5 for the journey to the hospital.
National Rail Enquiries: 08457 48 49 50

Directions by air
The nearest Airport is Leeds/Bradford Airport which is served by regular flights from all over the country. A taxi from the airport to Cygnet Hospital Harrogate will cost in the region of £25.

Directions by bus
A variety of national companies offer a service to Harrogate from all over the country. Two local bus routes stop close to Cygnet Hospital Harrogate: No 36 and No 3.

Find us
Cygnet Hospital Harrogate, 23 Ripon Road, Harrogate, North Yorks, HG1 2JL

Find out more
For further information about this service at Cygnet Hospital Harrogate call: 01423 500599
To make a referral call: 0800 515 282