

LIFE CHANGING TREATMENT

A full-service
clinic offering
complete medical
supervised detox,
rehabilitation and
recovery therapies.



Welcome to Oasis Recovery Communities.

Built in 2009, Oasis Communities Bradford was originally commissioned by the Department of Health as the only detox unit of its kind in West Yorkshire. The 17-bedded detox unit is equipped to accommodate people with limited mobility and wheelchair users who can self-care and can make provision for some additional personal care needs. Oasis Communities Bradford provides a safe, supportive environment, where clients can complete a physical withdrawal from drugs and/or alcohol, or stabilise their use safely with medical support and within a specialist treatment setting.

The Oasis Communities detox programme addresses the whole person – body, mind and spirit. A medically managed detoxification or stabilisation is supplemented by a wealth of group and individual sessions and talks to help provide maximum long-term benefit. Complementary therapies are also available and include guided relaxation and exercise.

The centre is situated close to the city centre of Bradford, easily reached on foot, by car and public transport and being only five minutes' drive from the motorway. More Reasons to choose Oasis Bradford – Medically managed detox and stabilisation. 24/7 nursing care on-site. Free family support and aftercare. Close to major motorways and public transport. CQC registered. Alcohol, drugs and prescription medication. Oasis specialist prescribing GP (on staff). Onward referral into Oasis' network of rehabs.

Oasis Bradford is regulated by the Care Quality Commission. To view our excellent reports online, please visit: www.cqc.org.uk



Personal Care Plan

A Personal Care Plan will address the needs identified during referral and assessment and will be monitored and adapted as appropriate through reviews held regularly throughout treatment. Physical health improvements will be a key part of the care plan reviews and will be adapted as needs change. Trained nursing staff are on duty 24-hours-a-day with a doctor on site most days along with the centre manager and support staff. A clinical psychiatrist is available in an advisory capacity.

Benefits of referring to Oasis Bradford

Oasis Bradford's main focus is to ensure that anyone commencing treatment feels comfortable and safe during their time with us and completes their planned treatment episode. Oasis Bradford is fully residential and have facilities to ensure a comfortable and productive stay.

Oasis Bradford provides seamless treatment packages including detoxification, rehabilitation and community integration. These packages are designed to make a service user's treatment journey as smooth and rewarding as possible.

One thing has always been clear to us at Oasis, everyone is different, and therefore people need different interventions to help them along the treatment journey. What works for one person doesn't necessarily give the best results to another. The best way to help as many people as possible to achieve long-term recovery is to offer choices. Oasis Bradford offers bespoke treatment packages to meet individual needs and is even able to offer different locations within the group, treatment modalities and lengths of stay.

All of our staff are qualified and many in recovery themselves, which means we have a deep understanding of addiction – and the difficulties it can present. Oasis employees are continually undergoing professional training, meaning we're always improving our service and can provide the most up to date therapies. A high proportion of our service users have multiple addictions or are

cross addicted which can be identified and treated by Oasis Bradford.

Preparation is important to ensure positive outcomes and Oasis will fully engage in preparing people for both detoxification and rehabilitation. We will attend any preparation groups and present our experience of what service users can expect on their journey with Oasis.

It is important that we engage with everyone involved in the service users treatment. Oasis will keep all Care Managers informed of their service user's journey through our services. We will send updates of recovery plans, graduation reports on completion of detoxification, primary and secondary treatment care. We will also send four-weekly reports informing Care Managers of the service users progress and welcome six-weekly face to face visits or telephone assessments.

Service users will be transferred from our inpatient detoxification facility to any Oasis Recovery Rehabilitation Centre at no extra cost to the referring agency.

At Oasis Recovery Communities we feel that listening to our service user's enables us to continually improve.



Facilities at Oasis Bradford

Ensuite Bedrooms

Oasis Bradford is a 17 bedded detox clinic facility. All bedrooms have ensuite facilities and have everything you need to ensure your stay is both comfortable and relaxing. Clean linen and towels are provided as and when requested by the client.

Fully Residential

As a fully residential detox clinic, we are able to manage everything in-house, providing security and 24/7 medical nursing care and support to all of our clients. Everything is carried out under the one roof and patients do not leave the premises without a member of staff present. Oasis Bradford goes the extra mile to provide an effective and holistic and medically managed detox experience. At lunch and dinner a varied, nutritious diet, specially tailored to the needs of those undergoing detoxification is prepared on-site by a trained Chef. All religious, ethnic and cultural food requirements, special diets, eating disorders and allergies can be catered for.

Holistic Therapies

Oasis Bradford boasts its own SPA bath in a private room. Clients can access this at any time of day or night to help ease aching muscles, tension and to help them to relax. The nurses are also trained in delivering auricular acupuncture and guided relaxation meditation. Staff can provide massages to help with medical issues such as poor circulation. Holistic therapies have been proven to aid the detoxification process.

Addiction – It's a family disease

Family involvement

The importance of family and friends to the individual's recovery is understood, as are the difficulties they face. Staff are available for support and advice for families and friends every Sunday during visiting hours. The centre can be contacted throughout the week for additional support and advice over the phone. Everything needed for a comfortable and valuable detox experience is under one roof at Bradford Oasis. On the ground floor are plenty of rooms for admissions, interviews, group and key-working sessions as well as a well-equipped family room for visitors with children.

Aftercare package

An aftercare group is held at the centre every week and is free to access for up to a year, on completion of treatment.





REHAB TREATMENT

Clients undertake a regimen of therapy, guidance, advice, well-being and structured psychological, physical, and emotional treatments to understand addiction, cope with it, deal with it, and ultimately live a life free from substances and behavioural harm.

Our treatments include:

- 12-step therapy
- Experimental therapy
- One-to-one and group therapies
- Stress reduction techniques
- Motivational interviewing
- Relaxation techniques
- Art and creative therapies
- Cognitive behavioural therapy
- Relapse prevention
- Holistic therapies
- Psychological interventions
- Spiritual studies
- Health pursuits
- Addiction education
- Meditation
- Mindfulness

DETOX TREATMENT

At Oasis Bradford we offer a full medically supervised detox for those suffering from a physical addiction to alcohol or drugs.

On admission, all clients see our medical practitioner, who specialises in detoxification.

Clients will be prescribed any detox medications our medical practitioner feels they require to make their stay at Oasis Bradford as comfortable as possible.

As a full treatment centre, we have the experience and facilities to undertake detox from a wide range of substances. These include:

- Alcohol
- Heroin
- Methadone
- Cocaine
- Crack Cocaine
- Sleeping tablets
- Prescription drugs
- Opiates & OTC drugs
- Amphetamines
- Cannabis
- Hallucinogenics



www.oasisrehab.co.uk

Recovery is getting better



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