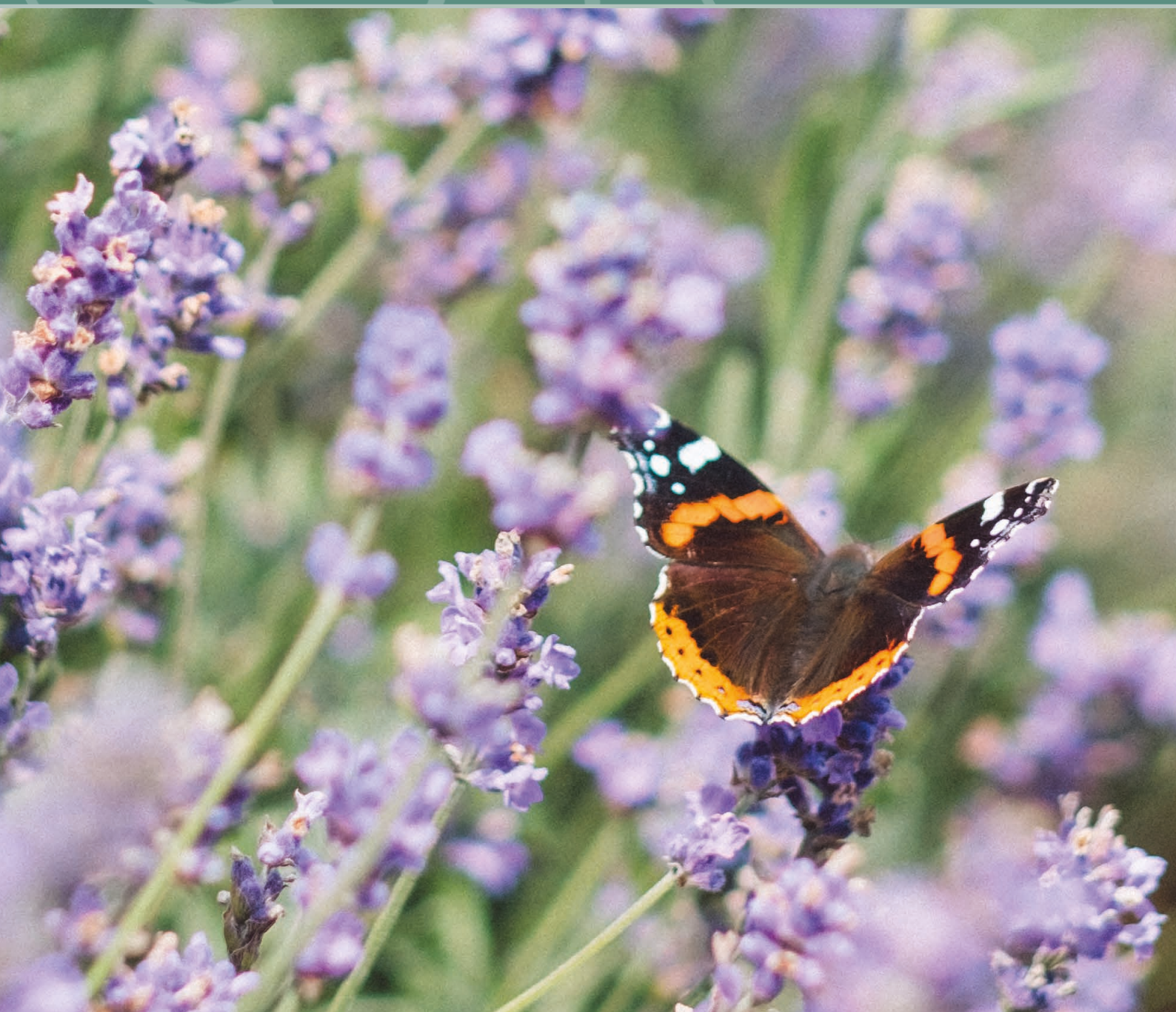




PARKLAND PLACE
NORTH WALES



RECOVER

Our guest programme guide

THE PARKLAND PLACE TEAM ARE PASSIONATE ABOUT BRINGING UNDERSTANDING AND ACCEPTANCE; ENABLING OUR GUESTS TO FACE THE PAST, PRESENT AND FUTURE; AND HELPING FAMILIES MOVE FORWARD TOGETHER

WE BELIEVE OUR UNRIVALLED THERAPEUTIC PROGRAMME OFFERS SOMETHING SPECIAL AND UNIQUE





WELCOME

TO PARKLAND PLACE

| | |
|---|-----------|
| Welcome to Parkland Place <i>Our commitments to you</i> | 4 |
| Our approach <i>Our values</i> | 5 |
| Our staff | 6 |
| Referral and assessment <i>Suitability criteria</i> | 7 |
| Accommodation and facilities | 8 |
| Plan of the building | 9 |
| Our programme | 10 |
| Specimen weekly schedule | 12 |
| Experience North Wales | 14 |
| Aftercare <i>Confidentiality</i> | 15 |





Welcome to Parkland Place

Parkland Place offers unrivalled therapy for people with alcohol addiction, drug addiction, gambling addiction and other harmful behavioural conditions – in the comfort of a stunning, 16-bed mansion and gardens near to the coast of beautiful North Wales. The house is situated amidst farmland owned by the National Trust, on the edge of the small town of Old Colwyn.

Our therapeutic programme is tailored to the needs of each of our guests, and is delivered by friendly, expert staff. This truly bespoke approach allows us to address the social and psychological needs underpinning your addiction, and support you to make key lifestyle changes.

Our light and generously-proportioned arts and crafts-influenced mansion is full of character, with high ceilings and many original features. Parkland Place sits in three acres of lawned gardens and is surrounded by mature woodland, wildlife and birdsong.

Each of our rooms is en-suite, with individual styling and a range of options. Many boast shuttered feature windows, and great views across the grounds and beyond.

We use the beauty and splendour of North Wales, and the region's rich history and culture in support of your recovery. Our model is grounded in a single aim – **helping our guests to change their lives.**

Our commitments to you

The team at Parkland Place make the following commitments to you. We will:

- ☒ support and empower you to make positive lifestyle changes
- ☒ help you to improve your emotional and physical wellbeing, to help you lead a healthier and happier life
- ☒ inspire you to reach personal and professional goals
- ☒ work with you to create a bespoke recovery plan which meets your individual needs
- ☒ ensure you are safe, comfortable and at ease
- ☒ provide aftercare and ongoing support
- ☒ get the small things right; the things that matter; the things that make a difference for you and your family



Our approach

We understand that addiction and other harmful behaviours are frequently intertwined with psychological and social pressures – so we will work with you to identify the issues you face, and help you develop new ways to address them.

Our therapeutic programme is suitable for common mental health conditions including anxiety, depression, loss and bereavement, chronic stress, trauma and post-traumatic stress disorder; and for substance misuse and other behavioural conditions, including addiction to alcohol, illicit and prescription drugs and medication, gambling, video gaming and social media.

Restore – Recover – Renew

We aim to restore our guests to abstinence, help them to build their recovery capital, and to renew their personal and professional lives with a fresh outlook and new goals.

In many cases, our guests require structured medical detoxification before beginning their recovery journey. While we don't offer detoxification on-site at Parkland Place, we can provide no-fuss access to our own clinic to ensure a seamless therapeutic experience.

Confidentiality

Confidentiality is vital to our work, and to the work undertaken by our guests. We will do all we can to protect your privacy during your stay, and expect all our guests to share this commitment.

Our values

Parkland Place is operated by CAIS, a registered charity with more than four decades of expertise in supporting people with substance misuse conditions and behavioural addictions. We have run residential facilities since 1989, and have a fantastic record in helping our guests to succeed in reaching their goals.

Our mission is to empower positive changes in the lives of people affected by addiction, adverse mental health, unemployment, offending, and other life challenges, through a range of services and support.

- ☒ We put people first
- ☒ We hold ourselves accountable
- ☒ We are proud of our heritage
- ☒ We value integrity
- ☒ We strive for excellence
- ☒ We will be innovative





Our staff

Our management and therapeutic staff team boasts years of experience and expertise in the fields of addiction, rehabilitation and recovery. The team also includes great administrative, catering, housekeeping, driving, gardening and maintenance staff, all of whom are determined to deliver great hospitality to our guests.

Each and every team member shares our exacting standards in care, compassion and respect for our guests and their families.

Because we are committed to tailoring our approach to your needs, we are able to guarantee an excellent staff-to-guest ratio. Your therapy will be personal, and you will feel fully supported throughout.

Senior Staff



Clive Wolfendale
*Chief Executive, CAIS
Responsible Individual*



Leon Marsh
Director of Residential Services



Julie Coates
Residential Manager



Jocelyn Williams
Lead Addictions Therapist



Cheryl Williams
Deputy Residential Manager



Meg Rourke
Admissions Manager



Referral and assessment

Parkland Place accepts referrals from all sources, including self-referrals, referrals from employers, referrals from medics and professionals in the substance misuse sector, and referrals from private health insurers.

We invite everyone considering admission to Parkland Place to take part in our free assessment – either over the phone, via Skype, or in person; and at a time and in a place to suit you. You are very welcome to visit to meet our team, see our facilities, and check out our location in beautiful North Wales.

Each of our guests is different. During our free and confidential assessment, we will work with you to understand your needs and begin to prepare a personalised care plan ahead of your stay.

During your assessment, we will ask you about your substance use, and medical, social and legal circumstances. We will outline the philosophy and structure of our service, explore your personal history and reasons for seeking therapeutic support, and work together to complete a risk assessment. Our discussion will also examine your longer-term needs, motivation levels, ability to engage with our programme and the likely length of your stay with us.

We may request written information from your GP or family doctor, and can arrange this on your behalf with your permission.

Tariff

Our quotation will be based on the therapeutic need identified during your initial assessment, and on your room choice. Our admissions team will be happy to talk you through our quotation and answer any questions you might have.

We're confident you will find our approach offers great value and an unrivalled therapeutic programme.

Suitability criteria

Parkland Place can admit guests with a range of addiction issues.

We may require guests who suffer primarily from issues related to dependency on alcohol or drugs to complete medical detoxification prior to their entry to Parkland Place. While we don't offer detoxification on-site, we can provide no-fuss access to our own clinic at **Salus Withnell Hall** to ensure a seamless therapeutic experience. We'll be pleased to offer further guidance and discuss options – please contact us for more information.

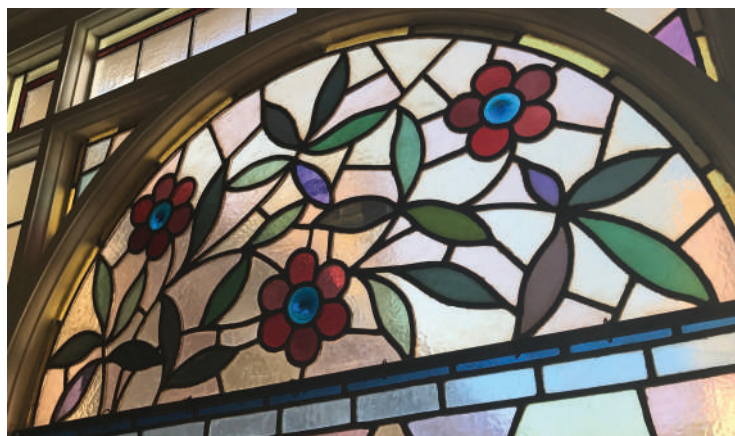
We are unable to offer a residential placement to guests who are identified as needing medical and/or mental health services considered to be beyond the capacity of our service provision. We are not able to accept guests who require support with personal care needs.



Accommodation and facilities

Our light and generously-proportioned, arts and crafts-influenced mansion is full of character, with high ceilings and many original features. Parkland Place sits in three acres of lawned gardens, and is surrounded by mature woodland and birdsong.

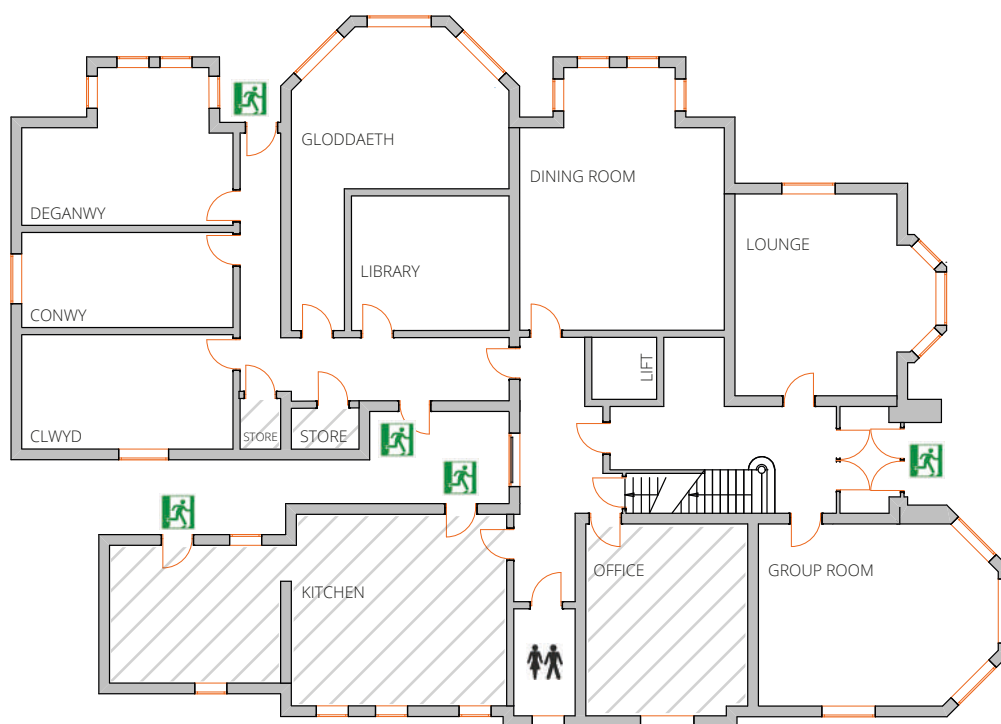
Each of our bedrooms is individual, featuring en-suite with bath or shower, individual styling and a range of options. Many boast shuttered feature windows, and great views across the grounds and beyond. Superfast fibre wifi is available throughout the building, and our in-house chefs serve a local, fresh and nutritious menu of bistro-quality food.



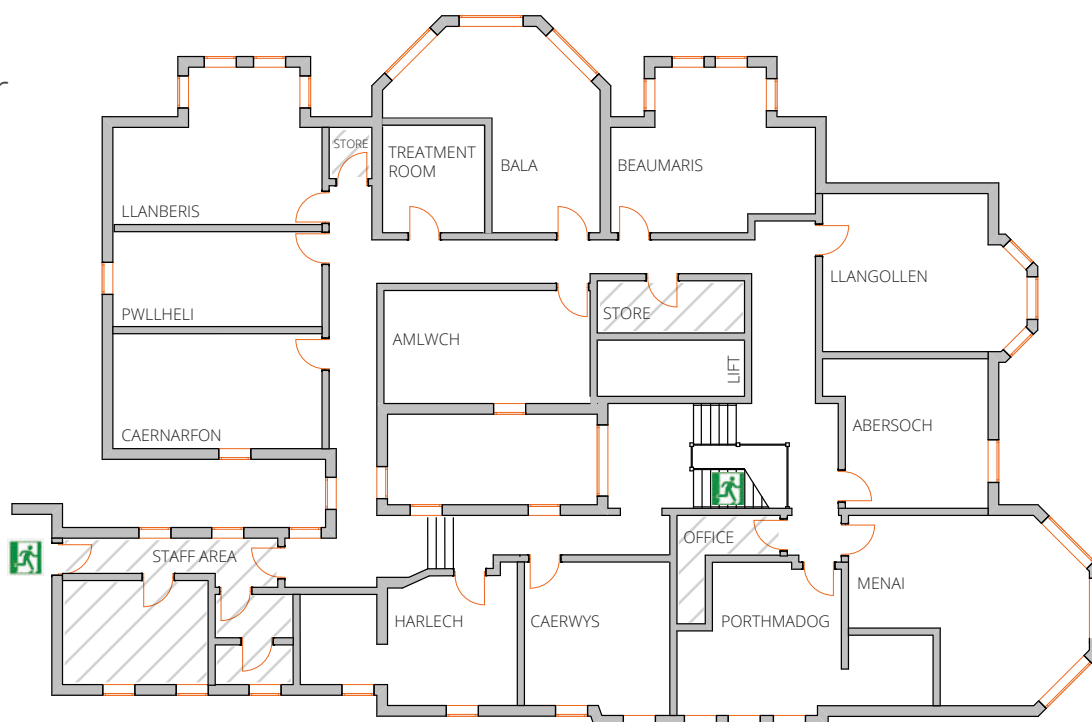


Plan of the building

Ground floor



First floor





Our programme

Our therapeutic programme is based on you and your needs, combining a core schedule of activities with a flexible range of personalised support. All our interventions are based on our four decades of experience treating people with mental health and substance misuse conditions, and delivered by our skilled and experienced staff team – a number of whom have their own, personal experiences of addiction.

Everything we do is underpinned by established and evidence-based principles. Our programme draws on solution-focused and person-centred models of care – including cognitive behavioural and metacognitive therapies – and a number of successful recovery programmes.

We deliver our programme both in groups and on a one-to-one basis, including through formal individual counselling. Our aim is to address both addictive behaviours and the underlying psychological and social issues which give rise to these addictive behaviours, enhancing thought processes, developing coping strategies and guarding against triggers.

Restore

In many cases, our guests require structured medical detoxification before beginning their recovery journey. While we don't offer detoxification on-site at Parkland Place, we can provide no-fuss access to our own clinic at **Salus Withnell Hall** to ensure a seamless therapeutic experience.

Salus Withnell Hall offers a complete, medically-managed inpatient detox under the supervision of a highly-experienced clinical team. Our clinic, set in 14 acres on the edge of the Trough of Bowland, provides the perfect location to prepare for the next phase of your recovery journey.

During your time at Salus, we will begin to consider some of the vital concepts which will underpin your recovery, including:

- ☒ the principles of anxiety and the use of relaxation
- ☒ cognitive disputing and managing mood
- ☒ managing sleep and rumination
- ☒ overthinking

Recover

During rehabilitation, the highly-skilled Parkland Place team work with you to support and encourage your recovery journey. We will devise a bespoke therapeutic programme tailored to you and your needs, and designed to help you learn to avoid triggers, develop new coping strategies, and find new ways to enhance your wellbeing.



Typically, this phase will last around two weeks and includes:

- ☒ activity scheduling and maintaining motivation
- ☒ identifying and challenging belief-led behaviours
- ☒ managing cravings
- ☒ managing anger and practicing assertiveness
- ☒ managing depression and low mood
- ☒ managing social anxiety
- ☒ reducing panic

Families and loved ones are a key part of your recovery. During your stay, you will be offered family sessions to involve those closest to you in your recovery.

Renew

As your stay at Parkland Place comes to a close, we will work together to prepare and plan for your return home.

The final part of our programme includes a full review of your learning, open discussion of relapse and coping strategies, and establishing new strategies to maintain and sustain your recovery after you leave.

We will agree your personal and professional goals, then help you make concrete plans to achieve them. All our guests can take advantage of our aftercare support to help them to sustain their progress.





Example weekly schedule

| Week 1 | Psycho-educative session | Therapeutic group | Support session Topic |
|------------------|---|--|---|
| Monday | Introduction to Parkland Place approach Introduction to and overview of CBT | The Parkland Place approach – an overview What are the causes of relapse? What are negative emotions? Can they be useful? | Introduction to individual support |
| Tuesday | BEST Approach – Behaviour, Emotions, Sensations & Thoughts 5 Aspects | Think of a destructive behavior – what thoughts and emotions could have triggered this? Alternative ways of thinking | Individual support session |
| Wednesday | Introduction to thought records How to complete Common mistakes | Decisional balance Positive/negative aspects of change Positive/negative aspects of continuing with problematic behaviour | Individual support session |
| Thursday | Safety behaviours | Cognitive distortions and restructuring Most common distortions Impact on ability to rationalize How to restructure thought processes | Individual support session |
| Friday | Perceptions and downward arrow Introduction and worksheet Tool for discovering core belief | Core beliefs and cognitive disputing How to challenge these beliefs in order to develop a healthier understanding of the yourself and the world around you | Review thought records |
| Week 2 | Psycho-educative session | Therapeutic group | Support session topic |
| Monday | Fight or Flight | Group discussion on experiences of anxiety Progressive muscle relaxation Breathing exercise How do you feel after these exercises? | Individual support session |
| Tuesday | Anxiety When is it helpful? When is it harmful? Unhelpful ideas | Understanding anxiety What kind of situations affect you? What makes you feel better/worse? Positive thinking | Individual support session |
| Wednesday | Grounding exercise 5, 4, 3, 2, 1 exercise | Dealing with difficult feelings Panic Feeling-action statements Facing up to our fears | Individual support session |
| Thursday | Pink giraffe | Difficult thoughts Irrational beliefs Influence of our thoughts | Individual support session |
| Friday | Leaf exercise Separating yourself from your worries | Worrying and overthinking Impact of worrying on relapse Why do we worry? How to manage your worries | Review relaxation techniques for anxiety management |



| Week 3 | Psycho-educative session | Therapeutic group | Support session topic |
|------------------|---|--|--|
| Monday | Worrying and rumination What is the difference? How do they maintain depression? | Depression What happens when we get depressed? What triggers our low moods? | Individual support |
| Tuesday | Procrastination 15 minute rule exercise | Procrastination What is procrastination? Procrastination activities Unhelpful rules and assumptions | Individual support session |
| Wednesday | Types of loss – group discussion | Five psychological challenges to loss Overcoming pain, adjusting to change, reformulating identity, reconstructing relationships, and adjusting beliefs | Check in with guest re loss |
| Thursday | Bereavement and grief Stages of loss | Grief Sentence completion and discussion | Check in with guest re bereavement |
| Friday | Gratitude exercise | Gratitude group discussion How does being thankful make you feel? Who or what are you thankful for? How do you show your gratitude? | Keeping yourself safe over the weekend |
| Week 4 | Psycho-educative session | Therapeutic group | Support session topic |
| Monday | Introduction to activity scheduling Pleasure activities Mastery activities Impact on maintaining abstinence | Home life mapping What will my day-to-day look like? What pleasure activities will I incorporate? What support systems will I put in place? | Aftercare planning: Connect |
| Tuesday | Assertiveness What does it mean to be assertive? Common myths Effects of being unassertive | Assertiveness Think of a scenario when you have not been assertive: what would you change? | Aftercare planning: Be active |
| Wednesday | Relapse prevention facts Interactive statistics discussion | What are you going to do if you find yourself in the same situation as you were in prior to entering PP? What new skills have you learnt? How will you apply them? | Aftercare planning: Take notice |
| Thursday | Visualisation exercises Managing cravings | Managing cravings | Aftercare planning: Learn |
| Friday | Moving on | Moving on | Aftercare planning: Give |



Experience North Wales

Regular physical activity, an appreciation of nature, and an awareness of the world around us can be one of the most effective ways to stay grounded and in the moment, providing an important route to the peace and mindfulness which many people in recovery find helpful.

Our rehabilitation programme includes weekly adventures in beautiful North Wales. Together, we will take in some of the best sights and attractions this glorious region has to offer, and learn a little of Wales' ancient history and unique cultural identity.

We believe North Wales is the perfect backdrop to your recovery, offering a rich, green and often wild landscape with plenty to explore. Atmospheric scenery, natural wonder and wildlife, pristine lakes and rivers, stunning beaches, craggy mountains, rolling hills, meandering coastal paths, castles and Celtic culture are all right here on our doorstep.

Activities

Our exciting timetable of regular activities includes art classes, guided group walks, leisure outings to attractions throughout North Wales, quiz nights, fun games and film screenings. We can also offer access to AA and NA fellowship meetings in support of your recovery.

Additional therapies

Access to a wide range of additional and complementary therapies – including aromatherapy, reflexology and Indian head massage – is also available at additional cost. Simply contact one of our team during your stay, and we will be pleased to make the necessary arrangements for you.





Aftercare

Before you leave Parkland Place, we will work with you to create an aftercare plan which fits around your personal circumstances. You will take away a portfolio including details of all the work you've done while staying with us, the strategies you've learned, and step-by-step plans to help you move forward in a way which suits you.

We will make sure you have the contacts you need for community support, mutual aid groups and employer liaison (where appropriate) in the area where you live.

And we will keep in touch! We offer all our guests regular catch-ups during the 12 months following their stay – to help them keep focused and make the most of their recovery.

Confidentiality

Confidentiality is vital to our work, and to the work undertaken by our guests. We will do all we can to protect your privacy during your stay with us, and expect all our guests to share this commitment.

Any issues raised or discussed by guests will remain confidential to the staff involved in their therapy, except where express consent has been agreed and signed by the guest to share information with others.

Group discussions are confidential. Any information or discussion volunteered during these groups will remain confidential between the group members and staff involved.

Confidential information will only be shared with other bodies (i.e. police, social services, etc) with the express consent of the service user, or in circumstances in which:

- there is an issue of child protection or risk to a child
- we are required by law or by order of the court
- the disclosure is justified in the public interest (i.e. where disclosure becomes necessary to protect the guest or someone else from risk of harm)

For more information about how we handle your data, visit www.parklandplace.co.uk/privacy



PARKLAND PLACE

NORTH WALES

100 LLANELIAN ROAD
OLD COLWYN
LL29 9UH

01492 203 421
info@parklandplace.co.uk
www.parklandplace.co.uk

