

ANA
Treatment Centres



anatreatmentcentres.com



Welcome

ANA offers a range of flexible abstinence based Primary treatment programmes for reliance on drugs and/or alcohol. In addition we offer individually tailored detoxification programmes. Our aim is to help our clients rebuild their lives, to grow in confidence and self-worth and to really believe that they can live a healthy, responsible and productive life, free of addictive substances.

The Community Living Skills Programme is also available to others who have graduated primary treatment from another provider, or who simply require the services offered in our Community Living Skills or third stage.

We welcome, respect and listen to our clients.

Join us.



What is ANA Treatment?

Our Services:



Treatments at ANA

Detoxification and Primary

ANA offers a Detoxification programme to individuals aged 18 and over. We accept public and private funded clients.

ANA offers Detoxification from drugs and alcohol under supervision of a GP. Detoxification from mood altering chemicals will give clients the opportunity to live life free from substances, and enter society with a fresh chance to engage with their community. Detox clients are provided with accommodation, and may have a roommate for their safety, during the first couple of days. Clients will be a member of the ANA community, will engage with a structured timetable and attend group therapy. Detoxifications from 10 to 21 days. For more detoxification information, give us a call.

Primary Treatment

The ANA Primary Treatment programme is available to everyone over the age of 18. We welcome private, and public funded clients. Programmes from 4 to 12 weeks.

The Primary Treatment programme features –

- Accommodation, laundry facilities and leisure activities
- One-to-one sessions with Key worker
- Treatment Plan – updated with progress and individual need
- Learning life skills, and tools to be used in continued recovery to build resilience
- Group therapy with peers; beginning with exploring the disease model of addiction
- Individuals will present their life-story and step-work
- AA, NA and CA will attend ANA to provide private meetings for our clients during the week
- CBT – Acceptance Commitment therapy
- Client outings to places of interest



Community Living Skills and Third Stage Treatment

Community Living Skills Treatment

Community Living Skills Treatment applies the tools learned in primary treatment and develops them into strategies for lifelong living and abstinence. Clients can access our Community Living Skills Programme directly.

Clients live independently with other peers in ANA's centrally located houses, making their own way daily to ANA's Community Living Skills centre in Southsea to attend counselling, groups, workshops, education and practical lecturers.

Our clients have an individual care plan to identify their practical needs (independent living skills) that go hand in hand with therapeutic needs. This includes experience of living clean and sober in the community with the tools and skills developed to deal with real life stresses. By taking responsibility, learning how to enjoy life and have fun without alcohol, drugs or self-defeating behaviour, clients experience the importance of keeping healthy and knowing what is right for them.

We offer subsidised gym membership, fitness, volunteer schemes and occasional outings, cookery classes, art therapy and full support with move-on and administration. The Community Living Skills Programme also offers a formal qualification in partnership with a local college.

Third Stage Treatment

Third Stage Treatment is a natural progression from Community Living Skills, providing clients with the opportunity to begin independent lives in the community with a support network right behind them at all times. This strengthens the practical foundations of living in the community clean and sober.

Clients continue to live in one of ANA's centrally located houses but are responsible for their own timetable balancing therapeutic time at the Centre with time in the community. Placement for up to one year with weekly in-house visits from a qualified counsellor to include community group, house check and problem solving.

Clients will have a named Focal counsellor and 1-2-1 counselling with therapeutic and Life Skills groups at the weekend.



Activities and other Features

Throughout treatment clients have options to experience some of the following:

- Saturday keep-fit and exercise classes with qualified instructor
- Structured support for eating disorders
- Weekly walk, weather permitting
- Weekly outings to places of beauty and interest
- Subsidised gym membership (Community Living Skills Programme onwards)
- Family visits at set times in treatment
- Cooking and nutrition classes (Community Living Skills Programme onwards)
- Art therapy
- Working with masks and body image
- Computing and digital photography classes
- Self awareness and personal growth seminars
- Daily mindfulness and affirmation classes
- Gardening Club at weekends (Fleming House)
- Music Group
- EMDR for PTSD and Trauma
- Bowling
- Yoga



Aftercare and Supported Housing

Aftercare

ANA are pleased to offer a free Aftercare service to our clients – for life!

When clients complete treatment with ANA, after any stage, they are welcome to attend our Aftercare sessions.

These are open groups, facilitated by an ANA counsellor. They provide clients with support and are judgement free, while clients are continuing their recovery journey in the community.

Clients sometimes need extra support with the following issues –

Education, training, housing, social activities, relationships, Benefit support, volunteering, employment.

Clients are welcome to bring these issues, and anything else that is appropriate to their situation along to the group for support and suggestions. If clients feel they need support from a specialised service, ANA will do their utmost to sign-post them to the relevant agencies.

Aftercare runs for 2 days per week.

Clients receive a very warm welcome and we love to know how they are doing.



Kimberley Wilson (Great British Bake Off) & Lynn Goodenough judging our annual client Bake Off competition.



The three strands of treatment at ANA

Wherever a client is in treatment, one or two of the following strands will be at the forefront of their day.

Health & Well being

This strand provides clients with the opportunity to learn how to support their own health and wellbeing without reliance on substances. It is evident in all aspects of an individuals' treatment programme. It is of vital importance to an clients, because it teaches them how to treat their body and mind in a nurturing way. This is all with the full support of the ANA medical and support staff.

Therapy and support

Therapy and support runs throughout treatment. At ANA clients are listened to. They have made the decision to enter treatment, build their resilience and recovery capital and learn how to live life free from addictive substances. ANA supports clients on this journey with a named and qualified focal counsellor as a key worker, one to one counselling, group work and group therapy; empowering clients to become self-sufficient. Additional one to one sessions are regularly available and clients can access their focal counsellor when needed.

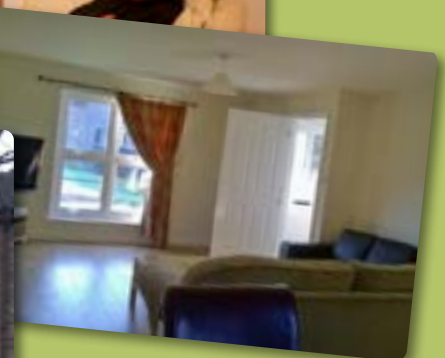
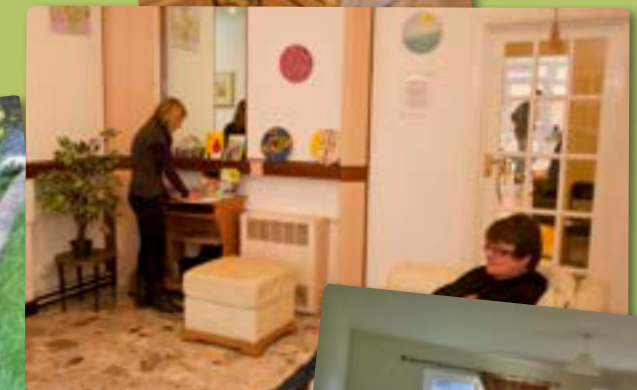
Life Skills

The life skills programme provides clients with the opportunity to develop the skills needed to function without reliance on substances. The programme is incremental in content and runs from simple to complex in parallel with an individual client's recovery. As with everything else at ANA, the programme is delivered with care and tailored to individual needs. Examples include nutrition and cooking, drink refusal and relapse prevention, communicating clearly, relationships, budgeting money management and understanding self and others.

For clients' comments about being at ANA visit our website: www.anatreatmentcentres.com

ANA Works – Recovery Housing

ANA Works provides medium term supported housing for people coming out of treatment and wanting somewhere great to live that is safe. The quality of our houses is excellent. Clients are expected to remain abstinent, work, volunteer or study and live well. We have properties in Portsmouth and West Sussex.



ANA Staff & Clients

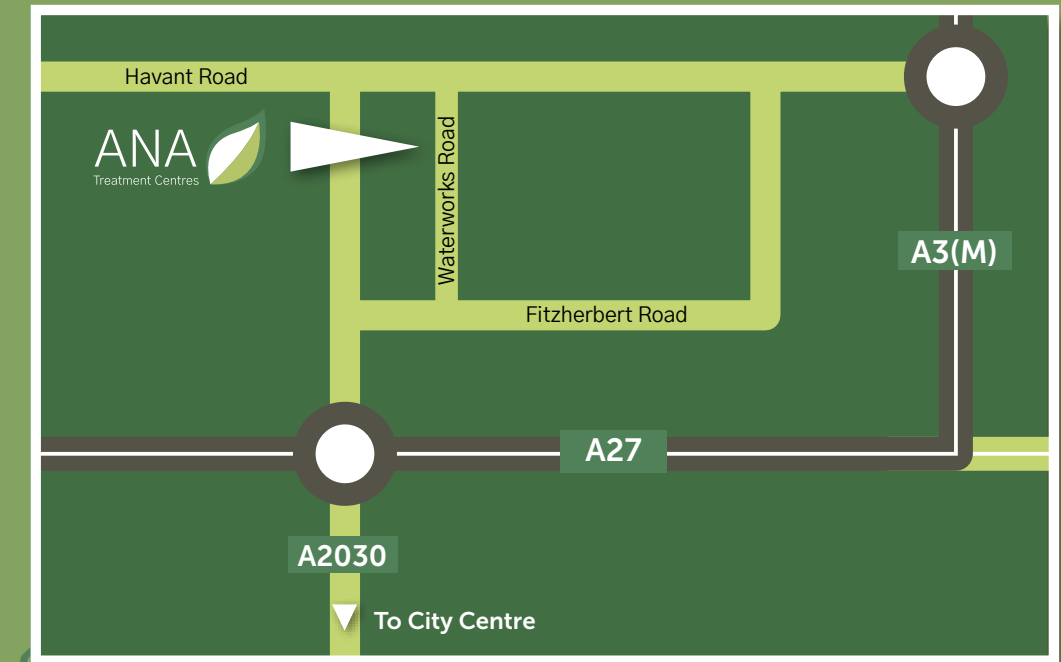


Partnership Working

ANA tailors programmes to suit individual client needs. We do this in partnership with:

- Safer Portsmouth Partnership
- Federation of Drug and Alcohol Professionals
- Highbury College Community Education
- University of Portsmouth School of Health Sciences and Social Work
- Trafalgar Medical Group
- Alcoholics Anonymous
- Narcotics Anonymous
- Cocaine Anonymous
- The John Pounds Centre
- Recovery Group UK
- The Recovery Trust

Client artwork





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