



BROADWAY
LODGE *est. 1974*
TRANSFORMING LIVES



Returning lives addiction has taken away

We know that the prospect of staying in rehab can feel daunting. But as the UK's longest established abstinence-based addiction treatment centre, we understand addiction and how to treat it. We LOVE what we do and we are passionate about helping people to begin a new journey in recovery.

Since 1974 our multidisciplinary team has helped to transform the lives of thousands of people, supporting them in their recovery from:

- Alcohol addiction
- Illicit drug addiction
- Prescription drug addiction
- Gambling addiction
- Sex addiction
- Gaming addiction
- Co-dependency

We work with clients compassionately using a wide range of interventions, counselling approaches and specialist treatments to help them to understand their addiction, address underlying causes, explore other presenting issues and to build confidence, self-worth and self-esteem along with healthy coping mechanisms for challenges faced.

Our team includes:

- Counsellors & Psychotherapists
- Registered General Nurses
- Registered Mental Health Nurses
- Nurse Prescribers
- Consultant Psychiatrist
- Health Care Assistants

Treatment Philosophy

Broadway Lodge is a residential, abstinence-based and compassion focused treatment centre for adults. Clients are immersed in a programme that provides a healthy mix of challenge and support, enabling them to develop a daily routine and to improve mental, emotional and spiritual wellbeing.

Our comprehensive integrated treatment schedule includes one to one counselling, daily group therapy sessions, holistic therapies and psycho-educational lectures and workshops, not to mention the 24/7 medical and peer support. Clients begin to work through the 12 Steps too, which has supported millions of individuals across the globe to continue a beautiful process of change and growth for many years after treatment.

Clients work with counsellors both individually and in a group setting to explore their addictive behaviours and to address their underlying issues. Clients learn to develop healthy coping mechanisms in a safe environment, without resorting to alcohol, drugs or other harmful behaviours.

Care is person-centred at Broadway Lodge. At the start of treatment clients are supported in establishing a detailed care plan to create a treatment experience tailored to meet their needs. Specific treatment goals are identified and regularly reviewed to monitor progress.

We support individuals with dual diagnosis where another condition co-exists alongside addiction such as depression, anxiety or PTSD and are also highly experienced in working with trauma.

“ Broadway Lodge get it right. The level of support is incredible. I was never comfortable in my own skin – I wasn't comfortable in the world. I feel a lot of comfort now... I can show up for life today and that's quite amazing after decades of isolation and addiction. **”**

Rachael, former client



Referrals & Admission

We accept referrals from individuals who self-fund their treatment and from drug and alcohol services who have secured funding for their service users. We also work with organisations who fund their employees' treatment for addiction.

A stay at Broadway Lodge can be from two weeks up to six months. We recommend a 12 week stay as the ideal duration to gain a solid foundation to recovery.

Clients can be referred for:

Detoxification Only – When an individual becomes physically dependent on a substance a medically supervised detox is often required for them to safely become abstinent. We can detox people from most substances and commonly detox clients from alcohol, opiates (including prescribed substitute medication e.g. methadone, buprenorphine/subutex), benzodiazepines (prescribed and illicit use), and prescribed medication e.g. pain relief. The length of the detox can be determined by our clinicians during the application process.

Detoxification & Treatment Programme – Once a client completes a detox with us they smoothly transition to begin the full, structured therapeutic treatment programme.

Treatment Programme Only – If an individual is not dependent on a substance which requires a detox, they can begin our structured therapeutic treatment programme for up to 24 weeks.

On the day of admission, a member of our friendly medical team will welcome the client and settle them into their room in our Gordon Beard Unit where they will usually stay initially. A suitably qualified clinician will carry out a thorough assessment and agree a treatment plan. There are a range of therapeutic interventions during time spent in the Gordon Beard Unit and after a settling in period, they will move into the main house to join up to 32 peers for the full therapeutic programme (if staying for longer than a detox only).

We understand that the prospect of living in a large house with new people can feel daunting. This is why all new clients are allocated a fellow peer to be their supportive 'buddy' for their first week in the main house, helping them to settle into their new surroundings and schedule.



Making a Private Booking

Booking privately with Broadway Lodge provides access to our fast track admission process to be able to start getting the help and care from our experienced multidisciplinary team quickly. All of our treatment packages can include a medically managed detoxification if this is required.

Our private treatment packages range in duration from a four week stay at Broadway Lodge to 12 weeks. Stays of less than 12 weeks are supplemented with a number of weekly counselling sessions afterwards, amounting to 12 weeks of our support in total.

We also offer a 2 week detox only stay for individuals who want a short stay to overcome physical dependency to alcohol and/or certain drugs in the safety of Broadway Lodge, cared for by our specialist 24/7 clinical team. Detox only stays do not include counselling sessions after leaving but there is unlimited access to our supportive online aftercare group sessions following treatment.

Please see our private treatment packages price list for more details or please contact us on 01934 815515 (9am - 5pm Monday to Friday) or email hello@broadwaylodge.org.uk to request further information.

How to book a private treatment package:

If you would like to book a stay with us or discuss a possible stay, please call our admissions team on 01934 815515 (9am - 5pm Monday to Friday).

We will ask you some questions over the phone and request a deposit payment to secure the booking which will be used as payment towards the total cost of your treatment.



Medically Managed Detoxification

While stepping into rehab and beginning a detoxification from a substance may seem frightening, it needn't be. A medically managed, inpatient detoxification is the safest way to overcome physical dependence to alcohol and certain substances.

Throughout detox, our experienced team of specialist nurses and health care assistants support clients 24/7. This team includes registered general nurses, registered mental health nurses and nurse prescribers. They monitor how the body responds to reductions in the substance (or substitute medication), and make adjustments if required to make the detox as comfortable as possible.

Auricular acupuncture is offered throughout detox. This safe treatment involves inserting very fine needles into specific points on the ear to encourage healing in other parts of the body and among many benefits, it is known to help to relieve pain, calm nerves, improve respiratory and digestive problems and ease headaches.

The duration of detox depends on the substance/s being used, how much is being used and the individual's current physical health. We are able to offer a guide during the referral process.

Therapeutic Interventions During Detox

Alongside medical care, a counsellor leads a daily therapeutic programme to support clients to start addressing the psychological part of addiction.

Therapeutic interventions include:

- ✓ Daily group therapy
- ✓ Workshops
- ✓ Individual interventions with a counsellor
- ✓ Auricular acupuncture to promote healing and relaxation
- ✓ Relapse prevention exploration
- ✓ Guidance to start working on the 12 Steps
- ✓ Therapeutic, addiction-related films
- ✓ Ex-resident shares

Along with support from counsellors, clients have access to see our Consultant Psychiatrist if appropriate.

A typical day in the Gordon Beard Unit

New clients will usually initially stay in our 10-bed Gordon Beard Unit which is next to our main house (where the full therapeutic programme is based) and staffed 24/7 by our specialist medical team. Alongside medical care, clients are encouraged to engage in a therapeutic schedule where they develop a healthy routine. There is a counsellor who leads a therapeutic programme every day in the Gordon Beard Unit.

Morning

After getting ready for 08.15am, clients help themselves to a selection of different breakfast choices including fresh fruit, yoghurts, cereals and toast. Following breakfast, there is a morning reading where up to 10 peers gather to listen to a thought provoking, inspirational extract from one of our enlightening books. This is followed by a small but powerful group therapy session and after working on an assignment as a small group, there is free time before lunch to relax or work on the 12 Steps.

Afternoon

After lunch, there may be a chance to experience a peaceful escape by receiving auricular acupuncture (renowned for its healing benefits). Clients can choose to work on an assignment or take a break by reading a book, chatting with peers or sitting outside to reflect and breathe in the fresh air.

There will either be a group therapy session, a meditation class or a workshop. Workshops are usually educational and interactive sessions where clients can explore their own ideas and experiences with others. The workshop topic could be relationships, anger, self awareness, identification, emotions or relapse prevention for example. Sometimes it can be a creative session. There may also be a 'feelings check' where the group will gather with a counsellor to each share how they are feeling.

In between group sessions clients may have a private one to one appointment with a counsellor.

Evening

Following evening dinner, the group might watch a therapeutic DVD or have alone time to catch up with family and friends using a personal mobile phone (permitted at allocated times). On Saturdays, a former Broadway Lodge resident will return to share their story.

This is an example day and the schedule is subject to change.

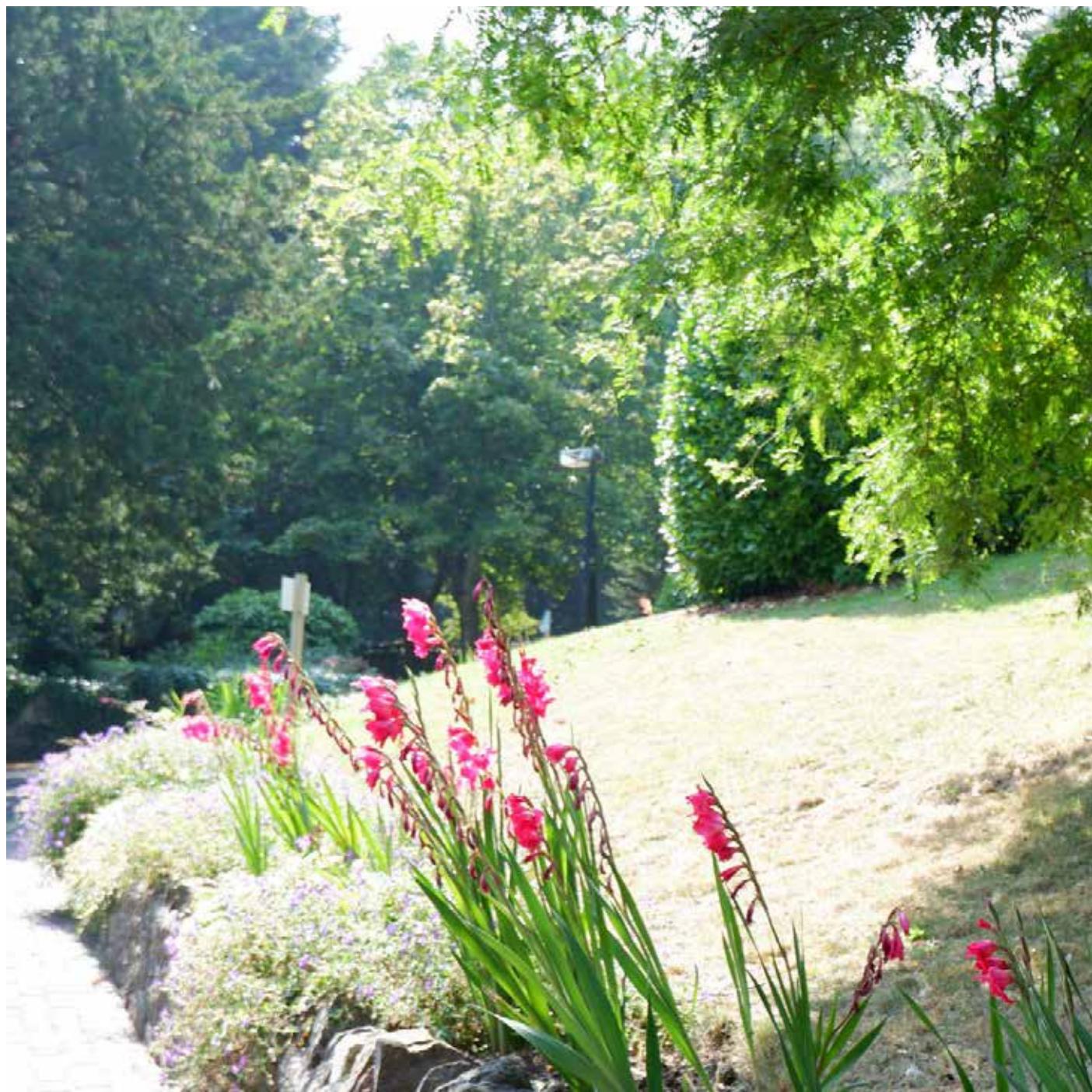


Bedrooms in the Gordon Beard Unit are twin occupancy that can be shared with same-sex peers, and each has an en suite bathroom.

“ As parents of an adult son in his early 20s, finding out about his addictions plunged us into a terrifying world we knew nothing about. Our son needed help far beyond what we could provide for him. Finding somewhere that he, and we, could trust to help him was overwhelming. How do you make that kind of decision, particularly in the middle of a pandemic. If any other parent finds themselves in that position, please choose Broadway Lodge. Our son arrived there broken and terrified. He has emerged 12 weeks later as a young man full of hope, purpose and an understanding of the many complex reasons for his addictions. He also has a network around him that will support and nurture him as he builds his new life. As parents, letting our son go was difficult and coming to terms with the fact that despite all the love, we had played a fundamental role in why our son sought answers in drugs had the potential to overwhelm us. However, the absolutely superb, sensitive and skilled counselling that our son received during his time at Broadway helped him and consequently us, navigate a path through this. We have emerged with the love still intact and with a relationship that is healthy and enables our son to grow and become the wonderful young man that he deserves to be.

Finally, Broadway Lodge continues to support our son through their aftercare programme. Knowing that he has this alongside him as he takes his next steps is something that I cannot express my gratitude for. Broadway Lodge is a place that has loved, nurtured, challenged and supported my son and so if there are any other parents out there having to make a decision they never expected to have to make, I do not hesitate to say, choose Broadway. ”

5 star Google review





Therapeutic Treatment

This is where transformational change really happens! In therapeutic treatment, clients follow a powerful, structured programme every day.

The full therapeutic treatment programme at Broadway Lodge is a structured, compassion focused psychological programme. Clients join up to 32 peers in our main house and partake in a powerful, daily schedule of group and individual work that enables them to understand their addiction and triggers. They address the root cause of their addiction and any other presenting issues that they find challenging in order to develop healthy coping mechanisms, move forward with their life and gain the tools to sustain their recovery for the long term.

In between group sessions, clients may have appointments with their focal counsellor for one to one counselling sessions. On average, clients receive two of these sessions each week but at times this may increase in order to support their individual needs throughout their treatment journey.

**dependent on length of stay*

- ✓ Daily group therapy
- ✓ One to one counselling
- ✓ 24/7 staff support
- ✓ Tailored care plan developed for individual needs
- ✓ Psycho-educational lectures
- ✓ Variety of interactive, educational workshops
- ✓ Personalised assignments
- ✓ Therapeutic films
- ✓ Relapse prevention
- ✓ Mini groups and gender groups
- ✓ Trauma group
- ✓ Compassion focused therapy
- ✓ rTMS therapy* (available to purchase additionally)
- ✓ EMDR*
- ✓ Hypnotherapy*
- ✓ Reiki
- ✓ Massage
- ✓ Auricular acupuncture
- ✓ Yoga
- ✓ Calming meditation
- ✓ Support to work through the 12 Steps
- ✓ Ex-resident shares
- ✓ Fellowship meetings
- ✓ Walks and leisure activities

A Typical Day in Therapeutic Treatment

Morning

Each day begins at around 7.20am and after getting ready, clients help themselves to a selection of different breakfast choices including fresh fruit, yoghurts, cereals and toast. Following breakfast, there may be a community group where all peers meet with a counsellor to talk about how they feel and to discuss any issues being experienced in the house. Other days there will be a psycho-educational lecture about an addiction or self awareness topic. This is followed by a powerful, 60-minute group therapy session. The remainder of the morning usually consists of time to relax, time to work on an assignment, having a mindful break with auricular acupuncture or attending a one to one intervention.

Afternoon

After lunch, clients can choose to work on an assignment or relax by reading a book or chatting with peers. Several times a week clients can opt to take advantage of the fresh, coastal air by going for a walk with some peers or there may be a yoga class to take part in.

There is another group therapy session in the afternoon and on some days there will be a workshop. These are usually educational and interactive sessions where clients explore their own ideas and experiences with others. The workshop topic could be relationships, anger, self awareness, identification, emotions or relapse prevention for example. Other times, a workshop may be music or art-based, offering a chance to express feelings in an alternative way to writing or talking.

Evening

Following evening dinner, clients may watch a therapeutic DVD, listen to an ex-resident share or go to a Fellowship meeting. If a peer is completing treatment there will be a traditional medallion ceremony to wish them well in their onward journey, or another community group. There are also a range of games to play before bed, such as table tennis, board games and Nintendo Wii, or some clients might choose to check in with friends and family using their personal mobile phone (when permitted).

This is an example day and the schedule is subject to change.



Treatment Completion and Aftercare

Before a client completes their transformational treatment experience at Broadway Lodge, we provide them with advice and support for maintaining abstinence and assist in their preparation for their next stage - whether it's to return home or relocate somewhere new - so that they have the tools and knowledge to be able to sustain their recovery for the long-term.

Prior to treatment completion, clients are supported to move on to third stage accommodation if they choose. Broadway Lodge own two four-bed houses in Bristol and have links with many other third stage (often referred to as 'dry house') providers.

All former clients are welcome to access our weekly online and/or in-person aftercare groups after treatment completion. These group therapy sessions can help former clients to stay on track with their recovery and they provide a space to talk through any challenges being experienced with the support of a counsellor and other participants.

“ Broadway Lodge is not just a rehab where you go to get clean and give up your addiction, Broadway Lodge is a school for life. It's a place to go and figure yourself out and find out the root causes of why you can't stay stopped, why you always go back to your addiction... Broadway Lodge doesn't just offer you a bit of clean time under your belt, Broadway Lodge allowed me to work on myself, to see my defaults, to work on them, to stop carrying around childhood shame that wasn't mine to carry, to realise that I'm worth it and that I can have normality, that I don't need to turn to drugs or drink. It's made me stronger, wiser, more rounded, accepting and above all, has given me a choice. Today I don't need drugs or drink in my life. Broadway Lodge has built me up into a person - one ready for anything. **”**

5 star Google review

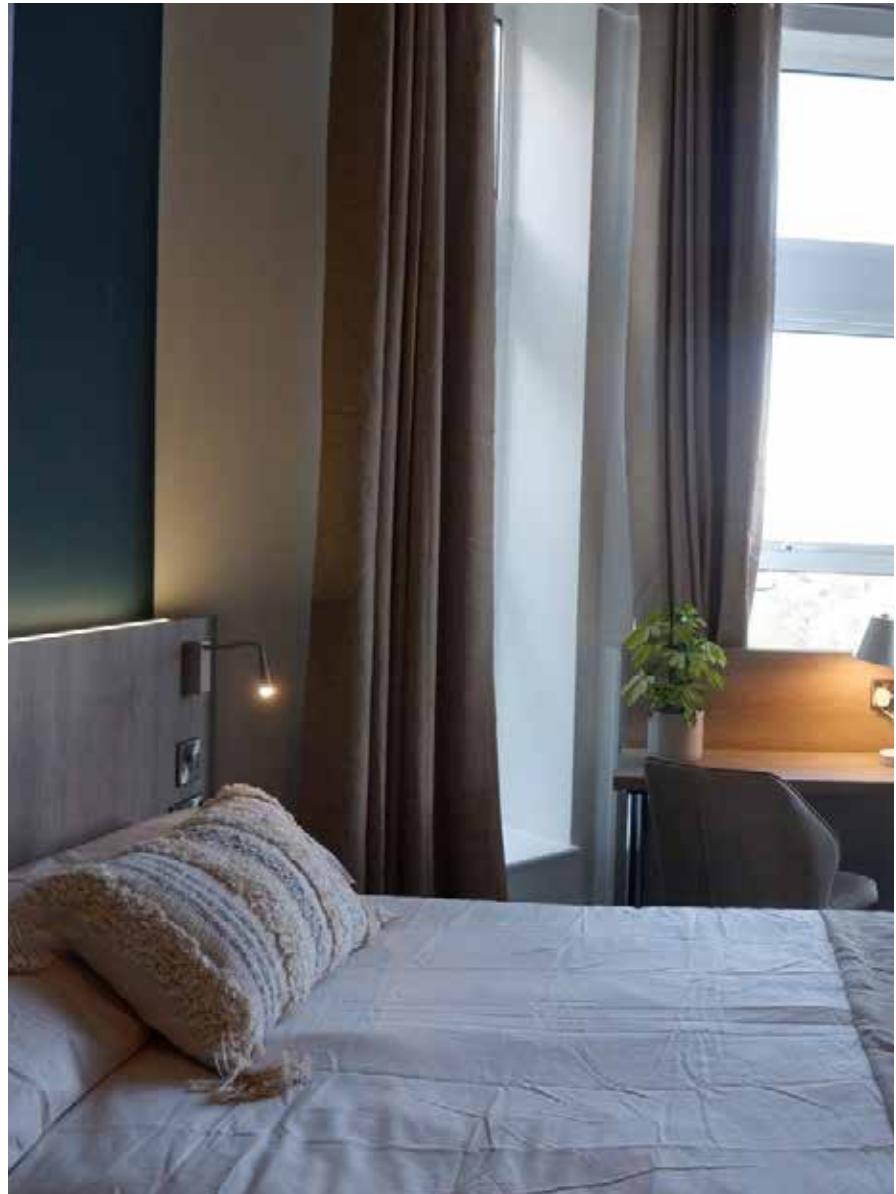


Accommodation

Bedrooms in the Gordon Beard Unit (where clients initially stay) are twin en suite and in the main house there are 14 single occupancy bedrooms (many of which have an en suite), as well as twin and four-bed rooms that are shared with same-sex clients.

Addiction is an isolating illness so sharing a room provides valuable 24/7 peer support which is a beneficial part of the treatment process. We understand the reservations people can feel about the prospect of sharing but we often find these feelings soon disappear as highly supportive relationships are built. We are able to guarantee a single room in the main house for private bookings if requested (additional cost applies and subject to availability). Both buildings have a lift and wheelchair-accessible rooms.

The gardens at Broadway Lodge have various seating areas to reflect and relax.



Connections in Treatment

The relationships built with peers and the learning that comes from this is an important aspect of treatment. It is common to find that the identification that comes from being with others helps the healing process from painful experiences in the past, present and in active addiction.

“ In all honesty the care, counselling and entire experience far exceeded my expectations and hopes. I funded myself privately and so this was an expense financially and with time away from work. I can whole heartedly say it was very much worth it on all levels. I have had numerous different counsellors and therapists prior to Broadway Lodge but the ‘Miracle Mansion’ is at a much, much higher level. From start to finish you feel cared for, pushed, educated and supported. ”

5 star Google review





Broadway Lodge

Frequently Asked Questions

Q. Do you allow visitors?

If a client would like to arrange a visit, this happens on a Saturday or Sunday and is planned in advance once approved by the individual's focal counsellor. Visits are usually approved for clients staying for over 4 weeks.

Q. Can clients use their phone?

Mobile phones can be used at allocated times during treatment.

Q. What should clients bring for their stay at Broadway Lodge?

Towels, toiletries, personal appliances (hair dryer, shaver, toothbrush etc.), bank card, DWP information (if applicable), money for at least a week to buy items from the local shop, casual, comfortable clothing (including nightwear, coat, dressing gown, slippers), cigarettes/vape, MP3 player, a book to read in spare time, four weeks prescribed medication (if applicable).

Q. Do clients have to pay for anything extra during treatment?

Treatments available at Broadway Lodge as well as all main meals and drinks are included in the cost of treatment, other than rTMS therapy which is available to purchase additionally if eligible.

Q. Do you offer payment plans or financial help?

Unfortunately we are not able to offer payment plans or financial help to pay for treatment.

Q. Do you offer support for loved ones?

Yes, we hold an educational and supportive family programme once a month, usually on the third or last Sunday of the month (10am - 4.30pm). It's held online, led by a counsellor and anyone affected by a loved one's addiction is welcome to join. Please contact us for more information if you are interested.

Q. How experienced is the team regarding mental health?

Staff at Broadway Lodge are experienced in supporting clients who have a mental health illness (e.g. anxiety and depression), that co-exists alongside addiction. Some of our nurses are Registered Mental Health Nurses and we also have a Consultant Psychiatrist who runs a clinic at Broadway Lodge. Counsellors work holistically with clients so while the addiction is addressed they are also supported to take a deep look into other presenting issues and unhelpful patterns of thinking and behaviour.

Q. Do you have to be religious to do the 12 Steps?

No - the 12 Steps is a spiritual model that can be applied by anybody (religious or not).



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