

A close-up photograph of a person's hand, palm up, holding a small, dark, round object. The hand is positioned in the lower half of the frame. The background is a soft-focus outdoor scene with green foliage and a bright blue sky. A large, diagonal geometric overlay in shades of blue and green covers the top and right portions of the image. The text "GRACERECOVERY" is centered in the middle of the image, with "GRACE" in dark blue and "RECOVERY" in a lighter blue.

GRACERECOVERY



*"Enabling a future where
anyone can find recovery
from addiction, restore
connection with their
families and community
and live a life with dignity,
hope and purpose"*

"All of our support team are in long term recovery, we know how daunting treatment can seem, but it actually isn't, the hardest part is reaching out for help. If you are considering treatment, pick up the phone, chat with someone who has been where you have, it could just save your life"

Steve Hatch
Registered Manager



Welcome

Seeking treatment for addiction is the most important first step towards recovery, residential rehabilitation is a preferred option for many.

At Grace Recovery we understand that finding the right treatment centre for you can be daunting, our team has been helping people find lasting recovery for over a decade. Established since 2009 Changes UK was created by Founder and Chief Exec Steve Dixon who following his own recovery in 2004 wanted to create a service that was dedicated to supporting individuals, families and communities recover from the devastating impact of addiction and poor mental health.

We understand exactly how you are feeling as you embark on these first steps towards a life free from addiction, our highly skilled and dedicated team are with you every step of the way supporting you and your family walk towards the life you deserve.



“ *Everyday in
recovery is a miracle,
you have given me
my life back* ”

Addiction does not discriminate

Addiction can happen to any one of us during our lifetime, our programme has helped hundreds of people sustain long term recovery because we understand that there is no quick fix, working with clients to help them understand the underlying causes of their addiction whilst working through their psychological and emotional health to break old ways of thinking that improve self-confidence, sense of purpose and belonging.

Your treatment plan is bespoke to you, your needs and your budget, our integrated model of recovery is firmly rooted in a traditional abstinence-based approach to recovery where your journey may have begun with clinical detoxification. In these early stages our expert team, many of whom have been exactly where you are today will ensure you receive the safest possible treatment and care tailored to your requirements so that you can move onto the next step of rehabilitation.



Our Approach

We understand that the problematic use of substances is often a response to difficult or traumatic life experiences. We also understand that the key to sustaining long term recovery is anchored in the insights and values we hold about ourselves, our sense of purpose, belonging and connection with the world around us and ourselves. Our model is 'trauma informed', that is we recognise the signs and symptoms of trauma, and the impact it has on our clients and their families and how important it is for our clients to feel safe. Our team at Grace Recovery will support you with understanding, kindness and compassion to enable you to build trust, make your own decisions and connect with others that have been where you are. This understanding is embedded in all we do and evident in all of our interventions, policies, and procedures restoring a sense of safety, power and worth in our clients reducing the likelihood of re-traumatisation.



The three pillars of our therapeutic program are:

- Abstinence based peer led recovery
- Eclectic use of low-level CBT and motivational interventions
- Community psychology approaches that focus on physical and social well being



Many of our clients require a compassionate and understanding approach, having experienced traumatic experiences in their lives. At Grace Recovery when you walk through our doors we ask not what's wrong with you, but what has happened to you?

Our programme follows an integrative therapeutic approach targeting addiction and co-morbidities. Our innovative approach is based on the latest research in addiction, neurosciences, anthropology and psychology, looking at the mind, body and environment including relapse prevention, MI, CBT, DBT, systemic approaches and trauma work.

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In addition, our programme includes:

Movement and Nutrition - psychoeducation and physical training techniques to benefit from the behavioural and neurobiological benefits of physical exercise, as well as to boost coping skills, resilience, body confidence, and body appreciation.

Environment - Lifestyle and behavioural changes, building connections with self, others, and the environment and community around us.

Family integration, dynamics and connection -

Connection with recovery community, mutual aid groups and 12 step programme.



- Thoughts log/ cognitive distortions
- Meditation/ mindfulness
- Breathwork
- Family, relationship dynamics
- Emotional awareness and interoception (fear, guilt & shame)
- Emotional regulation and distress tolerance (DBT skills-based)
- Behavioural change



Our team, dedicated to your care

Residential treatment provides the highest level of rehabilitation for clients struggling with dependency. Our integrated package of care begins with our multi-disciplined team getting to know you and understanding your situation. We will evaluate your medical and mental health and substance use history in order to design and agree an individualised treatment plan for you. With your permission we may also talk with your family members, loved ones and consult with professionals you may already be working with to address your needs and challenges.

Addiction affects your mind, body and spirit, developing a strong therapeutic alliance and establishing trust and confidence during your treatment process increases the likelihood of sustaining long term recovery. Throughout your treatment journey you will have access to a multidisciplinary team who will provide you with a holistic treatment programme that may include:

“ *My life today has purpose and I will be forever grateful for that* ”

Community (GP) Practitioner
Community mental health team
Psychologists
Addiction counsellors
Nutritionists
Wellness and fitness experts
Recovery practitioners



Programme Features

Our long-term recovery rates are some of the highest in the country, our nationally recognised, evidence-based integrated recovery model is unique in that we use a range of bespoke approaches to suit your individual needs.

Your programme will include access to a range of evidence-based psychological interventions to help explore your addiction and address the underlying issues. Here you will learn about core recovery concepts and begin practicing recovery principals within a safe and supportive environment. Each day you will be given a schedule of treatment activities, appointments and services tailored to meet your specific recovery needs and goals. These along with our wide range of therapeutic and holistic modules will help you to develop healthy coping mechanisms that will enable you to sustain your recovery.

One to one counselling

Group Therapy

Eyes Movement Desensitisation

Reprocessing (EMDR)

Cognitive Behavioural Therapy (CBT),

Dialectical Behavioural Therapy (DBT)

Acceptance Commitment Therapy

Interpersonal Therapy

Mindfulness Based Cognitive Therapy

Motivational Enhanced Therapy

Motivational Interviewing

Twelve Step Facilitation

Relapse Prevention

Art therapy

Drama Therapy

Functional movement

Sleep Therapy



Referrals and Admissions

It can feel daunting to make that first call for help, our admissions process enables us to understand your own situation and needs, ensuring we are able to provide care that is tailored to your specific needs and requirements. Our admissions team are dedicated to ensuring you are informed of all of our treatment packages and know what to expect from the beginning of the referral process through to admission so that you can make an informed decision whether we are the right treatment centre for you.

Our integrated recovery model includes residential rehabilitation, your treatment is bespoke to you, our admissions team will discuss the length of your stay to suit your needs when time and budget are factors to be taken into consideration.



"I lost everything, sleeping on the streets, eating out of a skip. I'd lost all hope of any kind of future. Changes UK gave me my life back, helped me be a father to my son and to become the man I always should have been"

Ben Palmer

Referrals & Admission Manager



Our Residential Rehabilitation Facilities

Situated in the centre of the Midlands and easily accessible from anywhere in the UK, Grace Recovery is set within a beautiful, spacious Georgian building in the very heart of Edgbaston providing rehabilitation from a range of different substances in a peaceful and welcoming environment away from the distractions.

Each of our residential rooms at Grace Recovery are spacious and comfortable with ample room to read, exercise, study and reflect.

On site at our facility, you will have access to a large communal lounge and dining area to ensure connection with one another and tranquil outdoor grounds where you can reflect and connect with nature.

Comfortable group therapy and private counselling spaces ensure the most discreet and private therapy areas to explore feelings and address issues that arise through your treatment journey with your dedicated Recovery Practitioner.

Additional activities include access to a programme of physical activities including but not exhaustive of running, cycling, functional mobility and nutrition for a healthy balanced lifestyle.



Moving On

Often following the first phase of residential treatment at Grace Recovery some clients chose to spend an additional period of time with us, this can be a stepping stone to living independently in the community. Our community of supported accommodation gives clients the opportunity to explore their interests, further education and learn new skills whilst living in a supportive and safe environment with access to continued care and expertise.



Frequently Asked Questions

Do you support men and women?

We provide treatment to men and women over the age of 18 and accept applications from both private and funded individuals from a range of different backgrounds.

Our programmes are suitable for individuals seeking an abstinence-based residential treatment programme to achieve lasting recovery from drug and/or alcohol addiction.

How long do your treatment programmes last?

We offer a variety of treatment options to meet your individual needs, our residential rehabilitation programme which can last from 8 to 24 weeks.

Can I self refer?

Yes, an application form can be accessed here www.gracerecovery.co.uk

or our admissions team can be contacted on 07944 509648
or enquiries@gracerecovery.co.uk

What is the cost of treatment?

We offer an affordable route to recovery which can be paid privately or through a referral from your local authority, GP, private health care insurance or workplace.

The cost of your treatment can vary dependent upon what stage of treatment you enter and the type of accommodation you choose. Our admissions team will be happy to talk you through all the options.

Can my employer refer me?

Yes, we work with a number of employers.

Will I have my own room?

We offer both single and shared occupancy at Grace Recovery.

Is there ongoing support once I have completed my treatment?

Our team will help you identify sources of on-going help once you have completed your treatment along with weekly zoom or in person aftercare sessions for a period of 6 months following treatment facilitated by our experienced practitioner team.

We understand that addiction is a family illness, family groups are accessible throughout and beyond your treatment.

How successful is your programme?

Our nationally recognised, evidence-based model is unique in that it uses a range of bespoke approaches to suit clients individual needs.

Our long-term recovery rates are some of the highest in the country with 85% of clients remaining abstinent following 6 months of admission.



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