


NEW OAKWOOD LODGE DERBY



Safe, structured support for people wishing to address their problematic drug and/or alcohol use, improve their mental health and quality of life.

**PHOENIX
FUTURES**

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AN ENHANCED THERAPEUTIC COMMUNITY

New Oakwood Lodge is a new CQC-registered residential treatment service designed to support people whose mental health hinders their ability to benefit from drug and alcohol treatment and vice versa.

Every part of the service is designed to support people who experience co-existing mental health and substance use through a blended approach to mental health and substance use treatment.

Set in a psychologically informed environment the lodge boasts modern and spacious accommodation within 4 Acres of beautiful mature gardens and a highly experienced team providing a safe and supportive environment for people to begin their recovery journey.



Located in Oakwood, a quiet village on the outskirts of Derby within easy reach of local amenities. Find us at DE21 4TB

As the largest state funded provider of residential rehabilitation in the UK Phoenix Futures are dedicated to helping people, families, and communities recover from drug and alcohol problems. We have learned much as an organisation over the last 50 years and use that wealth of knowledge to create a bright and brilliant new future for those in need of hope today.

THE PROGRAMME

At New Oakwood Lodge we are proud to offer residents the opportunity to be part of an Enhanced Therapeutic Community supported by our highly experienced team of staff.

Our dedicated team will offer a structured model of care in a psychologically informed environment where social relationships, daily structures and a variety of activities are all deliberately designed to support health and well-being. Engaging in this interdependent form of group living helps people to have a more fulfilling life and achieve their maximum social potential.

Our treatment programmes last between 3 & 6 months. We can also provide medically monitored detoxes from substances including opiates, benzodiazepines and alcohol.



A BLENDED APPROACH TO MENTAL HEALTH AND SUBSTANCE USE TREATMENT.

We recognise that many people enter residential rehabilitation with a range of unmet needs co-existing with their substance use. Our evidence-based programme is designed utilising research, data, and lived experience feedback to provide a focussed treatment programme underpinned by key psychosocial and psychological interventions.

The multi-disciplinary team made up of a Psychologist, Counsellors, Registered Mental Health Nurse and Therapeutic Workers will devise an individualised care plan together with each Community Member. The care plan will bring together psychological interventions focused on treatment of trauma including Cognitive Behavioural Therapy to support with anxiety, depression, and emotional regulation. Close support provided by the full team enables the person to be cared for in a supportive and safe environment .



We welcome anyone over the age of 18 looking to address their substance use

FACILITIES:

Based in an elegant Georgian property the lodge boasts 38 single occupancy rooms with en-suite bathrooms. Designed to high standard with comfort and quality in mind the rooms provide privacy and tranquillity to support people on their recovery journey.

The ground floor offers accessible rooms and facilities including ensuite wet rooms for people with mobility needs.

The Lodge also provides spacious and well-appointed area's dedicated for groups and one to one Counselling sessions, comfortable recreational areas, an open courtyard dining space, a well-equipped gym and move on shared cottage accommodation for those coming to the end of their programme.

The grounds of the lodge are set in 2.5 acres of beautiful mature gardens which in addition to providing a serene space for residents will also provide a wonderful setting for our Recovery Through Nature activities .



CONTACT US TODAY TO FIND OUT MORE OR TO MAKE A REFERRAL:

New Oakwood Lodge, Derby

Call us on 01332 653 761

Email us at derby.residential@phoenixfutures.org.uk

New Oakwood Lodge

Morley Road

Oakwood

Derby

DE21 4TB

Phoenix Futures brings positive change in the lives of people, families and communities affected by substance use. We reduce the impact of drug and alcohol related harm and support the people who use our services to rebuild their lives. Our purpose is achieved through the skills and dedication of our staff and volunteers.