

USEFUL CONTACTS

Alcoholics Anonymous Helpline

0845 769 7555

www.alcoholics-anonymous.org.uk

Narcotics Anonymous Helpline

07071 22344 or 0300 999 1212

www.ukna.org

Cocaine Anonymous Helpline

0141 959 6363 or 0800 612 0225

www.cascotland.org.uk

Smart Recovery UK

www.smartrecovery.org.uk

Access to Industry

0131 260 9721

www.accesstoindustry.co.uk

Scottish Recovery Consortium

www.scottishrecoveryconsortium.org

Addiction Recovery App

www.arcapp.co.uk

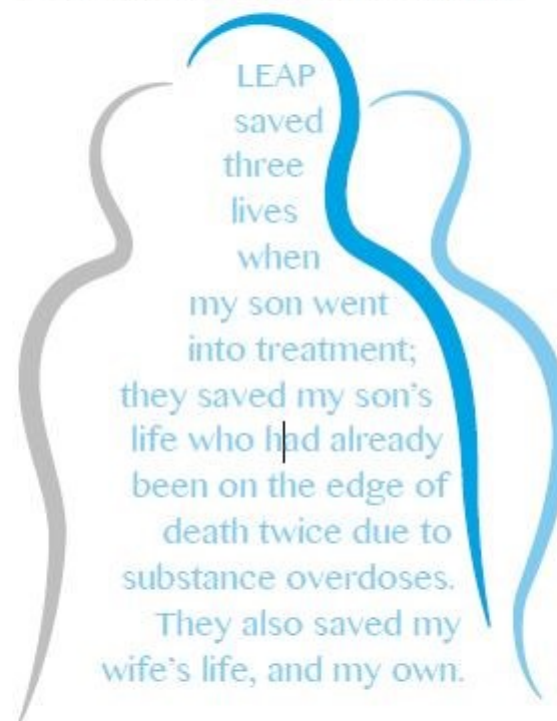
CONTACT

Woodlands House, 74 Canaan Lane
Edinburgh EH9 2TB

Tel. 0131 446 4400

Email

leap.programme@nhslothian.scot.nhs.uk



RIGHT NOW

We suggest you check out a few mutual help meetings in the meantime.

Use one of the contacts above for more information.

Choose leap
Choose life

Lothians & Edinburgh
Abstinence Programme

Patient Information

What is LEAP?

Leap is a programme for people who are dependent on alcohol and/or drugs (prescribed or illicit) who want to achieve a drug and alcohol free recovery.

What is in the programme?

LEAP is a three month long therapeutic community programme based at Woodlands House in Edinburgh. The content includes detoxification, group work, one to one sessions, workshops, presentations, education and employability, recreation and relaxation. Where appropriate we will involve family members. It's a busy programme and you will need a lot of motivation and energy to take part.

Who is it for?

It's for patients living in Edinburgh and the Lothians whose alcohol or other drug use is causing problems, or for those who want to move on from maintenance treatments.

Will I get a detox?

If possible we'd like people to be admitted having already had a detox in the community. Alternatively, we will offer a detox to suitable patients from small amounts of methadone (30mls or less), from diazepam (20mg or less), buprenorphine (16mg or less) and from alcohol where needed. Some detoxes happen in the Ritson inpatient unit prior to transfer to LEAP.

Is it residential?

The City of Edinburgh Council works in partnership with NHS Lothian to provide 'drug-free/sober' supported accommodation for the three months of the programme. This is based at Randolph Crescent Hostel in the city centre where housing officers and hostel wardens will support you on a variety of issues. Some patients may be able to attend the programme from home.

How do I get onto the LEAP programme?

You will need to be referred. A referral can come from your GP, a social worker, a specialist or voluntary-sector agency or from any professional involved in your care who can send us some information about your background and circumstances. You will be invited to attend an information session at LEAP and if you fulfil the criteria for assessment you will be offered an appointment to start the assessment process.

What is involved in the assessment?

For Edinburgh patients, a Social Worker from the RRT team will meet with you weekly to assess your needs and you will be referred to a weekly 'Prep for Rehab' group. For patients outside Edinburgh your assessment will take place with a member of the LEAP team. The assessment will gauge how motivated and ready you are to undertake a rehab programme. You must attend all appointments. For some people, this may not be the right time to start a rehab programme if this is the case we can support you in accessing community services.

What else might help?

You are likely to find it helpful to start going to mutual aid groups (e.g. Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous or SMART Recovery). You will also find it helpful to access other community recovery resources to support your recovery.

What about evenings and weekends?

The programme is seven days a week. At weekends things are a bit more relaxed and there will be recreational activity. Attendance at mutual aid groups in the evenings and at the weekend is part of the programme as evidence shows this is effective in reducing relapse risk as well as improving mental health.

What happens when I finish?

On graduating from the programme you will develop a two year aftercare plan. We have aftercare sessions daily at Woodlands House and one session weekly in West Lothian. Apart from our main groups there are groups for women, for managing anxiety, for those who need to work on relapse prevention and coping skills and for practising mindfulness. It is recommended that you attend at least two of these weekly. One to one sessions are also available in aftercare and Cognitive Behavioural Therapy is also offered where required.

Choose leap
Choose life

Recovery from drug & alcohol dependence is real.
Hundreds of us have done it at LEAP.