

Secondary Care Addiction Service



At The Elphis, we understand the essential role that a simple word plays in any successful recovery – **hope**.

The Elphis offers a unique service for people who have completed the first part of their addiction recovery journey and who seek to sustain their initial progress. We understand that the next step in your recovery journey can be daunting, as you reintegrate yourself with friends, family and colleagues.

The Elphis provides the perfect setting to support this transition towards a brighter future, enabling your hopes for a fulfilling life in recovery to become reality.

You have achieved so much already – now your recovery journey continues at The Elphis.

We support you by:

- + Reinforcing and building on the techniques learnt during primary treatment
- + Offering additional therapy to support specific areas of concern, relating to your reintegration back into your everyday life e.g. relationships, traumas and cross addictions
- + Providing a structured transition back into family living, supporting both you and your family to ensure true healing for everyone
- + Helping you to develop return-to-work plans, and supporting you to put these into practice
- + Re-establishing a support network with a culture of care and understanding
- + Building relapse prevention into your daily life, to prepare you for whatever occurs
- + Focusing on rebuilding your daily life skills in a safe and comfortable environment
- + Developing a realistic 'life-plan' to help set a future direction for your return back to your day-to-day life
- + Assisting with recovery from additional mental health challenges

Helping rebuild life skills

We encourage our clients to take an active role in the running of The Elphis, to help you rebuild a sense of responsibility and independence and re-develop skills for the daily tasks that may have become unfamiliar.

This includes preparing meals, shopping and taking control of finances, all of which will be supported as part of your life-skills programme.

Therapy programme at a glance

- + Community-based structure, supporting your transition from a 28-day programme back into your daily life
- + Combination of group and 1:1 therapy, tailored to your individual needs
- + Trauma therapy, with a focus on developmental / attachment trauma, and single and multiple event trauma
- + Support in developing return-to-work plans and putting this into practice. In addition, working during your stay is promoted and can be accommodated
- + Family therapy and couples therapy - a focus on the client's relationships is fundamental to the programme
- + A focus on other underlying issues such as bereavement and grief, anger management, self-esteem and co-dependency
- + Integrative therapies, drawing on different client centred therapy approaches, such as relational, transactional, cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT) and yoga
- + External support meetings such as Alcoholics, Gamblers, Co-Dependents and Narcotics Anonymous
- + Acupuncture to support your mind and spirit



Helping you to rebuild family life

A major part of recovery involves developing a strong support network, so extending our support to your loved ones is a vital part of The Elphis programme. Addiction is often termed as a family illness because everyone can be subconsciously affected, whether they want to be involved or not.

Home visits are also incorporated into the programme, which may include overnight stays. This will allow you to enjoy a smooth process of reintegration back into family life.

Enquiries and further information

If you would like more information on The Elphis or to make an enquiry, speak to your ATP team or:



Call: 0208 906 7560



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