



**Salus**  
WITHNELL HALL



# **Salus Withnell Hall**

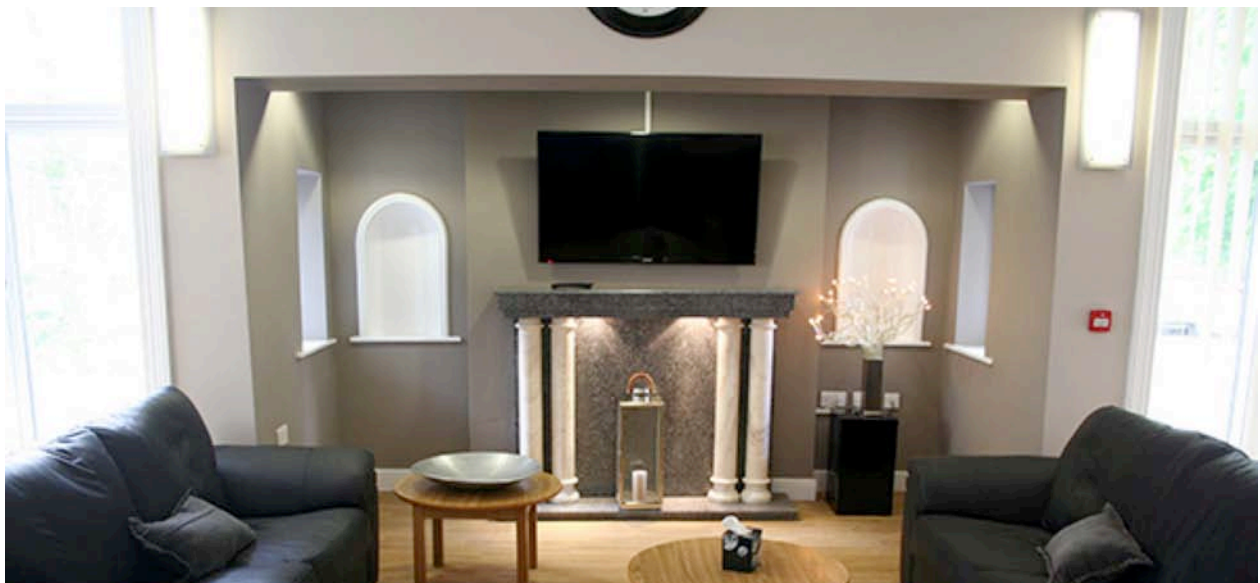
**TRAUMA, WELL-BEING AND  
ADDICTION CENTRE**

**A place to Restore, Renew,  
Re-connect and Recover.**

**PROGRAMME GUIDE FOR PEOPLE  
RECOVERING FROM ADDICTION**

# Contents

	Page
Our Statement of purpose and philosophy	3
Why choose Salus Withnell Hall	4
What we offer	5
Programme Overview	6
Personalised Programme Planning	7
Families and Visitors	8
Facilities, Services and Inclusion	9
Referrals and Admissions	10
Respecting & Promoting Diversity	11
Compliments, Concerns & Complaints	12
Contact Details	13



## Our Statement of purpose and philosophy

Salus Withnell Hall is a 41 bed residential trauma, wellbeing and addiction centre situated in a picturesque area on the edge of the Trough of Bowland outside Chorley. The Hall is set in 14 acres of beautiful grounds and woodland. Local shops are within 1 mile as are a full range of leisure and recreational facilities. The Hall is near to a well established bus route and is only 4 miles from the M61. The building is accessible to people with mobility problems (including wheelchair users).

The centre offers people (aged 18 years and over) personalised, structured programmes of varying length (4 – 36 weeks) dependent on assessed needs and available funding. The core programme (90 days) can be modified to meet specific, agreed resident needs. All programmes promote resident health, wellbeing and empowerment. Each resident receives holistic support as we work with each person to understand the range of issues and problems they face as they address the causes and consequences of their addiction. As part of this work we offer therapeutic services which support people to identify and begin to address trauma that may have contributed to their addiction.

More generally, the experienced professional staff at Salus Withnell Hall work with residents to provide a safe, enabling environment that promotes self-help and mutual support. Supporting people as they learn to live differently and improve their quality of life along with other people working to be free of their addiction. As part of this all residents are expected to:

- be actively involved in their programme, taking ownership and responsibility for the changes they need to make to continue their recovery from their addiction
- develop and maintain positive, pro-social relationships with peers and staff that contribute to the safety and wellbeing of all whilst at the centre
- explore options and make plans to access services in the community to support their on-going recovery.

**Remember: you alone can do it AND you can't do it alone.**



## Why Choose Salus Withnell Hall?

When you enter Salus Withnell Hall you will never be “just another client”. You will be entering a state of the art addiction facility where you become an active participant in your ongoing recovery from the moment you walk through our front door.

The Directors and Senior Staff have extensive experience providing innovative excellence in successful residential services to people in recovery from their addiction. Services reflect best practice in the field of addiction and exceed Care Quality Commission standards. The knowledge based programme has been developed and is delivered by well-qualified and experienced staff. Everything we do at Salus Withnell Hall is about promoting balance and positive life habits to support improved health and wellbeing for those in recovery from addiction. Coming to Salus Withnell Hall is voluntary.

The Hall is staffed 24 hours a day. The multi-disciplinary team consists of a wide range of professionals including:

- Registered Manager
- Senior Counsellor
- Team Leader
- Salus Withnell Hall Care Coordinators
- Admissions coordinator
- Admin and finance team
- Chef.

Those most likely to benefit from the programme offered are people who are motivated and:

- want to recover and be free of their addiction
- recognise they already have strengths
- are committed to their own recovery
- understand change takes hard work
- are willing to work with peers and staff to make Salus Withnell Hall a safe and supportive place for everyone
- are willing to be supported to change by others in recovery
- are willing to support others in recovery to change
- understand staff, volunteers and students will support them to change.



## What do we offer every resident?

Salus Withnell Hall values, includes and routinely supports every resident to:

- understand how the community works
- accept and abide by community rules
- feel included and valued
- value themselves and other people
- understand behavioural change is based on personal responsibility
- communicate openly, honestly and positively
- build and sustain healthy relationships with other people.

Every resident is offered opportunities to:

- renew a sense of hopefulness about their future without addiction
- restore self-esteem and self-confidence
- learn about addiction and recovery
- restore everyday health and wellbeing (e.g. nutritional diet, exercise)
- re-connect with and improve their coping skills
- renew their ability to think rationally about their addiction
- reconnect with strategies to manage negative behaviours
- restore their commitment to change negative attitudes and behaviours
- re-connect with and begin to learn to manage their feelings
- recover from trauma
- re-connect with family, friends and the wider community
- identify external agencies that can offer ongoing support after they leave Salus Withnell Hall.

For everyone to benefit from what is offered a safe and supportive environment is paramount. All those who commit to coming to Salus Withnell Hall are agreeing to abide by 3 key community rules designed to keep themselves and the community safe:

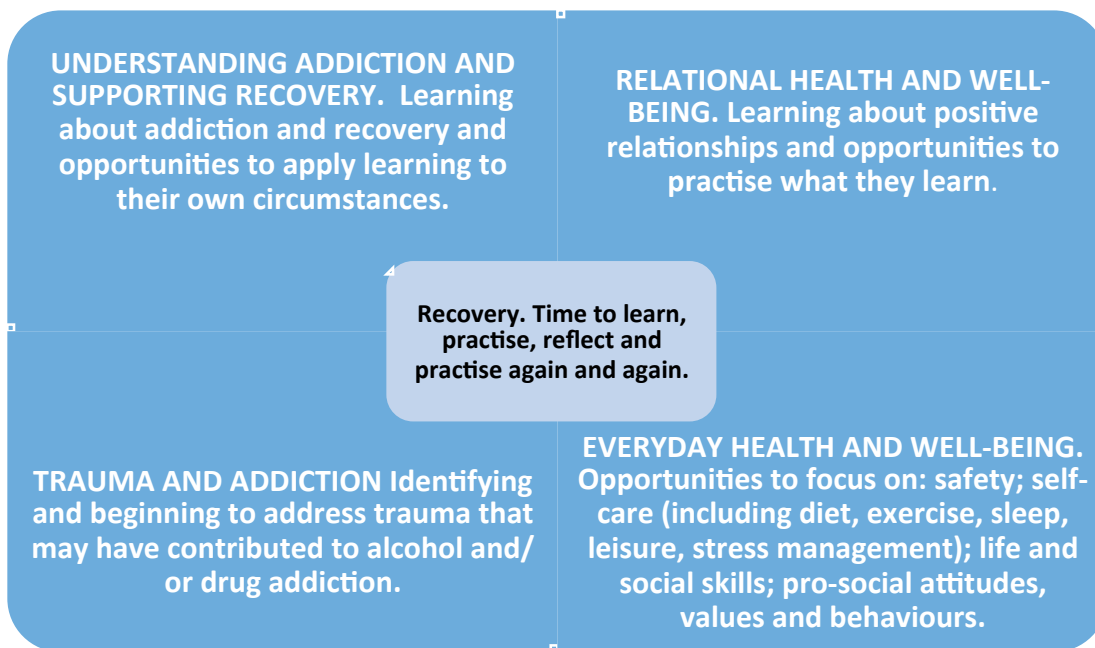
- build inclusive relationships
- contact with family and friends who are currently involved with the Criminal Justice System and/or have their own issues with addiction may be allowed if they have a positive influence on the resident's recovery
- treat everyone with respect and ensure your behaviour is honest, unthreatening and non-violent.



Anyone who acts in ways that compromise Salus Withnell Hall being a safe and supportive environment will be asked to account for their behaviour and may be asked to leave if their behaviour persists and/or is serious enough to warrant this.

# Programme Overview

The programme incorporates a range of individual, group and community based programme options that are organised around four key areas.



The programme includes a staged approach to supporting people as they work through their programme towards a planned discharge. Stages can be extended beyond those associated with the core 90 day programme.

- ▣ **MOVING IN (7-10 days):** orientation/ settling in, self-care, assessment for therapeutic work.
  - ▣ **WORKING THROUGH (11-80 days):** self-care, personalised programme; opportunities to take community roles.
  - ▣ **MOVING ON (81-90 days):** self-care, being a positive role model whilst finalising discharge plans.
- ▣ **RE-INTEGRATION**  
Return to the wider community outside Withnell Hall. Working your recovery action plan, accessing peer support and professional services as you re-establish yourself in the community of your choice.

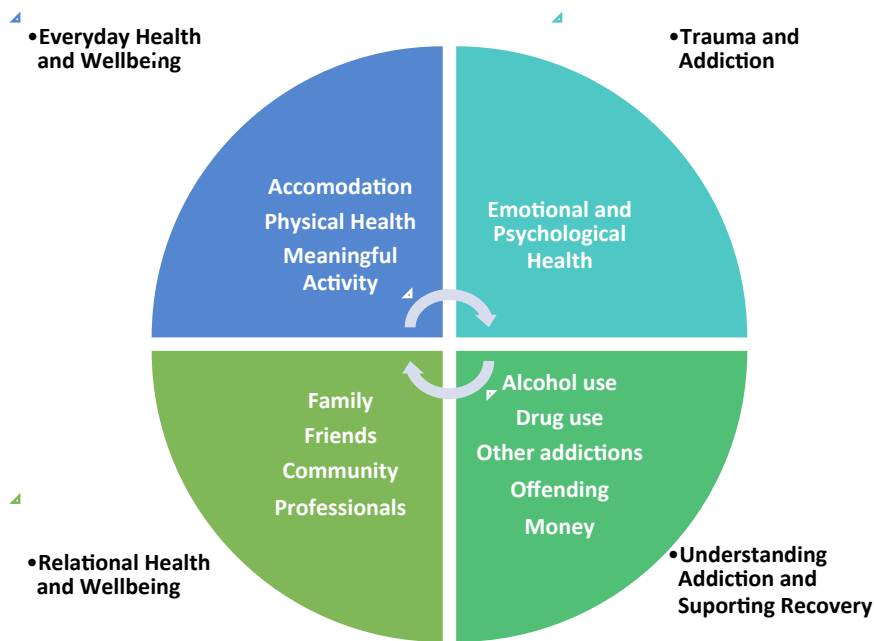
The stages offer opportunities to initially focus on the self before beginning to put into action what you have learnt to support others in the community. Discharge planning is a process not a one off event and each resident will be supported to consider their on-going discharge plans as part of their 1 to 1 meetings with their Salus Withnell Hall care co-ordinator.

# Personalised Programme Planning

Every resident, from referral to discharge, is at the centre of their recovery process. The referral and assessment process offers each resident an opportunity to think about their history, goals and whether Salus Withnell Hall is right for them. Assessment focuses on key areas including (but not exclusively): alcohol and/or drug addiction; associated addiction, mental health; physical health; criminal behaviour; family. The process is robust and some of the topics can be difficult to talk about (e.g. whether you have ever deliberately hurt yourself or the risks you have exposed yourself or others too). However, completing the assessment gives you and us a good overview of where you are now and where you want to be.

Once admitted to the Salus Withnell Hall every resident is supported by an identified Salus Withnell Hall Care Coordinator who works with each resident to plan, manage and review their journey through the programme. Initial work includes further discussion of key issues (e.g. anxiety and depression) that you may need additional external help and support to address.

A comprehensive case management system is used at Salus Withnell Hall which ensures each resident is clear about what they need to achieve and can assess, reflect on and discuss their progress with staff as they review and revise their goals during their stay. Health and Wellbeing (care) plans are organised around the four key areas and include topics as shown below.



All Health and Wellbeing (Care) planning documents are shared documents: completed by staff and each resident. Copies of Health and Wellbeing (Care) plans and discharge summaries are sent to the person (usually the care manager) responsible for the placement at Salus Withnell Hall.

## Families and Visitors

Each resident can, following their 2 week moving in period, request:

- onsite or offsite weekend visits (maximum fortnightly week 4 onwards) which take place between 11-4 pm on Saturday/ Sunday or between 6-9pm weekday evenings
- home visits (weeks 6 onwards).

They may also invite:

- family and friends to be part of their planned recovery network
- to summer and Christmas community days.

Keeping the community safe is extremely important. Everyone must abide by the following rules:

- alcohol or drugs are not allowed in the centre or the grounds of the centre
- any family member or friend with their own addiction/s may be allowed to visit if they have a positive influence on the resident's recovery
- any family member or friend involved in the Criminal Justice system may be allowed to visit if they have a positive influence on the resident's recovery
- visitors under the influence of alcohol and/or drugs will not be allowed in the centre or the grounds of the centre.

Further information, particularly about phone calls, letters and gifts, can be found in the family and friends information sheet.





## Facilities, services and inclusion

Salus Withnell Hall has the following facilities:

- Extensive private grounds
- Extensive car parking facilities
- Disabled facilities including a fully accessible disabled lift, bedroom and bathroom facilities
- Large living room
- 22 bedrooms of which 15 are en-suite and 13 are en-suite singles
- Male and female bedrooms
- Facility for couples
- 8 separate showers and bathrooms
- One to one and group therapy rooms
- Fully equipped Health and Wellbeing Suite incorporating health and fitness gym equipment
- Fully equipped catering kitchen.
- Washing and drying facilities
- Computer suite with restricted internet access
- Relaxation room
- Access to GP services
- Access to local leisure centre
- Access to Boots Care Services.

We can accommodate identified dietary requirements and support residents' religious observance.



## Referrals and Admissions

Staff recognise people have different needs and we offer opportunities for you to assess whether this is the right programme for you whilst we assess whether we think you will benefit from the programme offered. It is a two way process.

### *Eligibility Criteria*

We welcome referrals from all individuals whose lives have been adversely affected by their addiction(s). We encourage everyone to assess their options and think carefully about whether Salus Withnell Hall is the right centre, from those available, for you.

### *Referral and assessment process*

Salus Withnell Hall staff take referrals and complete an initial form. Prospective residents are offered a day visit and, as part of the visit, they will usually be offered a comprehensive assessment with the staff at Salus Withnell Hall. After the assessment is complete an admission date will be offered if:

- Salus Withnell Hall staff believe, based on the information we have, we can meet the prospective resident's needs
- the person feels this is the right programme for them
- funding has been agreed.

### *Fees*

Fees are reviewed at the end of each financial year and reflect, as accurately as possible, the actual cost of providing the service. The fee covers all costs for each resident including: assessment, Salus Withnell Hall care co-ordination, programme delivery, food, utilities, activities. Annual accounts are open to scrutiny by officers of Lancashire County Council or other purchasers. **Current fees available on request.**



# Respecting and Promoting Diversity

Salus Withnell Hall staff recognise many people experience unfairness, lack of opportunity and/or discrimination in society. Some of the reasons for this include: addiction; race; religion; gender; age; sexuality; disability; social class; criminal record or income level.

We are committed to Equality of Opportunity and our policies and procedures support this. We value each individual and their right to their identity, values and beliefs. We work to combat direct and indirect discrimination in the organisation and will:

- challenge discrimination and lack of opportunity in policies and practices
- encourage other organisations and individuals to do the same
- work to create a culture that respects and values diversity in the people and work of the organisation
- ensure everyone is aware of and encourages people to support the objectives embedded in the Equality of Opportunity Policy.



## Compliments, Concerns and Complaints

We are a learning organisation committed to seeking and responding to feedback to inform service review and programme delivery. Written and oral feedback is routinely sought from residents, family and friends, staff, external partners and external regulatory bodies. Please continue to let us know about things we do well in addition to any concerns you may have. We appreciate the time taken to provide feedback and routinely consider comments received.

Anyone wishing to make a complaint about the service will be encouraged, in the first instance, to speak with the Registered Manager or covering member of staff. Alternatively complaints can be made using the Whistle Blowing Policy or by contacting:

Care Quality Commission  
North West Region  
Citygate  
Gallowgate  
Newcastle Upon Tyne  
NE1 4PA

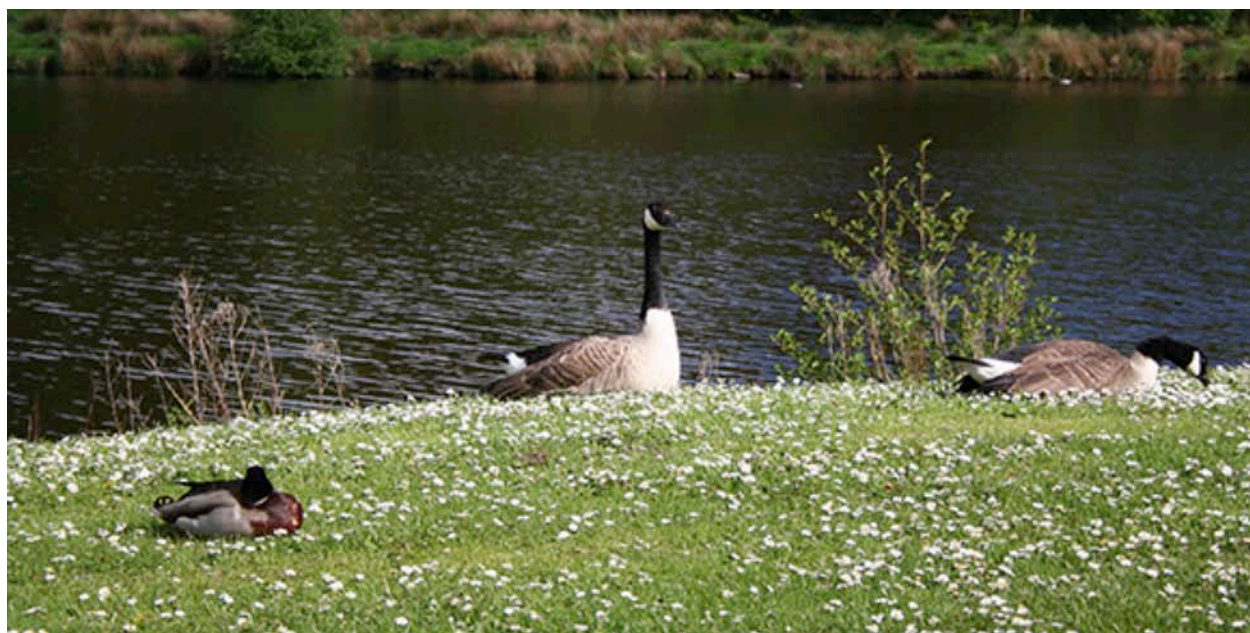
Tel: 03000 61 61 61  
Email: [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

The Registered Manager can provide information regarding how to proceed in these circumstances.

## What next?

If you are interested in exploring whether Salus Withnell Hall may be the right place for the next stage of your recovery journey whether you are self-funded, funded via the Local Authority, funded by an employer, family member, friend or insurer please contact the admissions co-ordinator. If you are seeking Local Authority funding- please discuss a referral with your key worker and, if agreed, contact the admissions coordinator to make a referral.

**We look forward to working with you and supporting you to restore, renew, re-connect and recover from your addiction.**





## Contact Details

Admissions Team  
Salus Withnell Hall – Trauma, Wellbeing and Addiction Centre  
Withnell  
Bury Lane  
Nr Chorley  
Lancashire  
PR6 8BH

**Phone Number:** 01254 200 000

**Email:** [info@saluswithnellhall.co.uk](mailto:info@saluswithnellhall.co.uk)

**Website:** [www.saluswithnellhall.co.uk](http://www.saluswithnellhall.co.uk)