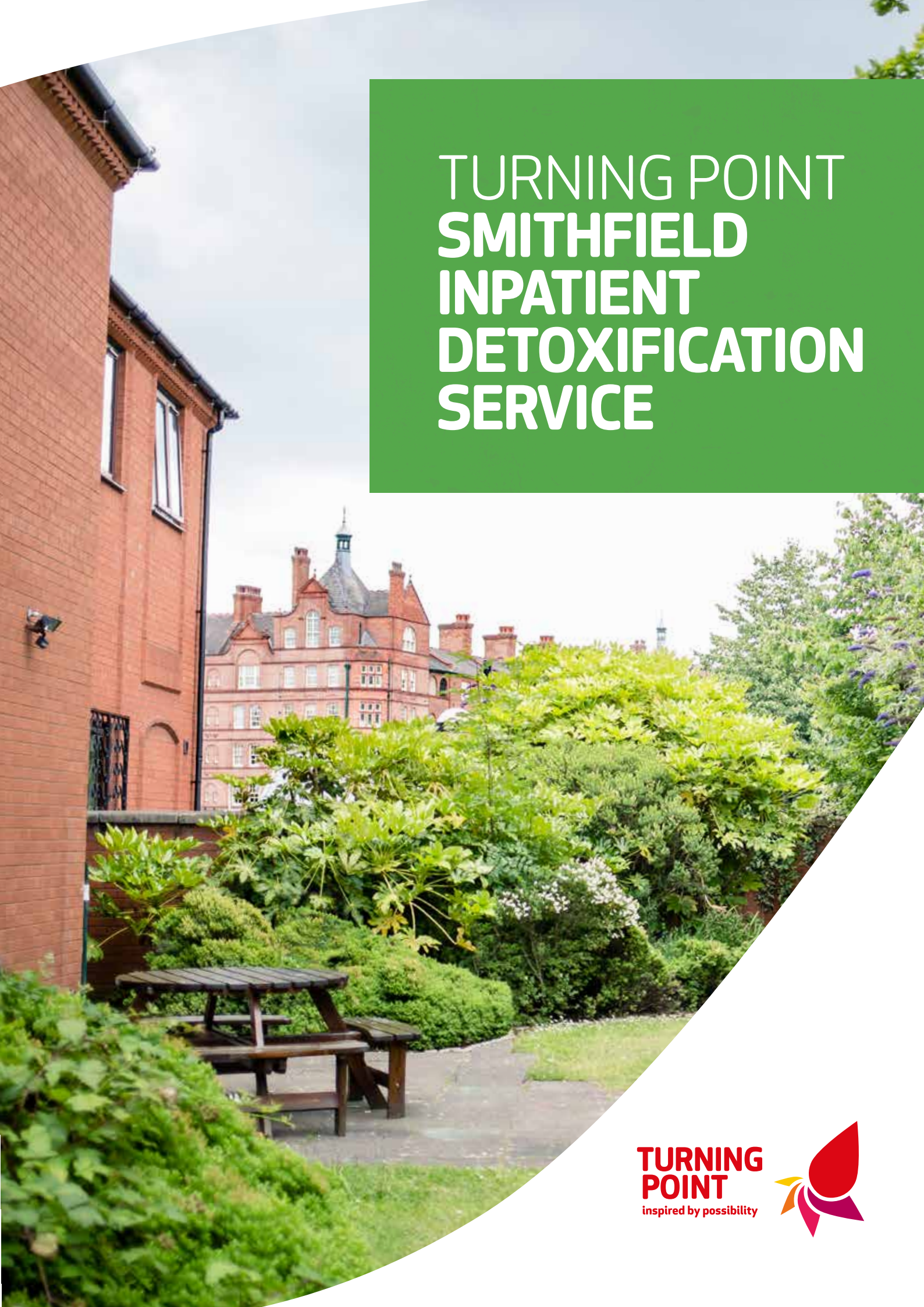


TURNING POINT SMITHFIELD INPATIENT DETOXIFICATION SERVICE



**TURNING
POINT**
inspired by possibility



About Us

Located close to Manchester City Centre, our 22 bed Medically Managed Inpatient Detoxification Services' approach to detoxification places you (or your loved ones') health, recovery, experience and safety at the centre of everything they do.

An individually tailored, planned treatment package is co-produced with you and builds on your strengths, assets and support networks to support your recovery journey.

Smithfield provides a safe, supportive environment where alongside our on-site Psychiatrist all staff have specialist training and experience to support individuals with a high level of needs and co-existing conditions relating to mental health, pregnancy, physical health, domestic abuse, suicide and self-harm, etc.

We accept referrals from national statutory services and privately.

Smithfield has been an amazing life-saving experience. I want to thank all of the staff for all the help and support they have given to me.



Treatment Programme

Our caring and supportive staff ensure a range of clinical, psychological and social interventions are delivered to support you to reach your goals:

Stage 1: Pre-detox

- Clear referral, admission and treatment plan system
- Care Pathway Co-ordinator offering a Single Point of Contact
- Joint working with your referring agency
- Triage by a member of our clinical team to build a full picture of your clinical and non-clinical needs
- Guaranteed admission within 21-days of receipt of referral
- Preparatory work including completion of our pre-detox workbook
- Smart-matched Peer Mentor support

Stage 2: Admission

- Pre-arranged admission times where you are inducted into the service by a trained and competent nurse who completes a comprehensive assessment of need
- Assessment of mental capacity and consent to treatment
- Medical Assessment with our on-site Addictions Psychiatrist within 24 hours of admission
- Co-designed outcome-focused recovery plans identifying your aims, goals and life ambitions
- Bespoke Risk Management Plans to manage any identified risks
- Tour of service
- Service Handbook

Stage 3: Detox Programme Detoxification Options

Smithfield offers a range of medically managed detoxification options from 3 nights for a kick-start alcohol detox (to be continued in the local community), to 28 nights for complex polysubstance detoxification. The following are some of the medically managed treatment options available:

- Alcohol detoxification
- Opiate/Methadone/Buprenorphine detoxification
- Benzodiazepine detoxification
- Methadone/Buprenorphine stabilisation
- Methadone reduction and conversion to Buprenorphine for stabilization
- Cannabis/Synthetic Cannabinoids/Spice respite with symptomatic relief
- Stimulant/Novel Psychoactive Substance respite with symptomatic relief
- Prescribed medication reduction plans e.g. pregablin/gabapentin, opiate based analgesia, hypnotics and sedatives
- Initiation of relapse prevention medication e.g. acamprosate, disulfiram, naltrexone

Psychological and Social Activities

Your clinical treatment programme will be complemented with a varied mix of therapeutic and recreational activities including:

- One-to-one sessions
- Community meeting

- Family Recovery/Support
- SMART Recovery
- Two psychological interventions (PSI) groups a day
- Access to trained Peer Mentors with lived experience
- A range of internal and external peer support and mutual aid
- Complimentary Therapies including acupuncture and relaxation sessions
- Escorted leave
- Art Projects
- British Red Cross Educator Programme
- Therapeutic, leisure and social activities e.g. walking groups, on-site workshops, church and Buddhist centre visits
- Health and wellbeing activities
- Family visits with dedicated child-friendly visiting space

Stage 4: Discharge and Aftercare

- Preparatory discharge work
- Aftercare Plan
- Support with any pre-rehab work required and regular contact with the rehab provider
- Medical and Nursing Discharge summary within 24 hours
- Peer Mentor support and follow-ups
- Overdose Prevention Advice including provision of Naloxone (non-addictive anti-opioid prescription medication)
- Weekly peer-led post-detox support group
- Access to Turning Point's Accredited Peer Mentor training programme



What You Can Expect

We operate a varied four week rolling service timetable.

An example of a typical week at Smithfield is as follows:

Week	AM Group	PM Group	Evening Group
Monday	Crisis Survival - Distraction	NA Discussion	Acupuncture (subject to availability) or Relaxation
Tuesday	Art Group/AA Group (optional)	Red Cross & Back on Track Drop-in (optional)	AA/NA Meeting
Wednesday	Community Meeting	Dealing with Cravings - Urge Surfing & Cheetham College of Music Lunchtime Concert (optional)	SMART Recovery (Smithfield)
Thursday	Managing Stress - SOBER Breathing Space	Motivation - Keeping Going	NA Meeting
Friday	Sleep and Nutrition/ AA presentation	Social Support	Film/Quiz/Bingo Night
Saturday	Physical Health - Drugs & Alcohol	Strengths & Successes	Acupuncture (subject to availability) or Relaxation
Sunday	Chill time/Church/Cafe/Walk-in Group	Peer Support (Smithfield)	Film/Quiz/Bingo Night



Been brilliant. I've learned a lot and am feeling more positive about the future.

Facilities

- Accredited 'Food for the Brain' catering service and dining room
- Communal lounge with TV, games, jigsaws etc.
- Designated female-only lounge and bathrooms
- On-site Complimentary Therapies including acupuncture and relaxation sessions
- One-to-One Rooms facilitating key working sessions and family visits
- Spacious group-work room
- Dedicated child friendly family visiting space
- Art room accessible throughout the day
- Laundry facilities including dryers and an iron
- Enclosed garden and outdoor area accessible 24/7

It has been a lot better than I have ever imagined and will change my life.





Steps to Admission

We work with individuals from across the country, funded through Local Authorities and privately.

1. Referral and Assessment

Our Care Path Co-ordinator is experienced in working closely with you and your referrer from the receipt of referral, during the pre-admission process and through to your detox start date. They ensure that not only do we build a comprehensive picture of your needs of but that we are able to maintain effective engagement and answer any questions that you may have.

Once all your referral information has been gathered this is passed onto a member of our clinical team who will triage your referral, identifying any risks and subsequent risk management plans. Providing you meet our admission criteria, the clinical team member then confirms that you can be offered an admission date to the unit.

Smithfield guarantees admission within 21 days of receipt of referral with delays in admission only occurring on request of you or your referring authority.

2. Funding

Route 1: Community Service Referrals

You, your family member or carer makes contact with your local substance misuse community service where the service will support you with the referral process into Smithfield.

The cost of your stay at Smithfield will be met by the community service provider/local authority.

Route 2: Private Referrals

You, your family member or carer makes contact with Smithfield directly.

The full cost of your stay at Smithfield will be paid by you, your family member or carer themselves.

3. Admission

You will be welcomed by a member of staff or a Peer Mentor and a Nurse will then complete your admission which takes approximately 45 minutes. You will then be shown to your private room and provided with a tour of the service.

A medical assessment will take place with our on-site Psychiatrist, within 24 hours of admission. This includes a physical and mental health assessment as well as a medicine review and a comprehensive, individualised treatment plan is then drawn up.



FAQ

What should I bring with me?

We suggest that you bring items that you would normally require for day to day use, such as toiletries, clothing, and perhaps something that you enjoy doing such as some artwork or books to read.

Please bring your medication with you in the original packaging or pharmacy pre-packed dosset box. Please also bring this booklet with you.

Will I be expected to take part in groups?

We have regular set groups and/or relaxed social activity. We encourage and we have an expectation that you take advantage of them as part of your recovery. Other guests have found it helpful to interact with other people staying at the service.

Am I able to have visitors?

Yes, we understand how important it can be to have a good network of support around you when you are going through difficulties, and we will do our best to facilitate your visitors and work sessions around this.

We do ask that your visitors are with you at all times, and that they do not visit between the hours of 10pm and 9am - this is for the comfort of other guests and to ensure the safety of everyone in the service. We encourage you to maintain social contact during your stay, including visits from family and friends. To facilitate this we have a visitors policy. A copy of the full policy is available on request.



**Great team.
Very professional.
I much appreciate
your time
and effort.**

Am I allowed to leave/go out?

As each person is different and at different stages of their recovery journey, we will work with you to produce an individual care plan that will outline your individual support requirements during your stay, including arrangements for you to leave the service. Leave from the service is limited due to the nature of the treatment, interventions and length of stay. To ensure the safety of all service users, there is NO unescorted leave from the service. You can also make the decision to leave our service, if you feel that it is not right for you. We ask that you speak with us to explore this before any final decisions are made, but the decision remains your own.

Turning Point Residential Rehabilitation Services

As well as Smithfield we also operate two residential rehab services both located in the North West:

Stanfield House, a 10 bed residential rehabilitation service located in Workington, Cumbria, and Leigh Bank, a 16 bed residential service located in Oldham, Lancashire. Both provide rehabilitation to males and females aged 18 years or over experiencing drug and alcohol problems.

To find out more and to access their brochures for Stanfield House click **here** or Leigh Bank **here**.

The relative geographical proximity of our detoxification and rehabilitation projects makes our offer highly flexible allowing you to choose a detox and rehab package that brings consistency, continuity and quality as part of your recovery journey.



Contact Us

Smithfield Inpatient Detoxification Service, Thompson Street, Manchester, M4 5FY

To make a referral or speak to a member of our Smithfield Team:

Call Us: 0161 827 8570

Email Us: Smithfield.admissions@turning-point.co.uk

Visit Us: wellbeing.turning-point.co.uk/residential

