

USEFUL CONTACTS

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

Alcoholics Anonymous Helpline

0845 769 7555
www.alcoholics-anonymous.org.uk

Transition

0131 226 3006
www.accesstoindustry.co.uk/transition

Serenity Café

www.serenitycafe.co.uk

Scottish Recovery Consortium

www.sdrconsortium.org

Smart Recovery UK

<http://www.smartrecovery.org.uk>

Please do not smoke anywhere in our buildings or grounds. Thank you for your consideration in helping us to protect the health of our patients, staff and visitors.

smokefreeLothian

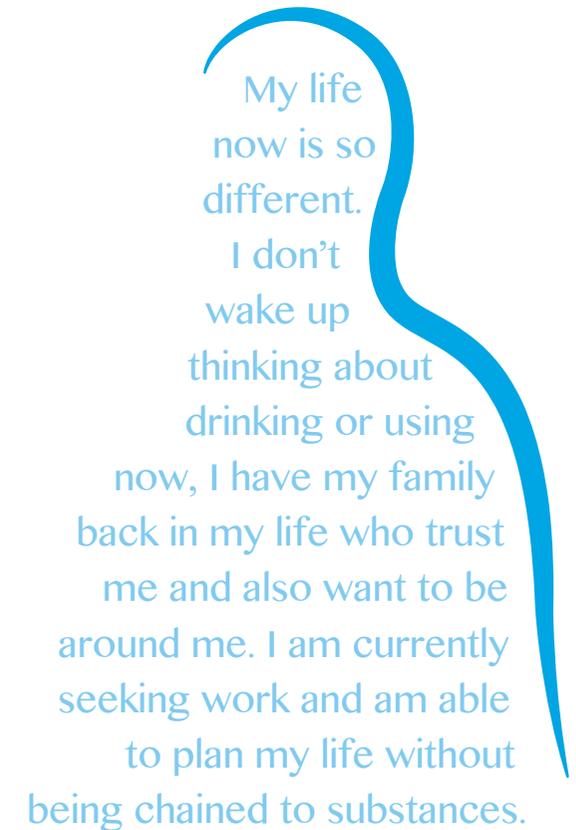
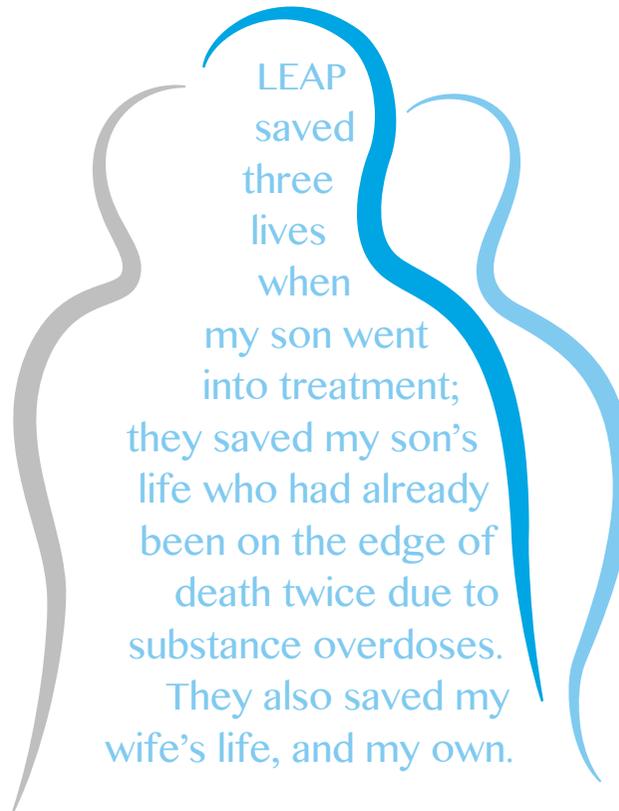
CONTACT

Woodlands House, 74 Canaan Lane
Edinburgh EH9 2TB

Tel. 0131 446 4400 **Fax.** 0131 446 4403

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 dependent on drugs and/or alcohol who want to achieve drug and alcohol free recovery (abstinence).

What is the programme?

It's a three month day programme based at Woodlands House in central Edinburgh. The programme includes group work, workshops, presentations and education, training, recreation and relaxation. Where appropriate we'll try and involve family members and partners. It's a busy programme and you'll 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 who want to move on from maintenance treatments.

Will I get a detox?

We'd like people to come to LEAP, having been detoxed already if possible. However where this is not possible, we will offer a detox to suitable patients from heroin (0.2g), small amounts of methadone (30mls or less); Suboxone/subutex 12mg or less; and diazepam (valium, 20mg or less) and from alcohol where needed. Detoxification is only offered as part of the full LEAP programme.

Is it residential?

The City of Edinburgh Council is working 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. Most people coming to LEAP will stay here where housing support staff will work with you during this time on a variety of issues, including rehousing if required, as part of the programme. Some patients may be able to attend the programme from home.

How do I get onto the LEAP programme?

You need to be referred. A referral can come from your GP, a voluntary service, a specialist service or any professional involved in your care that can send us some information about your case. If you meet the conditions for the programme, you are likely to be offered an assessment.

What is involved in the assessment?

An assessment will normally be carried out over two appointments. We'll try to get to know you a little bit and ask quite a few questions. Part of the assessment is to try to judge how motivated you are to aim for recovery, as the LEAP programme is fairly intensive and likely to be challenging. Some patients may assess as not being ready for the programme. If this is the case, we will tell you why we think this. This does not stop a future referral for further assessment.

What else might help?

You might find it helpful to engage with mutual aid groups (Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, SMART Recovery, and the Serenity Café). Contact details can be found at the end of the leaflet.

What about evenings and weekends?

The programme is seven days a week. At weekends, things get a bit more relaxed and the focus shifts to recreation. Experience has shown that to stay drug free and sober, you need to work hard on your recovery. We also know that folk who go to mutual help groups (AA, NA, CA and SMART) have greater success at maintaining recovery than those who don't. Mutual aid groups are an important part of the LEAP approach and we will ask you to commit to going to regular evening meetings during the time you are on the programme.

What happens when I finish?

After graduating from the programme you will develop a 2 year aftercare plan. LEAP suggests that you attend two out of the possible four aftercare groups that are on offer. As part of aftercare there are extra support groups if needed, including a women's group, relaxation and the Leap Solutions Group (relapse prevention/coping skills). If you require further one-to-one sessions and recovery check-ups, they will also be offered.

Choose leap
Choose life

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