

Welcome to Birchwood

@Kaleidoscope House



Empowering individuals
to change their lives

Let's take you on a tour.



Birchwood was established more than 30 years ago and is one of the UK's leading residential drug and alcohol addiction treatment facilities

Birchwood Detox

There are 15 purpose-built detox rooms with 24-hour a day medically managed detox beds. Each room has an ensuite bathroom, flat screen TV, small double bed along with plenty of storage space and modern furnishings.

We provide a comprehensive range of detox packages such as:

- Alcohol
- Opioid
- Benzodiazepines
- Psychoactive substances (Spice, Ketamine, M-Cat etc)
- Neuro-inhibitors (Pregabalin, Gabapentin)

All detox packages are tailored specifically to the individual to provide a safe and effective detox from substances and Birchwood has an excellent track record and reputation for successfully supporting individuals through detox.

We also deliver structured day groups and support sessions to provide the individual with coping strategies and techniques to better deal with living in society substance free.



Birchwood Rehab

Our 10-bed residential rehabilitation programme is based on a Therapeutic Community model which also incorporates Cognitive Behavioural Therapies and Social Learning.

We have a very structured and robust timetable that provides each resident with a daily structure and routine that consists of work as therapy, 1:1 support sessions, group therapy, relaxation and mindfulness, community activities, and a wellness room with gym equipment.

Set in some beautiful grounds based in Heswall, Wirral, it provides residents the opportunity to relax and recover in peaceful surroundings.

We have a multi-sports pitch that provides opportunity to engage in activities such as 5-a-side football, basketball, and rounders along with other activities and sports that are beneficial to health and wellbeing.

The Centre is a short walk from the Wirral coastline and some beautiful beaches along and has close access to the Wirral walkway, enabling staff and residents to enjoy the outdoors.

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Supporting Your Recovery Journey

Our aim is to help improve the mental, emotional and physical health of every user of our service through therapeutic interventions and to build confidence, self-esteem, and self-worth. We also provide and offer:

- Acupuncture
- Art therapies
- Counselling
- Life Skills
- Cookery
- Group outings
- AA, NA and CA weekly meetings
- Smart Recovery
- Music Therapy
- Gardening
- Mental Health Support
- Ice Baths
- Fishing

We have an onsite counsellor who provides 1:1 counselling sessions in order to support individuals with trauma and issues that have impacted their lives.



Birchwood is the ideal environment for those with addiction, trauma, and mental health to feel safe and supported.

We also have a mental health practitioner that supports with mental health issues and finding mental stability.

With a very dedicated, professional, skilled, and experienced staff team with many years of experience in supporting individuals through detox and rehab, Birchwood is the ideal environment for those with addiction, trauma, and mental health to feel safe and supported.



Self-Exploration Program

Our Self-Exploration Program is designed to help individuals find out more about themselves and how to move forward from addiction.

The Self-Exploration Program recognises key events, underlying feelings, motivations and key aspects of our residents lives. These could be traumatic experiences, differing attitudes, mental and/or physical health and a myriad of other things that are related to why someone may use substances or excessively drink alcohol.

The following are the main steps of the Self-Exploration Program:

Rehab Entrance – Formulating a “Personalised Care Plan” and working with the service user to map out their recovery journey.

Group Work – Group sessions are designed to ensure that an individual can jump in and engage, regardless of what stage they are at in their journey, as the length of the sessions are tailored in such a way that every topic will be discussed and examined.

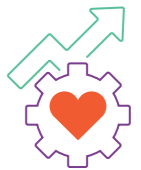
One-to-One Work and Counselling – these sessions are tailored to the individual’s preferences and what is on the residents “Personalised Care Plan”.

Individual Work – The individual work is written work designed for the individuals to look at themselves and to put aspects of their lives in writing, such as changes that they have made and goal setting.

Rehab Exit – This assessment looks at reflecting on an individual’s stay with us, and looks at behaviors, attitudes and things they have done well.

What to Expect as a Service Provider

We are grateful to Service Providers that refer their clients to us. We provide regular client updates and ensure that every update, positive or negative, is communicated on a weekly basis. If additional updates are required we are content to meet your requirements. All updates will follow the **ABCDE Reporting Model**, which includes Attitudes, Behaviours, Clinical, Detox (If there was any Detox input) and Engagement.



In addition to regular correspondence from us, we will also look at registering our individuals as temporary patients at local GP surgeries. This ensures that the individual’s clinical needs are met, and if there are any clinical concerns that arise during their time at Birchwood they can be easily assessed.



“I arrived at Birchwood in a terrible state. The staff and other patients were incredible, they made feel safe and secure. Throughout my stay they were all very positive with me. This has led me to a place which is helping me with my sobriety. Without any doubt I owe the staff at Birchwood my life”.

John, Birkenhead

Birchwood @ Kaleidoscope House

Broad Lane
Heswall
Wirral
CH60 9JY

Contact details for referrals:
0151 670 0033

Please send referrals to:

birchwood.referrals@kaleidoscope68.org

Or alternatively, please email for any additional queries that you may have:

James Fitzsimmons – Business Manager

James.fitzsimmons@kaleidoscope68.org

Josephine Moore – RGN/Registered Manager

Josephine.moore@kaleidoscope68.org

Mia Wilkinson – Administrator

mia.wilkinson@kaleidoscope68.org

www.kaleidoscope68.org/services/birchwood-residential-treatment-centre



Birchwood is:

- Resolving physical dependence on drugs and alcohol
 - Supporting recovery journeys
 - Increasing self-esteem, Self-worth, and Confidence
 - Improving access to learning and education
 - Providing safe and sociable activities
 - Placing an emphasis on self-directed recovery
 - Facilitating meetings with family and carers to resolve conflicts and communication breakdown
 - Offering advice and guidance to families and carers, including them in post discharge plans
 - Treating all users of our service with dignity and respect
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Investors in People is the Government's national quality Standard, which seeks to identify and exemplify good practice in business, especially in relation to the management of people.



Birchwood is regulated by the Care Quality Commission, and we were rated GOOD at our last inspection.