

Improving lives together

At Cygnet Lodge Brighouse, we have a dedicated Substance Misuse Practitioner who enables the men in our care to identify and engage with the right support for them.

The substance misuse practitioner works closely with other disciplines within our MDT to ensure that an abstinence-based approach is integrated into the care ethos.

Service users will often be at different stages of their relationship with substances when they come to us, and so find a 1:1 approach to treatment to be the most effective. This also means we can tailor timelines to align with care plans, for example, offering a more intensive approach for men on a 12-week discharge to assess admission.

No two journeys are the same and, often, there is no quick fix when it comes to recovery. We focus on the ground work, building strong roots and resilience. True progress requires significant patience and perseverance, with foundational changes occurring internally long before visible signs of success emerge.

Our staff team are encouraged to identify and report trends in drug and alcohol use, which informs staff training about specific areas, and ad-hoc educational group sessions for service users.

We aim to discharge service users to community living fully equipped with the confidence, skills and understanding needed to take ownership of their continued recovery.

We can support individuals that are already being prescribed medication for substance dependence, including those on reduction plans.

Whilst treatment plans are totally bespoke, we do follow the 'Cycle of Change' framework as a foundation for recovery plans.

Substance Misuse Programme

Achieving and Maintaining
Abstinence from Illicit Substances

Cygnet Lodge Brighouse



An overview of the Substance Misuse Programme delivered by our Substance Misuse Therapist at Cygnet Lodge Brighouse

