



PROVIDENCE PROJECTS

Helping you Find The Way



Leading UK drug & alcohol rehab
Established 1996

MISSON

The Providence Projects provide effective treatment, and support services for alcohol and drug dependency as well as other addictive disorders in order to help men, women and families begin the process of recovery.

About Us:

The Providence Projects, originally formed in 1996, is now a leader in the field of addiction treatment. It is widely recognised, in both the private and public sector, as a centre which continually achieves outcomes which are second to none for their clients, as well as excellent value for money.

Treatment programmes:

Treatment programmes are available for alcohol addiction, drug addiction as well as other addictive disorders. The holistic programme, which includes full detoxification, is tailored to suit the needs of the individual ensuring you have the best chance of a long term recovery. The programme is delivered by highly qualified and professional addiction counsellors.

“

STARTED MY LIFE
AGAIN HERE AND
HAVE NEVER
LOOKED BACK.

SS, LONDON

”

“

THEIR ENERGY AND EXAMPLE WAS SO INFECTIOUS I'LL ALWAYS BE GRATEFUL TO THEM. 5 YEARS SOBER AND STILL USING THE TECHNIQUES I WAS TAUGHT ON A DAILY BASIS. A TRUE MIRACLE FACTORY.

DAVE SAUND

”



OUR ENVIRONMENT

The environment for your early recovery is key. Our fantastic location on the beautiful South Coast, coupled with two fantastic treatment centres makes The Providence Projects a perfect place to start your recovery journey.

About Us:

All accommodation is of an excellent standard and we have managed to create that family feel to ensure that you feel at home as quickly as possible.

The majority of rooms are single rooms although we do have 6 twin rooms available if necessary. You can find more pictures of our centre and accommodation at our website (www.providenceproject.org).

You will find that everything you need is here to ensure that you enjoy your stay with us. In fact, the difficult part is when it's time to go!

BOTH OF OUR CENTRES ARE WITHIN A 5 MINUTE WALK TO BEAUTIFUL GOLDEN SANDY BEACHES.

“

FOR ME IT WAS THE GENUINE, CARING ATTITUDE I EXPERIENCED DURING MY 9 MONTHS & RIGHT UP TO TODAY, FROM THE MANAGEMENT, COUNSELLORS, SUPPORT WORKERS & PEERS. I HAVE SOME WONDERFUL FRIENDS I WOULDN'T HAVE TODAY IF IT WEREN'T FOR PROVIDENCE. A WONDERFUL HOME TOO.

ALAN SMITH

”

“

THE PROVIDENCE PROJECTS IS THE ONLY PLACE I WOULD SEND SOMEONE IN NEED.

MATT WILLIS (BUSTED AND WINNER OF I'M A CELEBRITY)

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STAFF

The team of counsellors and support staff are very much the key to the success of the organisation and the reason that such a high percentage of clients manage to change their lives and go on to long term recovery.

The Team:

We are often asked what helps The Providence Projects achieve such fantastic outcomes and service user satisfaction. Without doubt, the most important ingredient are the staff. The team at The Providence Projects are both passionate and knowledgeable; committed and caring; enthusiastic and skilled.

The majority of the team have been at The Providence Projects for approximately 10 years and the stability within the team ensures the environment remains a safe and caring place and clients can rest assured and feel safe that this highly experienced team can deliver the treatment required to turn lives around.

The multi-disciplinary team consisting of counsellors, support workers, admissions workers, alternative therapists, personal trainers as well as management and full medical support from Dr Turnbull and his team ensure that your stay at The Providence Projects will be a positive experience.

“

TO ALL OF OUR
STAFF, WORKING AT
PROVIDENCE IS
MUCH MORE THAN
JUST A JOB.

”



“

THE STAFF ARE INCREDIBLE... MIRACLE WORKERS... THEY KNOW EXACTLY WHAT THEY'RE TALKING ABOUT. THE STEPS, WORKSHOPS, MEETINGS, TO LEARNING ABOUT YOURSELF.

CICI MARIE

”

IN PRACTICE

A simple guide to our treatment process. The treatment experience at The Providence Projects has been designed by people in recovery for people who want to find recovery. We have made recovery possible for anyone.

Stage 1:

If you are considering going into rehab, the first step is to arrange a free assessment. The assessment enables The Providence Projects to assess your suitability.

The assessment also gives you the chance to find out more about the programme and the centre enabling you to make an informed decision.

Assessments, which can be arranged at short notice, can be carried out on the telephone or face to face. The assessment itself will take around an hour.

Stage 2:

On the day of your arrival, you will be assessed by Dr Turnbull or a member of his medical team.

You will immediately be placed on to the appropriate detox regime to ensure that you are safe and comfortable. At The Providence Projects we are able to detox from alcohol, heroin, cocaine, benzodiazepines, cannabis, ketamine as well as various novel psychoactive substances. Each regime is tailored to meet the needs of the individual and the success rate on our detox programme is over 95%.

Stage 3:

The detox runs seamlessly into the treatment programme. The primary treatment programme is highly structured with a great variety of therapies and activities to ensure the needs of all of our residents are met.

The intensive programme is designed to address the underlying issues of addiction through one-one counselling, group therapy, workshops, alternative therapies, exercise classes, self-esteem work, fun activities, written assignments and music therapy. The primary treatment programme is 12 weeks.

Stage 5:

Aftercare is a key element of the treatment process and is tailor-made to suit your needs.

It may depend on whereabouts in the UK you are living and what other commitments you have to ensure that any aftercare programme works for you.

Stage 4:

The secondary treatment programme runs for a further 12 weeks and is designed to strengthen your recovery and open up avenues back in to the community.

We have great links with employers, colleges and universities which will form part of your secondary treatment as well as continuing to engage in on-going therapy, helping you to cope with re-integration. As part of the secondary programme, you will also be supported in securing safe accommodation.



I WOULD NOT HAVE A LIFE TODAY IF IT WAS NOT FOR THIS PLACE. THE LOVE, CARE AND RESPECT SHOWN TO EVERYONE THAT WALKS THROUGH THEIR DOORS IS AMAZING. NOT ONLY DID THE PROVIDENCE PROJECT SHOW ME THAT I NEEDED TO CHANGE, IT GAVE ME THE TOOLS TO ACTUALLY DO IT.

JENNIFER JANE O'KEEFE



ONE THING IS FOR SURE THOUGH... WE ARE HERE FOR AS LONG AS YOU NEED US.

WHY PROVIDENCE?

A proven track record in helping people get clean and stay clean.

Great links with colleges & accommodation providers

Beautiful location by the sea

95%
successfully complete detox

A superb team of highly qualified expert counsellors

83%

successfully complete treatment programme

Exciting and varied timetable

Have fun and get better at the same time!

High quality accommodation with single occupancy rooms

All evaluations rated as very good or excellent

100%
customer satisfaction

THE PROGRAMME

Another key to the incredible success rates at The Providence Projects is the variety of the treatment programme. The timetable is highly structured, intense, varied and fun meaning that you will never be bored or looking for things to do.

Our timetable begins each morning at 9.30am and there are activities right through to 9.30pm. Below is a brief explanation of most of the timetabled activities:

One-One Counselling:

On arrival you will be allocated your personal therapist who will oversee your treatment during your stay. They will be your main point of contact during your treatment and they will facilitate all of your one-one counselling sessions.

Group Therapy:

Group Therapy is highly effective in treating addiction. Facilitated by either one or two therapists, it is an environment in which our residents learn a huge amount about themselves. At the end of treatment many residents say that they found it the most important part of their treatment.

Affirmations:

Low self-esteem is a common trait amongst people suffering from alcohol or drug addiction and affirmations is a group designed to improve self-esteem. It is a great way to start the day feeling positive about yourself.

Workshops:

In many ways, stopping drinking or taking drugs is the easy part. The hard part is staying stopped. Our workshops are to help you understand and resolve some of the underlying issues. Topics covered include: Relationships, Families, Self-Esteem, Relapse Prevention, Grief & Loss, Goals, Anger Management, Shame & Guilt and Financial Management.

Written Assignments:

These are set on a weekly basis but are not part of an academic process! So don't worry if reading or writing is not your strong point. It's an opportunity to explore specific issues relating to your addiction and recovery so that you gain further insight and therefore increase your chances of recovery.

Assignments can include a variety of subjects but could include life story, consequences of addiction, peer evaluation, letter to your addict and asking for help. Your therapist will help you identify the issues that you will need to work on.

Fun Activities:

We are fortunate to be in a beautiful location only a few hundred yards from the beautiful beach and a short ride from the New Forest. We passionately believe that recovery is about having fun.....after all, we have had enough misery!

Your weekly fun activities may include trips out to the New Forest, a game of Beach Volleyball, some time in the spa or swimming pool or a beautiful walk along the fantastic coastline.

Although treatment here will at times be tough, you will also have the time of your life.

Guest Speakers:

As well as workshops from our highly trained therapists, there is also regular involvement from Guest Speakers who will inspire you with their stories. Since forming in 1996, thousands of people have recovered at The Providence Projects; many of who come back to speak of their experience and where their life is now.

Alternative Therapies:

Whilst being a resident at The Providence Projects, you will get the chance to participate in some alternative therapies.

These include meditation, acupuncture and mindfulness. These can really help you relax, unwind and cope with your anxieties.

Exercise:

As well as regular daily walking, we do offer a boxercise class to our clients. This is delivered by our fantastic PT, Suzi, and incorporates a range of cardiovascular, flexibility and strength work.

THE PROGRAMME

Family Therapy:

Included in your programme are family therapy sessions. If you are in a relationship or have parents, children or siblings that would like to be part of your recovery journey we will facilitate that. It is essential to start some good open and honest communication with loved ones.

Music Therapy:

Our music therapy sessions have proven to be very beneficial. It can help if you are particularly shut down about certain issues or struggling to identify certain feelings or emotions. The sessions, which are facilitated by one of the therapists can be very powerful.

OUR TREATMENT PROGRAMME
TIMETABLE IS HIGHLY STRUCTURED,
INTENSE, VARIED & FUN MEANING THAT
YOU WILL NEVER BE BORED OR LOOKING
FOR THINGS TO DO.



MANAGEMENT

If we had to give one reason as to what makes The Providence Projects special, our answer would be, 'The Staff'. A dedicated and inspirational team of professionals who are leaders in the field. Working at The Providence Projects is more than just a job for the team but a vocation.

You will see as soon as you look round or start treatment that the staff understand; they've been there; they care; and they can help you in your recovery. 92% of clients gave the staff an excellent rating when completing their service evaluations.



Paul Spanjar
CEO

Oversees the project on a daily basis. Having started work at The Providence Projects in 2002, Paul was in the first group of graduates from Bath University in their Addictions Counselling Degree; widely regarded as the benchmark for addiction counselling training.

After several years, Paul became the manager, before taking over from the retired founder, Steve Spiegel, in 2013.



Dr Turnbull
Medical Director

Co-founded The Providence Projects with Steve Spiegel in 1996 and still oversees all prescribing and detoxing. He has specialised in the field of addiction for over 25 years and is a leading light in this field.

He has been part of Providence since it's opening in 1996 and has a superb success rate in helping both addicts and alcoholics successfully detox. He cares passionately about the well-being of his clients and understands the limitations of medicine in this field.



Louise Spanjar
Finance Director

Has also been at The Providence Projects for many years after joining in 2001.

Having worked alongside Carole Spiegel for many years in both the administrative and financial departments, Lou took over the reins in 2013 after Carole's retirement. Lou is very much the engine behind the scenes.



Daryle Fortescue
Registered Manager

Daryle joined in 2005 after working at another residential rehab centre. Daryle is very much a 'hands-on' manager and gets involved in all daily activities.

An excellent, straight-talking therapist with personal experience of both addiction and recovery, Daryle is passionate about the delivery of individualised, evidence-based treatment.

THE PROVY LITERALLY DOES TRANSFORM LIVES

When our son came to us asking for help to fight his heroin addiction we didn't have a clue. No idea. In the dark. We tried to get advice from the GP, the local Drug and Alcohol service and even from acquaintances in the probation service. There seemed to be no help anywhere.

I spent all night on the internet searching using terms such as 'Rehab', 'Detox' and 'Drug clinic'. The same things came up, loads of ads for fancy country houses offering 2 weeks of painless detox for exorbitant fees, or methadone programmes. He had tried a methadone programme before and it had only added another addiction to his growing number and he wanted to avoid that.

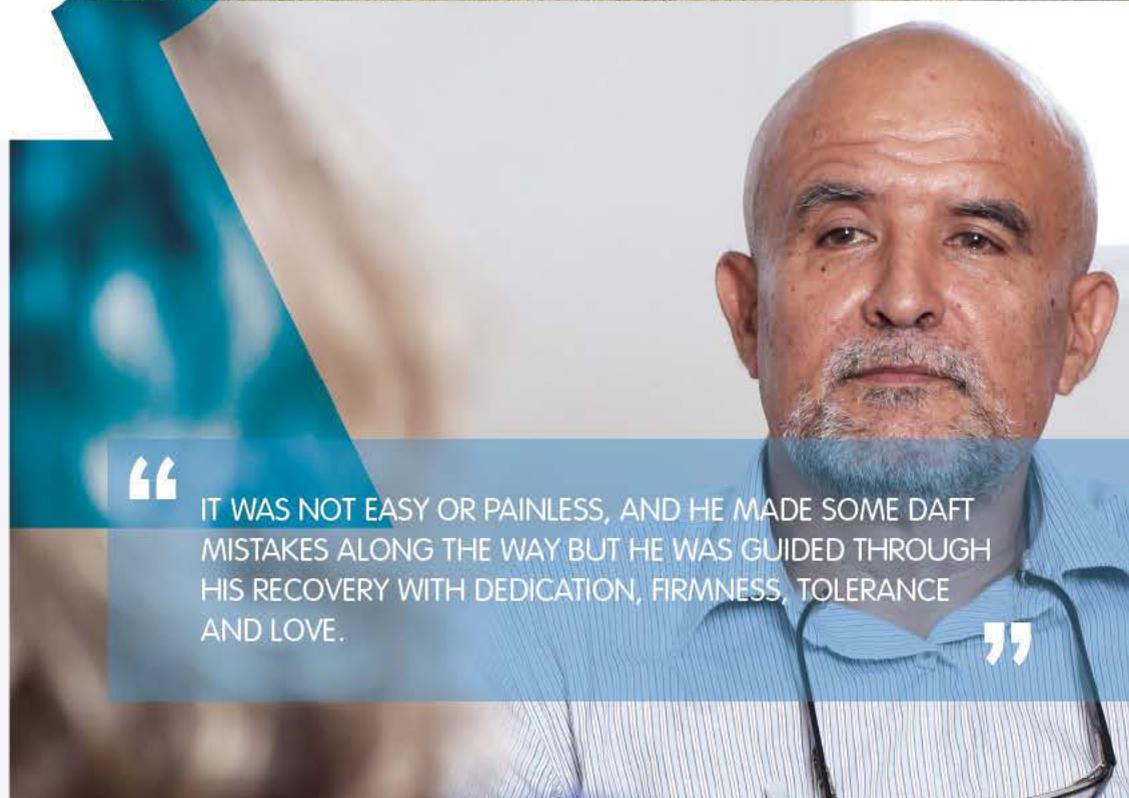
Our daughter sent me an article Russell Brand wrote after Amy Winehouse died in which he wrote eloquently about Total Abstinence. Until then I had not thought to use the term in a search engine and I am so grateful that I did, as the Providence Project came up straight away.

Late at night on the Friday of a bank holiday weekend, after fraught sleepless nights of searching and trailing around trying to get help, I called the number. A real person answered (Thanks Darren!). I was distraught and probably incoherent, but he calmly

explained what the Provy is about and our son's recovery began at that moment.

It was not easy or painless, and he made some daft mistakes along the way but he was guided through his recovery with dedication, firmness, tolerance and love. We were helped, too, and whatever happens we will always have warm feelings of gratitude to everyone, clients and staff, who had a part in giving us our boy back. (16 months clean and sober at the time of writing).

JILL ROBSON



“

IT WAS NOT EASY OR PAINLESS, AND HE MADE SOME DAFT MISTAKES ALONG THE WAY BUT HE WAS GUIDED THROUGH HIS RECOVERY WITH DEDICATION, FIRMNESS, TOLERANCE AND LOVE.

”

CONTACT US

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