



**EAST COAST
RECOVERY**

We change **minds**, we change **lives**.

Our award-winning treatment centre has supported thousands of people to free themselves from addiction since 2001. Our expert approach to recovery promotes personal empowerment and perseverance in a welcoming, nourishing, progressive atmosphere.

CALL US

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Changing your life means changing your mind – our goal is to lead you through that change and teach you to rebuild, in a way that works for you.

East Coast Recovery (ECR) is a small, independent and unique rehab that provides residential treatment for drug and alcohol addiction to men and women from across the UK.

We are regulated by the Care Quality Commission and follow NICE (National Institute for Health and Care Excellence) guidelines.

Treatments

Alcohol/Drug Detox (7-28 days)

On arrival, detoxification needs will be assessed and tailored by our specialist doctors who will ensure the process is as comfortable as possible. Our support team will be on hand 24/7 to review and monitor progress.

Residential Addiction Treatment (14-84 days)

Treatment length is tailored to the individual's needs and financial circumstances and will be discussed at the point of an initial assessment.

What we believe in

Our client-centric recovery ethos is at the heart of everything we do, which also makes it the foundation of your personal recovery.

Much more than a rehab...



“

If you want to change your life, you need to change your mind – and that’s our job. Let us show you how to have a life-changing experience. We know what works; it’s our passion.”

Lester Morse
Director

Empathy born of experience

Around 90% of our staff have experienced addiction themselves and have fully recovered from the very issues that our clients face. Our team members have been in the same position and situations as our clients. They are many years into their recovery, thanks to the techniques we use here today.

There’s nobody more qualified to help and support an addict than a trained expert who has been through the same difficulties. This level of understanding helps clients burst through their personal barriers to live the life of freedom treatment offers.



Our remarkable frontline team includes:

- Specialist Addiction Doctors (GPs)
- Medical Coordinators
- Addiction Therapists
- CQC Registered Manager
- Company Director with 31 years recovery experience
- Admission Coordinators
- Treatment Advisors
- Residential Support Staff
- Chef and Catering Team
- Hospitality Manager and Domestic Team



What we offer

For those suffering from addiction disorder, breaking the habit – and keeping it broken – is an almost impossible feat when going alone. That's where we, and our years of expertise, can help.

The collaborative therapy plan we create during the assessment phase is a combination of the world's most effective treatments, put together in a way that suits your specific needs. Every member of the ECR team is focused entirely on helping clients understand their addiction disorder, before overcoming it.

Our Therapeutic Recovery Community (TRC), exists to provide an entirely recovery-orientated, structured environment. Everything, 24 hours a day, every day of the year, is centred around client recovery. Clients are given full access to TRC group therapy sessions alongside their one-to-one support, to facilitate long-term change.



Therapies

Our range of available therapies, delivered by a team of empathetic experts, are combined to create a bespoke recovery plan for each and every client to ensure they receive precisely the right support.

Our formidable recovery solution integrates cognitive behavioural, person-centred and psychodynamic psychotherapy into the 12-step programme. An individual package of therapies, which may include group and one-on-one therapy, is tailored for each client (depending on focus and length of stay).

We are renowned for our recovery solution because we have, use, teach, and demonstrate the 12-step programme working in perfect harmony with the power of psychotherapy.

Neuroscience therapy

We integrate the latest neuroscience understanding into our treatment programme and also present regular talks on the 'Brain of Addiction' to families of alcoholics and addicts, as well as to other professionals.

12-step programme

It is not uncommon for clients to arrive for addiction treatment at ECR having already tried a 12-step programme in the past and decided that it doesn't work for them. Our trained professionals have acquired a true and deep understanding of the phenomenally powerful 12-step programme, including all of the little-known psychological, physiological, emotional, and spiritual aspects.

Psychodynamic psychotherapy

Psychoanalysis is used to treat adjustment disorders, personality-related disorders and post-traumatic stress disorder (PTSD), all of which often present alongside addiction.

Cognitive behavioural therapy (CBT)

CBT's efficacy is underpinned by scientific and empirical data. It is usually the primary form of counselling that is promoted and prescribed by both the NHS and private health care services.

Person-centred therapy

Rather than directing the therapy, the therapist offers unconditional positive regard, empathy and congruence to help the client come to terms with any negative feelings and to change and develop in their own way.



Our centre

Our treatment centre, located on the peaceful Suffolk coast, is the ideal setting for those seeking recovery to start changing their minds, and their lives, for a brighter future.

Our residences

At ECR, you're not just staying with us – you live here and you should feel like that's the case from the start. Our goal is to ensure you feel safe, relaxed, and comfortable in your home away from home.

Our residences aren't cold, medical-feeling facilities – they're beautiful Victorian town houses right on the Lowestoft coast, where the nearest beach only takes a few minutes to walk to.

Single or double rooms are available and our dedicated housekeeping team takes care of all the ongoing cleanliness. All meals are included and provided by our in-house chefs.



Staying with us

Lowestoft is the most-easterly point in the UK and boasts quality beaches, gorgeous woodland, fresh sea air, and a peaceful ambiance. Suffolk itself is an extra point of care and support for our clients.

What we provide

Our café and menu

All meals are nutritionally balanced and provided by our in-house chefs who can cater to most dietary requirements. Within our treatment centre there is a client café where drinks and snacks can be picked up while having a chat with peers. There is also a facility to place a weekly shopping order for any toiletries, essentials or treats.



Activities

Addiction treatment can be very intensive, so we offer plenty of activities that allow the opportunity to relax and recharge. These include a variety of sports, art therapy, cinema, and meditation – or simply, alone time.

External activities

A wide range of positive activities are organised away from the recovery centre and residencies.

- Beach walks
- Woodland walks
- Beach activities
- Ten-pin bowling
- Cinema
- Wall climbing
- Swimming
- Table tennis, squash and badminton
- And more...



Optional gym pack

A gym package is available at additional cost. Package includes swimming pool, sauna, hot tub, 40+ resistance and cardiovascular machines and free weights.



Aftercare

Our support doesn't end the moment our clients leave our care – we provide up to one year of additional aftercare, free of charge.

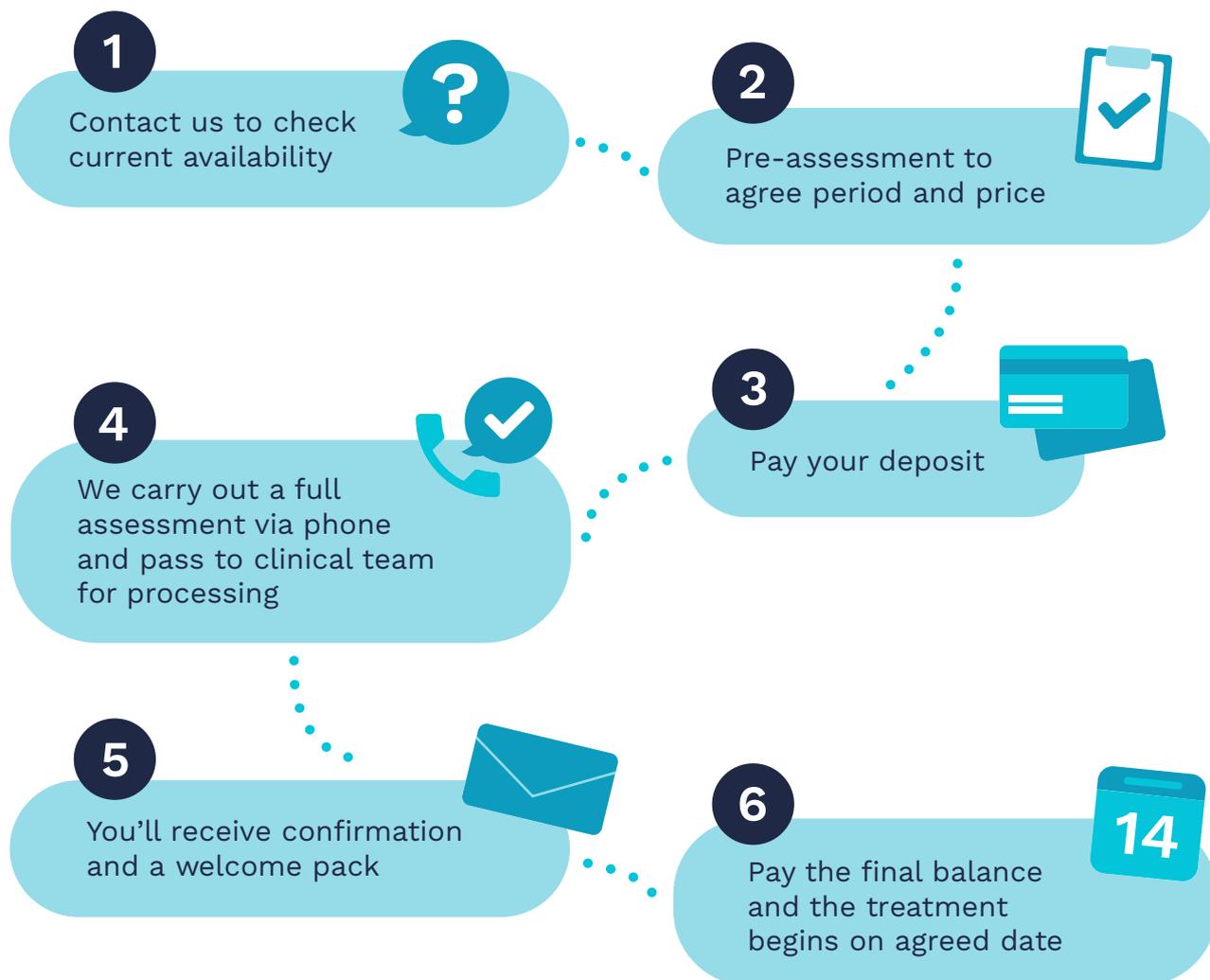
Before treatment is completed, we help our clients build an after-treatment recovery and development plan which includes:

- **Client-led weekly Zoom aftercare support group** facilitated by a ECR member of staff. This is to identify any issues or struggles as a group and to share experiences as well as working through the Big Book.
- **WhatsApp aftercare support group** (monitored by ECR staff). This keeps our ex-clients connected and a space where they can share information, sign post and support one another.
- **Weekly follow up calls.** For the first four weeks we check in weekly to help with the transition from rehab, these then turn to monthly calls.
- **Access to free online development workshops** throughout the year.
- The opportunity for our clients and their families to **attend free day and weekend workshops** at our treatment centre.
- **Family weekly support group.** Designed to support and guide families through the journey of recovery and the obstacles that are faced. If you are considering residential rehab for a loved one, you are welcome to request from our admissions team to join the weekly family group. This will enable you to talk to other families, ECR addiction therapists and the Director.
- We will assist in linking into local AA/NA/CA meetings and fellowships as well as signposting family to relevant **support networks** such as Al-Anon and Fam-Anon.

Freedom from addiction is within reach when you collaborate with our specialists, who understand and empathise with the situation. If required, we can supply ongoing therapy that can be undertaken either face-to-face or online (at an additional cost). Alternatively, we can help support finding a therapist in your area.



What next?



Tour the centre

Clients and family members can book an appointment to visit our treatment centre without obligation. We will happily offer a guided viewing of the facilities to put any remaining anxieties to rest.



We're just a message away

There are a variety of ways to get in touch with us, whatever your preference. Whichever method you choose, your enquiry will be dealt with in total confidentiality by a friendly and professional member of our team.



Call us
01502 587269



Text us
07585 531332



Email us
info@eastcoastrecovery.co.uk

Our promise to you

“

You're not going to get better treatment in any other rehab in the UK, regardless of how much more they charge you.”

Lester Morse, **Director**