



Lothians & Edinburgh Abstinence Programme

Information for patients

My life now is so different.
I don't wake up thinking
about drinking or using
now, I have my family back
in my life who trust me
and also want to be around
me. I am currently seeking
work and am able to plan my
life without being chained to
substances



Choose leap
Choose life

What is LEAP?

LEAP is a residential rehabilitation programme for people who are dependent on alcohol and/or drugs who want to achieve a drug and alcohol-free recovery.

What is in the LEAP programme?

LEAP is a three-month minimum therapeutic community programme based at Woodlands House in Edinburgh. The content includes detoxification, group work, one to one therapy sessions, workshops, education, employability skills training, recreation, and relaxation time. LEAP also has a Psychology, Psychiatry and Occupational Therapy team.

It is a busy programme, and patients need high motivation and energy to take part.

Who is it for?

LEAP is for residents of Edinburgh and the Lothians whose alcohol or drug use is causing problems and for those who want to move on from maintenance treatments.

Will I get a detox?

We offer a detox from all prescribed medication. Detox will be discussed on assessment. Some detoxes take place in the Ritson inpatient unit prior to transfer to LEAP.

Is it residential?

Yes. LEAP accommodation is based over two Edinburgh City sites.

The City of Edinburgh Council and the Cyrenians provide 'drug-free/sober' supported accommodation for the duration of the programme. Some patients may be able to attend the programme from home.

How do I join the LEAP programme?

Patients are referred. A referral can come from a GP, social worker, recovery worker or from another professional involved in your care who can send us a referral form containing some background information and substance use information. The referral form can be accessed on our website.

Patients are normally invited to attend an Information Session at LEAP then will be offered an appointment to start the assessment process.

What is involved in the assessment?

The assessment process will take place over two to three appointments with a member of the team. The assessment involves a series of questions about the background of patients' substance use, current situation, and motivations for LEAP.

All patients will be referred to a weekly 'Prep for Rehab' group. Patients should attend all appointments to successfully obtain a place on the programme.

Depending on your individual needs, other specialist members of the clinical team may also be involved in your assessment to ensure you receive the most appropriate care

What else might help?

Patients find it helpful to attend mutual aid groups (e.g. Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, SMART Recovery). It may also be helpful to access other community recovery resources such as Edinburgh Recovery Activities.

What about evenings and weekends?

The programme is seven days a week. At weekends activities are more relaxed and there is time for recreational activity. Attendance at mutual aid groups in the evenings and at the weekend is part of the programme. Evidence shows this is effective in reducing relapse risk as well as improving mental health.

What happens when I finish?

On graduating from the programme, patients develop a two-year aftercare plan. LEAP hold daily aftercare sessions and it is recommended patients attend at least two sessions each week along with continuing mutual aid group meetings. It is also encouraged to engage with Access to Industry and Edinburgh Recovery Activities. In aftercare, there are groups for anxiety, relapse prevention, coping skills and there are gender specific groups. One to one therapy sessions are also available

USEFUL CONTACTS

Alcoholics Anonymous Helpline www.alcoholics-anonymous.org.uk

0845 769 7555

Narcotics Anonymous Helpline www.ukna.org

0300 999 1212

Cocaine Anonymous Helpline www.cascotland.org.uk

0141 959 6363 or 0800 612 0225

Smart Recovery UK www.smartrecovery.org.uk

Access to Industry www.accesstoindustry.co.uk

0131 260 9721

Scottish Recovery Consortium www.scottishrecoveryconsortium.org

Addiction Recovery App www.arcapp.co.uk

Edinburgh Recovery Activities [www.facebook.com/](http://www.facebook.com/EdinburghRecoveryActivities)

EdinburghRecoveryActivities

0131 555 9124

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Choose leap
Choose life