

## USEFUL CONTACTS

### Alcoholics Anonymous Helpline

0845 769 7555

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### Narcotics Anonymous Helpline

0300 999 1212

[www.ukna.org](http://www.ukna.org)

### Cocaine Anonymous Helpline

0141 959 6363 or 0800 612 0225

[www.cascotland.org.uk](http://www.cascotland.org.uk)

### Smart Recovery UK

[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

### Access to Industry

0131 260 9721

[www.accesstoindustry.co.uk](http://www.accesstoindustry.co.uk)

### Scottish Recovery Consortium

[www.scottishrecoveryconsortium.org](http://www.scottishrecoveryconsortium.org)

### Addiction Recovery App

[www.arcapp.co.uk](http://www.arcapp.co.uk)

### Edinburgh Recovery Activities

0131 555 9124

[www.facebook.com/  
EdinburghRecoveryActivities](https://www.facebook.com/EdinburghRecoveryActivities)

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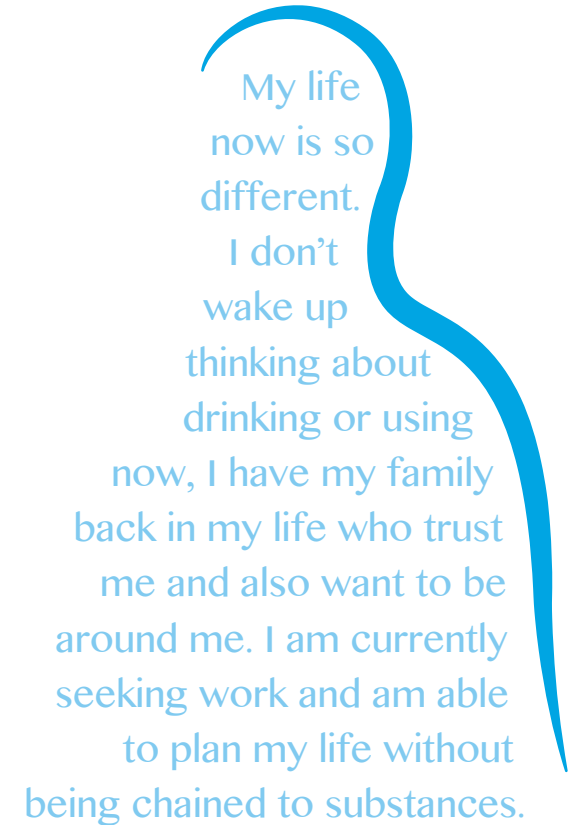
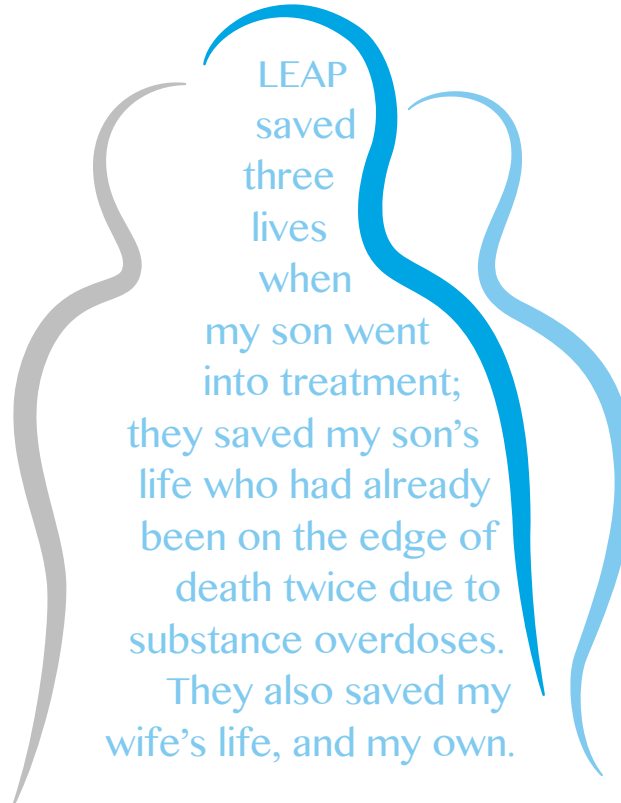
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## CONTACT

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nhslothian.scot.nhs.uk](mailto:leap.programme@nhslothian.scot.nhs.uk)



## RIGHT NOW

We suggest you check out a few mutual help meetings in the meantime.

Use one of the contacts above for more information.

Choose leap  
Choose life

Lothians & Edinburgh  
Abstinence Programme  
Patient Information

### What is LEAP?

LEAP is a residential rehabilitation programme for people who are dependant 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.

### 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.

Choose leap  
Choose life

Recovery from drug & alcohol dependence is real.  
Hundreds of us have done it at LEAP.