

FOCUS



THE LAMPTON COURT NEWSLETTER



AUTUMN 2009

Lampton has helped me to find myself

When I arrived I was not sure what to expect and I was a bit apprehensive. The house at the time had well over twenty residents and getting to know their names, let alone getting to know them seemed a daunting task. My first week was spent on detox and although I was up there with other people I was careful not to isolate myself up there and spent a fair bit of time in the main house getting familiar with the other residents. Everyone here made me feel welcome but I was starting to struggle, struggle with myself and whether I had made the right choice.

This struggling continued and got worse as I started on module two, by now I was physically and mentally getting better but not sleeping at night so I would set up camp in the front room at night only to be told that I was not allowed to be camping in the front room. I personally could not see the problem with this and complained. It didn't do much good but this was the start of my complaining mode. During the next few weeks, I found fault with absolutely everything and I let the staff and my peers know it, as far as I was concerned Lampton Court had a lot wrong with it and I had made a terrible mistake coming here. I would complain about the groups, the staff, the food, the amount of coal we're allowed to burn, I found fault with everything. This served a purpose for me because it stopped me having to look at myself.

As I continued here, I gradually started to look at myself and things started to change for me. I started getting involved in the groups and started to enjoy them, so much so, I could be found of an evening doing my journal and writing about my day which surprised even me. I was also at this time getting in to my Assignments and my One-to-one Counselling. My assignments here have done a massive amount for me. The work has to come from within us, it was a great opportunity for me to sit down on my own and get real, and admit to my powerlessness, my mistakes, guilt and shame and my loss. Reading those assignments out and exploring the issues within them with my counsellor gave me understanding and acceptance and with that the power to let things go that have affected me in the past.

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The Referral Team are waiting for your call.

If you would like us to make a presentation to you and your team - Please call
01237 470280



LAMPTON COURT

Growth Through Learning and Change via Action



Activity Therapy Programme

A unique and exciting feature of the Lampton Programme

Activity Therapy is an experiential process requiring participation in active individual and team challenges. These concrete experiences enable clients to explore and test-out in a very real way some of the theories and personal insights acquired in group and one to one sessions. Requiring teamwork, planning communication and focus to succeed, this hands-on approach builds self-esteem, motivation, communication, trust, self awareness and physical wellbeing.

Lampton has helped me to find myself

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I also explored a lot of other issues in my counselling sessions and this has given me a lot more personal awareness and I suppose has helped me to find myself. I could go on and on for hours but I am going to stop there. I would just like to say to my peers here that you could go to any rehab in the country and find faults with it just as I did with this one. I can honestly say that if you stay here and do the work that is given to you, get involved in the groups and do your counselling and get real, you will walk out of here feeling like a different person. I certainly do. I would just like to finish by thanking the staff who don't always have an easy time here dealing with us lot, and our issues, but nonetheless come back everyday for yet more punishment. Finally, thank you to all of my peers, both past and present, who have helped me along the way. This is my final assignment, my time at Lampton Court. I will now go on to the next chapter of my recovery.



The Referral Process

At Lampton Court we can treat all adults both male and female between 18 and 65 years. We also offer specialist treatment for the pregnant and Dual diagnosis clients, who have been stabilised on medication. Clients applying for admission must be capable (once detoxified) of active participation in both the cognitive and the physical elements of the programme. They should have a level of literacy sufficient to enable them to complete the written elements of the programme. Support in this area will be provided if it is needed. We cannot help those with significant physical or learning disabilities, or cognitive impairments. However clients that fall outside the criteria may however be accepted onto the Module 1 Detox programme, as long as their care plan identifies this and there is a referral onto an appropriate care provider post Lampton Court.

All information, including the application form and brochure, is available on request or can be downloaded from our website at www.lamptoncourt.com

THE FE

written by

I arrived midday on a Friday, and the whole house was out doing Yoga. To be honest I was anxious about being the new person and decided to make the effort to fit in as soon as possible.

I made a conscious effort to speak to every service user at some point during the weekend and the house did a welcome group for me, each in turn sharing a brief history about themselves and why they had ended up at Lampton Court. Also what they wanted to achieve by being here. I said a brief bit about myself and also mentioned what my objectives and goals were. This welcome group made me feel accepted as everyone else had one thing in common.

The next few weeks was a period of settling in, getting a feel of what the groups were about, learning more about each individual in the house and also observing the house dynamics. The staff at Lampton were also supportive and made me feel important. I received a counsellor called Linda which has really helped me work through and deal with a lot of negative thoughts and feelings surrounding myself my past and my behaviour. She has really helped me look inside myself and to recognise aspects of destructive patterns of behaviour/thoughts and let go of all the bits that were untrue. Looking back, I was quite negative about myself and really struggled to see beyond this. I was stuck in self-pity but through one to one counselling I have changed emotionally and am much more aware, and happy internally.

The groups at Lampton Court focus around written journal and assignments which are read out to the group on a weekly basis. The journals are a daily record of our thoughts, feelings and emotions and are really there to help us identify and get in touch with ourselves and others.

Feedback is encouraged which has helped me with my confidence and empathy with others. Assignments are six written assignments on our past, present and future which also helps us to move

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our clients



forward, progress and let go all of the rubbish that we carry around in our heads. The big one for me was my assignment on shame and guilt. We also have 'Life Skills' which helps promote positive thinking. This really is about 'Cognitive Behavioural Thinking' and relapse prevention which is vital and has helped me tremendously. I am much more aware of my high-risk situations and cognitive traps that have in the past led to me using.

Overall my time at Lampton has been one of self-discovery and enlightenment. I definitely have benefited from my time here and feel I am now much better equipped to face life in its terms. I have found all the client's and staff supportive and feel that I now have a true understanding of myself. I am now more pro-social (less antisocial), have improved impulse control and awareness around ones thought process. It has been challenging but enjoyable and I would definitely recommend Lampton Court to anyone wanting to change their lives for the better. The one thing that has helped me reach the point I find myself in today (here and now) is to have an 'open mind' and embrace what Lampton Court and all what it's clients, staff can offer.



The weekends are all about 'group bonding' where we enjoy a day out doing 'challenging' activities such as rock climbing & coasteering. This also helps promote and instil team building, and is a good release. It's also fun and enjoyable. An excellent way to recognise our 'inner' child. Overall my time at Lampton has been one of self-discovery and enlightenment.

Life at Lampton

Before I came to Lampton I had no life and I was completely dependent on alcohol. I desperately needed support and the safety of an independent detox. Lampton provided this for me. Being on site in rehab it allowed for a slow introduction to the six-month programme. Being a very anxious person it was very helpful. Staff and residents worked together to make me feel 'at home'. Through the therapeutic groups and one to one counselling I developed new coping strategies. My confidence and self-esteem slowly grew- from being afraid to go out of my own front door without a drink I was jumping off cliffs into the sea completely sober!! I chose Lampton because I wanted to change. By changing I am becoming the real ME. Honest, happier and healthier.

Sept 2008- Anonymous.



Mission Statement

Lampton Court is dedicated to the establishment of self reliance and freedom from alcohol and drug dependency.

We aim to achieve this by offering a safe supportive therapeutic programme, encouraging growth through learning, and change via action.

Philosophy

Our working ethos and rationale provides an integrative, holistic approach in the treatment of substance misuse.

Admissions

Referrals from the individual themselves or family and friends as well as from the Social Services, Probation, GP's, Agencies involved with the individual, are accepted. A telephone referral will begin the process of admission, followed by:

- A telephone assessment with the individual.
- Completion and return of an application form.
- Individual assessment at Lampton Court.

If the outcome of the assessment procedure is positive, a date will be given to start the appropriate Module.

Charges

To enquire about current charges please contact our Admissions Team.

Payments Terms & Conditions

A deposit is required prior to arrival and thereafter costs will be payable 4 weeks in advance, unless otherwise agreed in writing, for each individual prior to admission.



Lampton Court is operated by Health & Care Partnerships Limited and is registered as a residential treatment facility with Devon County Council and CSCI. Any surplus or profits generated by the company are used in developing initiatives dedicated to reducing the problems of drug and alcohol use.

LAMPTON COURT IS ABLE TO ACCEPT A WIDE RANGE OF PATIENTS INCLUDING EXPECTANT MOTHERS AND DUAL DIAGNOSIS PATIENTS.

FOR FURTHER INFORMATION PLEASE CONTACT OUR ADMISSIONS TEAM
ON 01237 470280, OR EMAIL
admissions@lamptoncourt.com



Littleham, Bideford
Devon. EX39 5HT
Tel: 01237 470280.
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FOCUS on the staff



Kevin Dunn

Kevin Dunn - Clinical Lead

Lampton Court are pleased to welcome Kevin to its team. Although he has been with us on our nursing staff for three months, he has recently accepted the role of Clinical Lead.

Kevin Dunn was born in Truro, Cornwall, in 1978. He attended the University of Plymouth in 1996, where he studied economics. On leaving university, Kevin returned to Cornwall to work as a Quality Control Manager in a local printing firm. In 2001, he decided upon a career change, and qualified as a nursing assistant in a dementia care unit, where he worked for 5 years. In 2004, Kevin returned, once more, to the University of Plymouth to study Mental Health Nursing. Amongst the various experiences gained, he spent 3 months working with detox clients in an acute psychiatric setting, as well as 9 months working with the Mid-Devon Community Drug & Alcohol Team, providing Tier 2 and Tier 3 services. Prior to working at Lampton Court, Kevin worked for 18 months as a Staff Nurse in a psychiatric rehabilitation unit in Weston-Super-Mare.

Once again, welcome to Lampton Court Kevin.



Rory Magee

Rory Magee - Therapist

We are also pleased to welcome a new face onto our therapeutic team in the guise of Rory Magee.

Rory joined us from the Diana, Princess of Wales Treatment Centre in Norfolk in July, and brings with him a wealth of experience and qualifications including BSc (Hons) in Physiology/Pharmacology, Diploma in Advanced Psychotherapeutic Counselling and an MSc in Gestalt Psychotherapy amongst others.

Once again Rory, welcome to Lampton Court.

A new look for the Lampton Court Website

Many of you will already have noticed. The new site is more informative, more interactive and easier to navigate. Pop in and take a look.
www.lamptoncourt.com



Drug and Alcohol Rehab with inpatient Detox
"Growth through learning and change via action"