

Recovery Lighthouse

Recovery is Getting Better



RECOVERY LIGHTHOUSE
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Call our 24-Hour Confidential Helpline

0203 151 8101

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Medical Insurance Accepted



A full-service clinic
offering complete
medically supervised
detox, rehabilitation
and recovery
therapies.



“ The recovery lighthouse has a very warm caring atmosphere, the team here bring their heart and passion in the work they do.

Connor Stagg
Clinic Manager



ABOUT RECOVERY LIGHTHOUSE

Recovery Lighthouse is a state of the art alcohol and drug rehab in West Sussex. All our staff are respected addiction treatment practitioners. We have a long history of helping people get well, we care about the people we help and have had a great success in treating addictions and other related conditions.

We are passionate about treating addiction and every client that enters our programme can be sure of 100 percent commitment from our staff. Quite simply, we are here to help you heal and recover, to live a happy and content life free from the pain and misery of addiction. The majority of our staff are in recovery themselves, so they fully understand how you will be feeling. Our whole facility is geared towards offering a programme that is specifically tailored to meet each individual's treatment needs. Our care does not just stop at the end of your inpatient stay either. Each client that completes a full addiction rehabilitation programme at Recovery Lighthouse will be entitled to 12 months after-care at no additional cost.

Recovery Lighthouse is fully CQC (Care Quality Commission) registered, ensuring the highest standards of treatment and safety. As well as our excellent treatment programme, we also have an outstanding clinical team, providing treatments and care around the clock.

RECOVERY LIGHTHOUSE FACILITIES AND ACCOMMODATION

The Recovery Lighthouse is a 13 bedroom alcohol and drug rehab facility set in a quiet residential area of Worthing – West Sussex. All bedrooms are decorated to a high standard, to ensure you maximum comfort during your stay. The treatment is fully integrated, which means we can facilitate a full on-site medically supervised detox and rehabilitation programme within the same unit.

Outside the clinic has ample garden space for residents to relax and socialise. During visiting times families and residents will be able to leave the clinic and access all local amenities and take a five minute stroll together to the sea.

- Peaceful and recovery-oriented environment
- 13 rooms - all decorated to a high standard
- Open 24 hours
- World class rehabilitation programme
- Immediate admission
- One-to-one and group counselling
- Ambient surroundings





TREATMENT PROGRAMME

Our treatment programme focuses on the individual's needs with the goal of achieving full recovery. We give clients the best possible start using clinically tried and tested approaches, as well as a variety of therapies and pathways to give a comprehensive, thorough treatment.

DETOX TREATMENT

At Recovery Lighthouse we offer a full medically supervised detox for those suffering from a physical addiction to alcohol or drugs.

On admission, all clients see our psychiatrist and or medical practitioner, who specialises in detoxification.

Clients will be prescribed any detox medications our psychiatrist feels they require to make their stay at Recovery Lighthouse as comfortable as possible.

As a full treatment centre, we have the experience and facilities to undertake detox from a wide range of substances. These include:

- Alcohol
- Heroin
- Methadone
- Cocaine
- Crack Cocaine
- Sleeping tablets
- Prescription drugs
- Opiates & OTC drugs
- Amphetamines
- Cannabis
- Hallucinogenics

REHAB TREATMENT

Clients undertake a regimen of therapy, guidance, advice, well-being and structured psychological, physical, and emotional treatments to understand addiction, cope with it, deal with it, and ultimately live a life free from substances and behavioural harm.

Our treatments include:

- 12-step therapy
- Experiential therapy
- One-to-one and group therapies
- Stress reduction techniques
- Motivational interviewing
- Relaxation techniques
- Art and creative therapies
- Cognitive behavioural therapy
- Relapse prevention
- Holistic therapies
- Psychological interventions
- Spiritual studies
- Health pursuits
- Addiction education
- Meditation
- Mindfulness

