

Addictions

New  
Beginnings

Recovery in the Max Glatt Unit





## About CNWL

**CNWL is a leading provider of addiction and substance misuse treatment and recovery services based in London.**

We provide high quality community and inpatient addiction treatment options, including treatment for dependence on alcohol and a range of drugs.

# The NEW Max Glatt unit in Chelsea

**The new Max Glatt Unit (MGU) provides 24/7 medically managed treatment for detoxification and stabilisation of clients who are dependent on drugs and/or alcohol as part of a planned recovery pathway.**

The Max Glatt Unit has recently moved to a new central London site in Chelsea, adjacent to Chelsea and Westminster Hospital. We have significantly improved facilities and accommodation, and clients are provided with a more comprehensive and personalised programme of daily activities; all aimed at progressing towards recovery and reintegration into daily life.

With 50 years' experience, the Max Glatt Unit is recognised as a centre of excellence and the team's knowledge and expertise is regularly sought by healthcare professionals from around the world.



# Why choose the new Max Glatt unit?

Choosing the right detoxification and stabilisation service is imperative for successful treatment and recovery.

Refer your clients to us for the following service benefits:

- ✓ Excellent value for money – we are the best value London-based medically managed unit
- ✓ Expertise in managing addiction to all drugs
- ✓ Specialist skills in managing complex co-morbid physical and mental health problems
- ✓ Cultural competence in working with substance misusers who are lesbian, gay, bisexual or transgender
- ✓ Evidence-based (NICE compliant) prescribing plans
- ✓ Personalised nutrition, health and well being plans
- ✓ Complementary therapies, including shiatsu and acupuncture
- ✓ Integrated pre and post admission recovery care planning with community care teams
- ✓ Up to one year of post discharge recovery phone calls



## Who is the service for?

The new Max Glatt is suitable for adults who are dependent on drugs and/or alcohol, who require medically managed detoxification or stabilisation.

### Eligibility

- 18+ years, male or female
- Dependent on drugs and/or alcohol. This includes opioids; stimulants; 'club drugs' (e.g. GHB/GBL); benzodiazepines; amphetamines and prescribed medications
- Unable to detoxify or stabilise in the community
- Complex physical and/or mental health needs (e.g. pregnant women, dual diagnosis, polydrug misuse, learning disabilities and mobility restrictions)

8/10

...overall care rating reported by clients

92%

... of clients would recommend the Max Glatt Unit

83%

... of clients reported that the care they received helped them 'a great deal' or 'quite a bit'

85%

... of clients successfully complete their treatment



## Specialist addiction treatment

**The new Max Glatt Unit specialises in treating people with complex needs who are dependent on drugs and/or alcohol.**

We also specialise in detoxification from 'club drugs' and have clinical links to the CNWL Club Drug Clinic located nearby.

The medical team consults with the neighbouring acute hospital to plan treatment of highly complex physical health problems such as ketamine bladder and serious liver problems.

Furthermore, our specialist pharmacist works with individuals and groups to explain and maximise responses to prescribed medications including those for chronic illnesses such as diabetes, hypertension and cardiac problems.

**“The staff have been extremely supportive and helpful.”**

## Interventions

**On admission, each patient will receive a holistic recovery assessment and a bespoke recovery care plan which will address:**

- Drug or alcohol dependence
- Risk reduction, including overdose/relapse prevention
- Support for physical health needs
- Mental health and wellbeing support

Each treatment package includes: medication to reduce withdrawal symptoms or stabilise individuals; support to progress recovery and a full programme of group and individual activities.

Support is provided from a dedicated peer support worker and via a number of self help groups including SMART recovery, Narcotics and Alcoholics Anonymous.



**“The positive atmosphere on the ward gives me positive energy.”**



*I can't believe how much better I am feeling after such a short time.*

**Every patient will receive:**

- A separate bedroom in male, female or private patient areas of the unit.
- Medical and nursing assessments (and regular reviews) covering physical and mental health, mobility, self-care, hygiene and nutrition.
- An individual recovery care plan based on individual assessment outcomes and treatment goals.
- Intensive nursing monitoring of physical and mental health, including support, interventions or one-to-one nursing, if required.
- Nutritional needs assessment and bespoke meal plans.
- A dedicated peer mentor, with personal experience of Max Glatt Unit services.
- Mutual Aid taster sessions, including SMART recovery and '12 step' fellowships (AA, NA).
- Access to a psychiatrist, psychologist, family therapist and employment advice.
- Family or friend interventions to ensure support from those without drug or alcohol problems.
- Post discharge telephone support from a trained psychologist for up to one year.

# Our new and improved facilities

The NEW Max Glatt Unit's central location allows easy access from all parts of London and beyond. The whole unit has been refitted and decorated to provide a comfortable and spacious environment that promotes recovery.



Accommodation for each patient is provided in a single sex bedroom with modern clean facilities including an in-room washbasin and toilet/wash facilities a short distance away. In addition, MGU offers dedicated catering provision with a separate restaurant providing freshly cooked food and a daily changing menu. On ward facilities include a kitchenette and two comfortable television areas, whilst separate facilities comprise: gymnasium exercise room;

music and art therapy rooms; a teaching kitchen and enclosed garden space. Activities range from art and music therapy to exercise and nutrition planning, allowing clients to channel their energies away from addiction towards learning, wellness and creativity. We also offer acupuncture, shiatsu and meditation.



Max Glatt has given me a new life and a positive outlook for the journey forward.

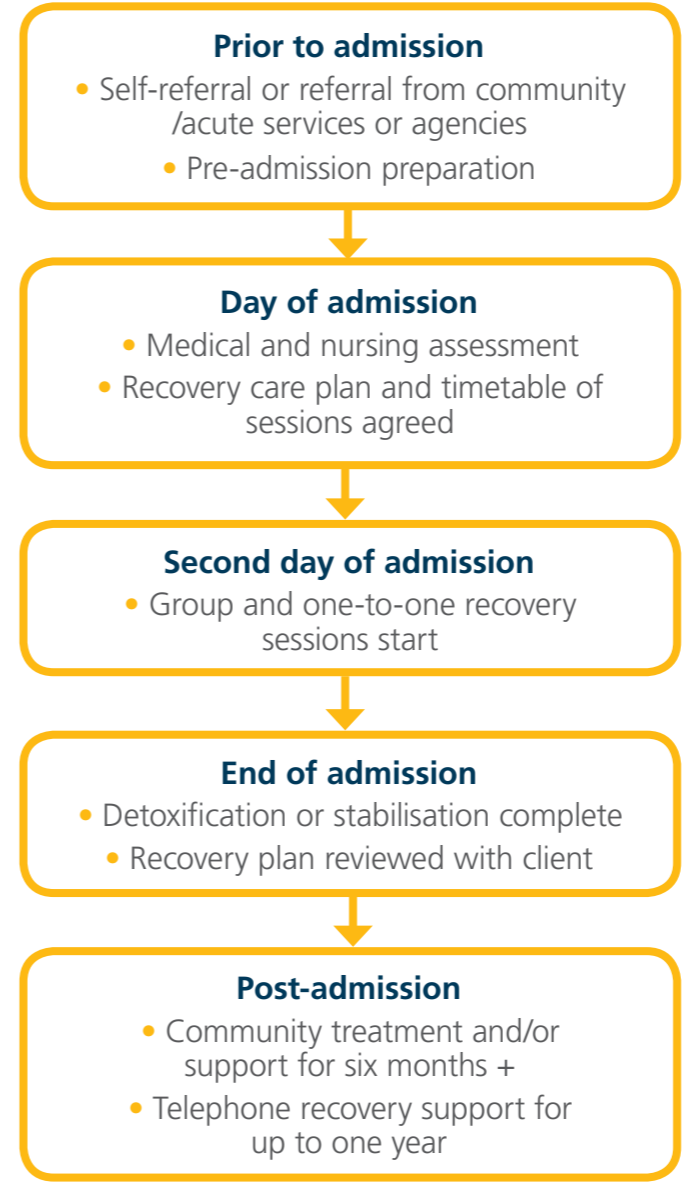
## Sample activities programme

The Max Glatt Unit team provides an intensive programme of activities to facilitate interaction and support.

Time	Day 1	Day 2
7:30 – 7:45 am	Supervised smoke break	Supervised smoke break
9.30 – 10.00 am	Community meeting	Community meeting
10.00 – 11.00 am	Supervised walk	Acupuncture relaxation sessions
11.00 – 12.00 pm	Relapse prevention	Supervised walk
1.30 – 2.00 pm	Lunch	Lunch
2.00 – 3.00 pm	Supervised walk	Shiatsu relaxation sessions
3.00 – 4.00 pm	Art therapy	Supervised walk
4.00 – 5.00 pm	Individual one-to-one sessions*	SMART recovery
6.45 – 7.00 pm	Supervised smoke break	Supervised smoke break
7.00 – 7.30 pm	Recovery and reintegration group	NA taster session
7.30 – 8.00 pm		
8.00 – 9.00 pm	Optional exercise	Optional exercise
9:00 – 10:00pm	Supervised smoke break	Supervised smoke break

\*One-to-one sessions with psychologists and other staff scheduled throughout the day as required.

## Care pathway



I found the acupuncture group to be very relaxing and it took my mind off my problems.

## Our experienced team

Our team of senior clinicians have many years of specialised experience in the addiction field.



Dr Karim Dar

Dr Dar is Consultant Psychiatrist and Lead Clinician for the service with extensive experience in managing addictions and developing services. He is actively involved in academic research and teaching and fulfils the role of Medical Governor and Clinical Lead for Safeguarding Adults at the Trust.



Sue Murphy

Sue is the Max Glatt Unit Manager and Modern Matron with many years experience in operational management of drug and alcohol services and acute hospital alcohol liaison. Sue is a Senior Registered Nurse and is currently studying for a post-graduate degree. She is also a qualified Aromatherapist.



Ryan Kemp

Ryan is a Consultant Psychologist and the addictions service Lead Psychologist at the Max Glatt Unit. He is also Chair of the Faculty of Addiction (British Psychological Society) and acts as visiting researcher at the Imperial College.

### In addition our team comprises:

- Registered nurses (mental health trained)
- Doctors
- Psychology staff
- Family therapist
- Pharmacist
- Art therapist
- Peer mentors
- Administrators
- Health care assistants
- Volunteers

The Max Glatt Unit collaborates with a research team at Imperial College, University of London which is led by Professor Anne Lingford-Hughes.

## Case studies

### Paul's journey to sobriety

Paul was a social drinker most of his life, but when he was made redundant from work at the age of 38, he started to drink heavily. He became forgetful and depressed, started to experience 'fits' and ended up taking an overdose. His relationship with his family became increasingly strained, driving him to seek professional help. His GP referred him to a local addictions community team who recommended an inpatient detox to the local commissioners. Paul was given a placement in the new Max Glatt Unit for a detox. He was given medication to manage his withdrawals, a full medical check-up and individual psychology sessions. He was also provided with a detailed recovery programme, including nutrition and exercise plans.

Paul was fully committed to abstinence after his stay on the unit.

Paul remained fully committed to abstinence after his stay on the unit, received counselling from community alcohol services and attended AA and SMART recovery groups. At his one year follow-up he was still abstinent and had fully recovered from his depression.

## Case studies

Stuart adhered to his recovery plan and maintained abstinence from GBL.

### Stuart's GHB recovery

After graduating from university, Stuart landed his first job in public relations. Stuart became actively involved in the London gay club scene and was introduced to GHB by a friend. Stuart became addicted to 'G'. When he tried to stop using 'G' he experienced hallucinations and ended up in A&E. He was referred to the new Max Glatt Unit by the CNWL Club Drug Clinic and was detoxed from GHB using medication. Stuart enjoyed the art therapy group, whereas the acupuncture and shiatsu helped him to unwind. As a gay man, Stuart received culturally specific support from the Max Glatt Unit and Club Drug Clinic staff. At the end of his treatment, he was not only free from his GBL withdrawal symptoms but also recognised improvement in his physical and mental health. Stuart continued to receive telephone support from a Max Glatt Unit psychologist. He was adhering to his recovery plan and maintaining abstinence from GBL three months after discharge.

### Casey's new beginning

Casey started smoking cannabis at the age of 13 and by the time she was 16, she was using cocaine and crack. To cope with the withdrawal symptoms, she started using heroin and quickly got addicted. She detoxed from heroin several times in the community but always found she relapsed. Following diagnosis of liver damage due to a long-standing hepatitis C infection, her key worker referred her for inpatient detoxification. She was given a place at the new Max Glatt Unit where she had a full medical check-up and was detoxified from all drugs. She also had extensive tests in relation to her liver and was assigned a holistic treatment plan. The nutritionist advised on changing her diet, whilst the unit pharmacist and psychologist worked with her on managing her anxiety and cravings. Casey went on to rehab in London and successfully cleared her hepatitis C. She now supports others to overcome substance misuse and hepatitis infection.

Having successfully cleared her hepatitis C, Casey now supports others to overcome substance misuse and hepatitis infection.



## Referring to our service

Local substance misuse providers, NHS or local authority referrals to the Max Glatt Unit will normally require an agreement for funding from local commissioners. The Max Glatt Unit offers a range of contractual arrangements for commissioners.

If you are a commissioner and would like block or spot purchase beds, contact **Sue Murphy on [mgu.cnwl@nhs.net](mailto:mgu.cnwl@nhs.net) or call**

**020 3315 3153**. Our 2012-13 Tariff for NHS block contracts is £349 per bed night.

If you are an individual who would like to pay for yourself, please contact [carolcarter@nhs.net](mailto:carolcarter@nhs.net). If urgent, please phone **020 3315 3153**, or fax **020 3315 6079**.

Visit: [www.cnwl.nhs.uk/max-glatt](http://www.cnwl.nhs.uk/max-glatt) for more details or to download our referral forms.

**Nearest tube stations:** South Kensington, Earls Court, Fulham Broadway, Gloucester Road.

Bus routes: 14, 414, 211, 11, 22, 328, C3

There is pay & display parking on-site

