

“I have been very fortunate to have been able to go through treatment and my life is more wonderful than I could have imagined”

Service User Quote

“I have learnt so much about myself, my illness and how to become a whole person as well as being able to help the people around me. I have had a complete change of heart, mind and soul and I am able to begin a new life as a recovered person”

Service User Quote

Contact Us At:

For More Information Please Contact:

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Wales Drug and Alcohol Helpline
Llinell Cymorth Cymru ar Gyffuriau
ac Alcohol
Free and Confidential Helpline

Images used courtesy of Meryl James

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Welsh Centre for Action on Dependency and Addiction

WCADA

Canolfan Gymraeg am Weithredu ar Ddibyniaeth



Inspiring Change  Achieving Potential



PRIMARY TREATMENT PROGRAMME

www.wcada.org

Images used courtesy of Meryl James

Leaflet Number 11

ABOUT US

WCADA has been delivering the Primary Treatment Programme for over 30 years. The Treatment Programme is based on the AA 12 Step principle. We have established ourselves and built a sound reputation over this period of time as the only out-patient agency in Wales that delivers this unique and distinctive programme. WCADA prides itself on the high standard of care and delivery of this programme.

THE PROGRAMME

The programme is delivered by specialised and experienced facilitators and qualified counsellors.

The team are dedicated in supporting you towards a happy drug and alcohol free future.

The programme includes:

Group therapy

1-1 counselling

DVD's and lectures

Care plan reviews

Aftercare

ASSESSMENT

An assessment will be completed and your individual needs will be explored and a treatment care plan agreed for ongoing support.



PRIMARY TREATMENT

Individuals accessing primary treatment work on the Minnesota model, which is the first five steps of the the AA 12 Step programme, and will attend weekly group therapy and weekly 1-1 counselling sessions.

The programme will help you to discover the truth about yourself and your addiction; replacing old, unhelpful behaviours to develop positive ways of thinking so that you can lead a happy, fulfilling drug and alcohol free life.

PRIMARY TREATMENT

Treatment may not always be easy. It takes time, dedication and commitment but the recovery journey can be a rewarding one, where all areas of your life can vastly improve.

Aftercare

After completion of the Primary Programme you will receive ongoing support through attending monthly Aftercare Groups. Through mutual support you can explore the challenges that you may face as you put your new found skills into practice. As well as monthly group support you will receive 6 weekly 1-1 sessions working on steps 6 to 12.

GET IN TOUCH

The WCADA Primary Treatment Programme:
Open to any religion, age, gender, ethnicity and culture

Recovery can be FUN!!

It is a safe, non-judgemental, confidential environment

This programme will support you for life

OUR SERVICE IS
COMPLETELY FREE OF
CHARGE