



Prescription Addiction Clinic



At our clinic we dedicate our sessions to problems relating to mind altering prescribed drugs such as benzodiazepines, antidepressants and painkillers. We do not deal with so called hard drugs such as heroin cocaine or with alcohol, but can refer you to Abbey Sefton specialists.

We are able to offer a wide variety of support ranging from out-patient consultations, out-patient counselling, out-patient drug withdrawal, inpatient intensive counselling, in-patient withdrawal or switching from one drug to another. A specific package is also offered where drugs have been purchased via the Internet – this includes programmes of withdrawal either in-patient or out-patient prescribing of drugs to replace those from Internet and liaison with patient's own doctor.

The first appointment will take place at 1 Kenilworth Road with Dr Arun Ghosh and Consultant nurse Pam Armstrong. This will usually take place on a Tuesday and on average takes about one hour. At this meeting you will have a chance to discuss your problems and along with our team work out which of our care plans will be best for you.

At this appointment any initial tests can be arranged and a prescription may be organised if necessary. Further out-patient appointments may be arranged or we may start to arrange for an in-patient stay.

If you do decide to come into the Sefton Suite as an in-patient you will be required to be seen by one of our psychological or psychiatric team for an assessment. This may be Dr Costis Papageorgiou, Dr Louise Horne, Dr Manoj Agarwal or Dr Barry Jones.

Every patient must have a psychological assessment before coming into the unit. This is because we only are able to work with mentally stable people who have problems with prescribed medication and or mild anxiety or depression. We are not able to work with patients who are unstable or mentally ill and we aim specifically to provide a care package for those who have a need relating to prescribed drugs. The report which is written by the psychological advisor is also helpful to the team working with you in the Sefton Suite.



The Sefton Suite is based in the grounds of University Hospital Aintree. It is a stylish modern unit, comprising 25 beds. It is well staffed with a resident doctor and all staff are trained regarding the issues of prescribed drug addiction and are ready to help you whenever needed.

Facilities available include a gymnasium and a luxurious day room where you can talk to other patients, friends or relatives. There are also facilities for a relative to stay in the unit.

During your stay you will see Dr Arun Ghosh or Pam Armstrong every day and both on several of the days. Pam Armstrong will also contact you every day by mobile telephone so she is aware of your progress at all times.

PRESCRIBED DRUG ADVISORS AND DETOX SPECIALISTS:

- **DR ARUN GHOSH (SPECIALIST GP)**
- **PAM ARMSTRONG (CONSULTANT NURSE OF COUNCIL FOR INFORMATION ON TRANQUILLISERS AND ANTIDEPRESSANTS)**

Dr Arun Ghosh and Pam Armstrong have developed an advice out-patient service for patients with problems relating to prescribed medication i.e. benzodiazepines, 'Z' drugs, antidepressants and painkillers and have now opened a unique residential unit at The Sefton Suite, Aintree, Liverpool.

Pam Armstrong has worked with her organisation, CITA, for twenty years pioneering programmes of withdrawal from prescribed drugs, and has written the prescribed drug text book 'Back to Life'. Dr Arun Ghosh has a special interest in addiction through his experience as a GP and is well known as the Radio City and City Talk doctor.

LOCATION

From Liverpool

Join the A565 signposted to Southport, continue through Waterloo. You will see a Tesco Express on the right hand side. At the traffic lights turn left into College Road. At the roundabout turn left onto Mersey Road, then take the second right onto Kenilworth Road. One Kenilworth is on the right.

From Southport

Take the A565 into Crosby. At the large roundabout continue on the main road. At the traffic lights just below the Tesco Express, turn right onto College Road. At the roundabout turn left onto Mersey Road, then take the second right onto Kenilworth Road. One Kenilworth is on the right.