



avena
Healthcare

On the Peaceful Largs Coast...





Inspiring Wellness and Recovery

Who Are We?

We are a 14-bed residential rehabilitation centre. We specialise in supporting individuals with alcohol and drug dependencies to seek a holistic, psychologically informed solution to their hardships. We are situated in a quiet town with a strong community focus. We believe our natural seaside surroundings and stunning mountain views encourage mindfulness and the pursuit of wellbeing. All treatments are completed in house.

A Dedication to Excellence

We provide a safe, informed and honest environment. Building collaborative solutions to key issues defined and experienced by you. We employ a round-the-clock team of Doctors and Nurses, supported by Assistant Psychologists, Occupational Therapists and Healthcare Support Workers to reach your personal recovery goals.

10 Day - 12 Weeks Stays Available

Your Recovery is Unique to You

In Avena, we offer a comprehensive physical and psychological treatment programme, to build an individualised care plan. Driven by our Multi-Disciplinary Team, we will regularly provide space for you to have an input and impact in your own recovery journey. We believe in recovery done WITH professionals not BY.

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What We Offer...

Psychology:

- Recovery Skills Group Sessions
- HCBT Informed Group Work
- DBT Skills Practice
- CAT Informed Interventions
- Family Support

Occupational Therapy:

- Social Skills Workshops
- MOHOST Assessment
- Employment support

Medical Care:

- 24hr Nursing Care
- Medically Assisted Detoxification
- Physical Health Check-Ups
- Medication Review
- GP Collaboration for Care Continuity