Ocean Rehabilitation



Care Quality Commission
Good

Ocean Rehabilitation

Residential Drug and Alcohol Treatment | Blackpool

About Ocean Rehabilitation

Ocean Rehabilitation is a CQC-registered residential drug and alcohol treatment centre for adults aged 18 and over. We welcome both privately funded and statutory-funded admissions.

Located on Blackpool's North Shore Promenade, Ocean offers a peaceful coastal setting for recovery. Accommodation is arranged across three comfortable floors, with many rooms enjoying sea views.

The service combines a warm, homely environment with evidence-based therapies and personalised treatment, helping individuals build the foundations for lasting recovery.



Enquiries & Referrals:

NHS, Local Authority,
Professional Referrals: **0330 236 8231**
Private Referrals: **0330 159 6158**

referrals@ihcm.co.uk



Care and Support

Ocean Rehabilitation provides structured, recovery-focused treatment in a safe and supportive environment. Each person follows an individual recovery plan, tailored to their needs, circumstances and goals.

Our approach combines substance misuse treatment, psychological support and positive risk management. We help individuals understand their addiction, develop healthier coping strategies and build confidence in their recovery.

The therapeutic programme includes weekly counselling, CBT-informed workshops, psychoeducation and psychology-led wellbeing sessions. Education on the neurobiology of addiction helps individuals understand the effects of substance use on the brain and nervous system, including the relationship with stress and emotional regulation.

The Team

Our experienced team provides compassionate, person-centred support throughout detoxification, therapy and rehabilitation. Qualified nurses oversee medication management, medically supported detoxification and repeat prescriptions. They also liaise with GPs and coordinating doctors, with psychiatric assessments available on demand.

Weekly multidisciplinary reviews help ensure that each person's progress, risks and treatment plan are regularly assessed and adjusted. Many members of our recovery team bring valuable lived experience of addiction and recovery. They provide understanding, encouragement and practical guidance to individuals beginning their own recovery journey. Weekly key-working sessions, alongside additional support when needed, help people remain engaged and focused on their recovery goals.

Therapeutic Approaches

Treatment at Ocean is tailored to the individual, allowing people to progress at a pace appropriate to their needs. Where detoxification is required, clinical support helps individuals manage withdrawal safely before progressing into a structured therapeutic programme.

Our approach combines psychological interventions with practical recovery support, including:

- Trauma-informed approaches
- Coping skills and relapse-prevention strategies
- Meaningful daily activities
- Personalised discharge and recovery planning

Together, these interventions help people understand the factors contributing to their addiction, improve emotional wellbeing and develop practical skills for life beyond treatment.

Facilities

Ocean Rehabilitation provides comfortable accommodation and dedicated spaces for therapy, relaxation and social interaction.

Facilities include:

- 16 bedrooms, comprising:
  - Four single bedrooms with sea views
  - Eight en-suite rooms
  - Four rooms with shared bathrooms
- Communal lounge
- Dining lounge
- Group therapy room with sea views
- External courtyard and garden

Recovery Beyond Treatment

We work with each person to develop an aftercare plan that reflects their circumstances and ongoing support needs. This may include connections to sober living accommodation, secondary housing and community recovery services.

Clients are encouraged to explore fellowship and mutual-aid support, including Alcoholics Anonymous (AA), Cocaine Anonymous (CA) and Narcotics Anonymous (NA). These opportunities help people develop supportive relationships and continue their recovery after leaving Ocean.

Our weekly Aftercare Group, available for up to 12 months following discharge, provides ongoing encouragement, peer support and practical relapse-prevention strategies.

We also recognise the important role families, carers and loved ones can play in supporting recovery.

Our weekly Family Group, together with family interventions and visits where appropriate, helps families better understand addiction and recovery. Sessions focus on communication, healthy boundaries and ways to provide positive support.

By involving those closest to the individual, we aim to strengthen relationships and help create a supportive environment for continued recovery.

Admissions and Assessment

Our admissions process is designed to be straightforward and supportive.

Every individual receives a comprehensive screening assessment, including consideration of any detoxification requirements.

A personalised care plan is developed within 24–48 hours of admission, setting out treatment needs, recovery goals and the support required.

We welcome both statutory-funded and privately funded admissions.

Contact Us

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Ocean Rehabilitation

Part of Integrated Health Care Management Group

Integrated Health Care Management (IHCM) is a UK-based health and social care management group. IHCM has oversight of a network of hospitals, residential care and nursing homes and supported living services, providing governance, clinical oversight and strategic leadership.

ihcm.co.uk

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IHCM Addiction Treatment Services