Asana Healthcare



CareQuality Commission
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Asana Healthcare

Residential Drug and Alcohol Treatment | Northamptonshire

About Asana Healthcare

Asana Healthcare is a CQC registered recovery-focused residential drug and alcohol treatment centre for adults aged 18 and over who are either private or statutory funded. Situated in a tranquil and picturesque village close to Towcester, Northamptonshire the setting is an ideal place to restore wellbeing and create a strong foundation for long-term change.

Care and Support

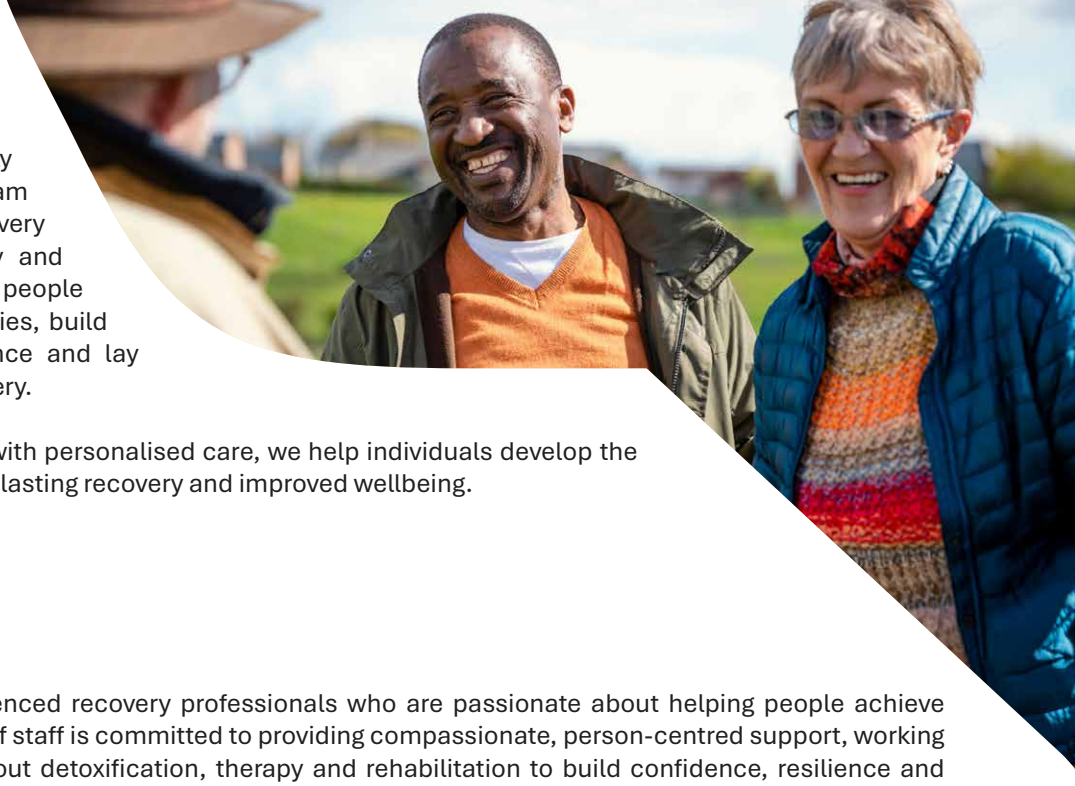
We recognise that every recovery journey is unique. Our approach to addiction recovery is tailored to individual need, combining structured substance misuse treatment with evidence-based therapies, positive risk management and compassionate, person-centred care.



Enquiries & Referrals:

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

referrals@ihcm.co.uk



Delivered within a safe and therapeutic environment, our highly qualified and experienced team supports individuals through every stage of detoxification, therapy and rehabilitation. Together, we help people develop healthier coping strategies, build resilience, increase independence and lay the foundations for lasting recovery.

By combining clinical expertise with personalised care, we help individuals develop the skills and confidence needed for lasting recovery and improved wellbeing.

The Team

Our team is made up of experienced recovery professionals who are passionate about helping people achieve lasting recovery. Every member of staff is committed to providing compassionate, person-centred support, working closely with individuals throughout detoxification, therapy and rehabilitation to build confidence, resilience and independence.

Some of our team also bring valuable lived experience of recovery, offering genuine empathy, understanding and hope to those beginning their own recovery journey.

Where specialist clinical input is required, we can call on experienced healthcare professionals, to ensure individuals receive the additional assessment, treatment and support they need throughout their recovery.

Therapies and Approaches

At Asana, every individual follows a CBT-based recovery programme designed around their needs, strengths and recovery goals. Recovery often begins with a medically supervised detoxification programme, where withdrawal symptoms are carefully monitored and managed to ensure safety, comfort and dignity throughout. Once stabilised, individuals progress through a structured therapeutic programme that supports long-term recovery and improved wellbeing.

Treatment combines regular one-to-one therapy, weekly keywork sessions and ongoing care reviews with a comprehensive timetable of daily therapeutic groups. Our therapeutic approaches include trauma-informed care, coping skills development and meaningful daily activities, helping individuals understand the underlying causes of addiction, develop healthier coping strategies and build resilience. Where appropriate, discharge planning is incorporated into treatment to support continuity of care and successful reintegration into the community.

Alongside psychological therapies, individuals can participate in a range of wellbeing activities that promote both physical and emotional health such as creative groups and yoga.

Aftercare meetings for people who have completed the programme are held weekly.

Structured Evenings & Community Engagement

Recovery extends beyond the therapy room. We offer a daily shop walk and a weekly countryside walk alongside fellowship to help establish healthy routines, build confidence and develop supportive relationships. This includes on-site Cocaine Anonymous (CA) and Narcotics Anonymous (NA) meetings at weekends and online during the evenings. By introducing individuals to recovery fellowships during treatment, we help them become familiar with these supportive communities, making it easier to continue attending meetings and maintaining recovery after leaving Asana.

Facilities

- Ensuite bedrooms
- Large countryside garden with outstanding views
- Gym, Jacuzzi and Sauna
- Therapy spaces
- Library



Families and carers

We recognise the positive impact that families, carers, and support networks can have during recovery. Through open communication, educational support, and welcoming environments, we encourage loved ones to remain involved throughout the recovery journey wherever appropriate. We offer families and loved ones, weekly online support sessions which helps build lasting stability and maintains progress beyond discharge.

Admissions and Assessment

Our admissions and assessment process is designed to be supportive and efficient. All clients receive a medical assessment by one of our doctors within 24 hours of admission to ensure safe and appropriate care planning.

Assessments include:

- Screening assessment
- Assessment of addiction severity and detoxification requirements
- A personalised care plan co-developed within 24 hours of admission

We accept both funded and private pay clients.

Contact Us

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Asana Healthcare

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