newhoperehabcenter.com

newhope®
Offering hope and healing 360

NEW HOPE REHAB
& CARING CENTER ISLAMABAD



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Offering hope and healing

An introductory Brochure

" NURTURING LIVES THROUGH COMPASSIONATE CARE: A JOURNEY OF HEALING AND SUPPORT "

New Hope Rehab and Caring Centre Islamabad is a transformative mental health facility offering evidence-based clinical psychotherapies and a comprehensive 12-step curriculum for individuals with addiction and psychiatric disorders. With a focus on individualized care, our dedicated staff provides superior support, helping patients regain control of their lives and maintain lifelong recovery.

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NEW HOPE WE HAVE AND CARING CENTER ISLAMABAD

AWARD-WINNING ADDICTION AND PSYCHIATRIC TREATMENT CENTER

For many years, New Hope Rehab and Caring Centre Islamabad have been transforming the lives of individuals with mental health issues. We offer a unique blend of evidence-based clinical psychotherapies with a comprehensive 12 steps curriculum. Our addiction treatment programs feature a full continuum of care that includes medical detox, medication-assisted treatment, primary residential treatment, extended care, sober living, and intensive outpatient counseling.

We offer specialized, comprehensive treatment for patients of addiction and general psychiatry, taking into account underline contributing factors as well as co-occurring disorders. Our trained therapists will create an individualized care plan to help patients take back control of their life and provide them with the tools and skills needed to maintain lifelong recovery.

MISSION STATEMENT

It is our mission to provide our patients and their families with superior care delivered by staff dedicated to the principles of kindness, compassion, service, and excellence in an environment where individuality, dignity, and value of those who are served, as well as those who serve, is nurtured and appreciated. We believe that life, at all stages and with all of its challenges, is a precious gift to be shared and celebrated. It is our privilege to participate in the lives of our clients, their friends and families by offering them not only physical but emotional care, comfort, and support.





LT.COL (R) PROFESSOR DR. NADEEM AHMED BAJWA

Senior Consultant Psychiatrist
New Hope Rehab & Caring Center, Islamabad

- Pakistan's most experienced, internationally renowned Consultant Psychiatrist and Addiction Therapist
- Professor of Psychiatry
- Fellowship in Addiction Psychiatry
- Fellow American Psychiatric Association
- Associate member Royal College of Psychiatrist

AREAS OF EXPERTISE

- Medical Detoxification
- ICE/Cocaine Addiction
- Chronic Heroin/Opioids Addiction
- Alcohol Detoxification
- Drug-Induced Psychosis
- Dual Diagnosis
- Addiction-related anxiety and depression issues
- Concurrent Medical problems with addiction

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DR. SHAMS HAIDER

MBBS, MD (USA), FCPS-II (Pakistan)
Chief Executive Officer & Medical Director
New Hope Rehab and Caring Center Islamabad

- Addiction Specialist
- Medical Specialist
- Former Consultant Medwin Medical Center, Dubai, UAE

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MEET OUR PSYCHOLOGISTS



Nabeelah Sadaf

Clinical Psychologist/drug Addiction Therapist
MSc/PMDCP/Certified in Addiction curriculum | Chief Executive officer |The New Inception rehab for females
The New inception, I recommend you trust us, as we are here to feel your pain. I have brought an evidence-based focus to our treatment. With support and guidance, to relearn how to live life with joy and create long-term change in sobriety.
"Speak Confidentially to the New Inception staff and if u satisfied tell others, if not tell us then we can make our services better.



Zobia Mian

CEO The Sunrise Healing
Clinical Psychologist (Gold Medalist)
Certified International Drug Addiction therapist
Zobia Mian is a clinical psychologist, Drug Addiction Therapist and Special Educationist, she has a professional experience of 12 years, she is member of ISSUP, Member of Australia and New Zealand mental health association.



Asif Raza

Asif Raza has done MS Applied Psychology from University of Wales UK, he is international certified Drug Addiction Therapist.
"I help my Patients set goals, gain insight into their particular situations, and make plans to help them achieve their goals."



Shumaila Fasahat

Shumaila Fasahat has completed MSc in applied psychology +Advanced diploma in clinical psychology (ADCP) and working as a clinical psychologist, drug addiction counselor, psychotherapist ,SUDs, for there addiction and psychological treatment, rehabilitation and recovery for the last 4 years.



Laiba Shahab

Laiba Shahab has completed MSc in clinical psychology and working as a clinical psychologist, drug addiction counselor, psychotherapist ,career counselling and psychological treatment, rehabilitation and recovery for the last 1 years.



Miss Nigar Satti

She has done Master in Clinical Psychology from Virtual University and done her inter-ship from Poly Clinic Government Hospital as a psychologist.
Clinical assessment, Therapeutic session. Family, Marital counseling, Group Therapy and Drug addiction assessment,

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MANAGEMENT TEAM



HABIB KHAN NIAZI
Director Marketing & Internal Affairs



MALIK ANSAR ALI
Director Indoor Services
& Quality Assurance



SYED KASHIF HUSSIAN
Director Accounts



Malik Abbas Haider
Advocate High Court
Legal Advisor New Hope Rehab and Caring Center Islamabad



Adnan ahmed



Iftikhar Niazi



Siyab Abbasi



Hifsa Khan

Paramedical Staff

NEW HOPE REHAB
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ROOM AMENITIES

- BEDSIDE CLOCK
- DVD PLAYER – UPON REQUEST
- COMFORTABLE BEDS
- FLAT PANEL TVS AND CABLE/SATELLITE SERVICE
- PHONE SERVICE
- PRIVATE ACCOMMODATIONS
- ROOM SERVICE
- WI-FI
- FRIDGE
- AIR CONDITIONER & HEATING DEPENDING ON WEATHER



BUILDING AMENITIES

- BARBER SERVICES
- PHYSIOTHERAPY SERVIVES
- DAILY LAUNDRY, HOUSEKEEPING
- ENHANCED DINING SERVICES
- LIBRARY
- NEWSPAPER AND MAIL SERVICES
- PATIENT/FAMILY EDUCATION
- ROOMS FOR PRIVATE CELEBRATIONS
- SECURITY SYSTEM

RECREATIONAL SERVICES

- INDOOR GAMES
- TABLE TENNIS
- GYM/TREADMILL
- COMMUNITY TRIPS
- EXERCISE & YOGA
- GARDENING AND OUTDOOR ACTIVITIES
- ON-SITE ENTERTAINMENT
- OUTINGS TO LOCAL RESTAURANTS
- RELIGIOUS SERVICES

NEW HOPE REHAB
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TYPICAL DAYS OF PATIENTS AT NEW HOPE REAHAB ISLAMABAD

Sample Schedule

7:00 AM	Wakeup
7:30 AM	Personal hygiene/Breakfast
8:00 AM	Tilawat Quran Surah Rehman
9:00 AM	Quran Nazra for Muslims Religious Class
10:00 AM	Group Therapy Class 1
10:45 AM	Group Therapy Class 2
11:00 AM	Recreation / Free time Canteen
12:30 PM	Lunch
1:00 PM	Namaz Duhar
2:00 PM	Psychoeducation 1:1 Therapy Session
3:00 PM	Medical Round of Doctors
4:00 PM	Physical Activity Class
4:30 PM	Family Meeting
5:00 PM	Indoor Games , Light Walk , Gym , TV
7:30 PM	Dinner
8:30 PM	Meditation, Relaxation
9:30 PM	Lights Out

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New Hope Kitchen (Menu)

دن	ناشتہ	دن کا کھانا	رات کا کھانا
سوموار	پراٹھا، دہی، چائے VIP پیشنٹس: دودھ	چکن قورمہ، روٹی VIP پیشنٹس: کولڈ ڈرنکس	دال چنا، روٹی VIP پیشنٹس: لیگ پیس، کولڈ ڈرنکس
منگل	انڈا، پراٹھا، چائے VIP پیشنٹس: ملک شیک	دال، چاول VIP پیشنٹس: کولڈ ڈرنکس	چکن چنے، روٹی VIP پیشنٹس: آئس کریم
بدھ	بریڈ، جام، چائے VIP پیشنٹس: جوس	چکن قوفتے، روٹی VIP پیشنٹس: کولڈ ڈرنکس، سلاد	چکن چنے، روٹی VIP پیشنٹس: آئس کریم
جمعرات	چنے، پراٹھا، چائے VIP پیشنٹس: دودھ	چکن قورمہ، روٹی VIP پیشنٹس: کولڈ ڈرنکس سلاد	لوبیا، روٹی VIP پیشنٹس: آئس کریم
جمعۃ المبارک	پراٹھا، انڈا فرائی، چائے VIP پیشنٹس: دودھ	بیف پلاؤ، رائتہ، سلاد VIP پیشنٹس: کولڈ ڈرنکس	سبزی مکس، روٹی VIP پیشنٹس: لیگ پیس
ہفتہ	پراٹھا، آملیٹ، چائے VIP پیشنٹس: جوس	کڑی پکوڑا، روٹی VIP پیشنٹس: سلاد، کولڈ ڈرنکس	چکن سوپ VIP پیشنٹس: چنے، انڈے
اتوار	آلو پراٹھا، چائے، رائتہ VIP پیشنٹس: جوس	چکن بریانی، رائتہ VIP پیشنٹس: کولڈ ڈرنکس	دال ماش، روٹی VIP پیشنٹس: کولڈ ڈرنکس



Fee Package & Accommodation

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Accommodation	Free Packages	Facilities
Single Room	15550/ Per Day 1 Bed	Full Vip Room, Internet Facility Phone Facility Others
Single Room	10550/ Per Day 2 Bed	24 hrs A/C, Room Heater, Attached bath, LED with cable, Fridge, Comfortable bed, VIP Food
Sharing Room	7550/ Per Day 3 Beds	24 hrs A/C, Room Heater, Attached bath, LED with cable, Fridge, Comfortable bed, VIP Food
Shraing Room	6550/ Per Day 4 Beds	24 hrs A/C, Room Heater, Attached bath, LED with cable, Fridge, Comfortable bed, VIP Food
General Ward	3000/ Per Day 12 Beds	24 hrs A/C, Room Heater, Attached bath, LED with cable, Comfortable bed, Good Quality Food

Special Zakat Package available for deserving patients only (Rs. 2000 per day)

OUR PROGRAMS

New Hope Rehab and Caring Center offers different programs to cater needs of each of our clients. Each program is designed to meet the specific requirements of each patient. You can call any time to know about the details.

Medical Detoxification

Detox of addictive substance is done under supervision of Doctors and experienced para medical team. Usual duration of treatment is 2 to 3 weeks

Inpatient Program

Patient is under safe and secure custody for treatment of addiction or mental health issues.

Intensive Outpatient Program

Patient receives each day medication and psychotherapy sessions as outpatient

Home based treatment

Our medical team visits patient at home. Daily patient assessment, examination and medicine delivery is done while patient is in the comfort of his home.

Relapse Prevention Program

Patient is assessed on weekly basis after the inpatient treatment is over. Urine drug screening and meetings with concerned professional is done.

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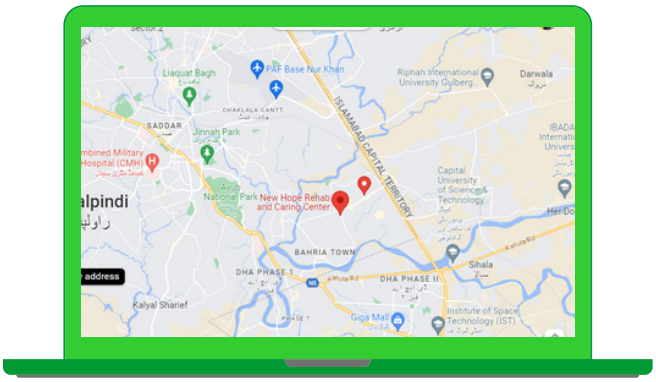


ADMISSION GUIDE

Our team is committed to serve our patients with vigor and vitality. We are available 24/7 to address any queries.
Free assessment is done by our medical team and the procedure is explained to the patient/ family.

CONTACT US : Helpline 24/7

03339040005 (DR. SHAMS)
03127493940 (HABIB KHAN)
03350509344 (KASHIF SHERAZI)
03275049244 (ANSAR ALI)



newhoperehabcenter.com

newhopedetox@gmail.com

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National police foundation
PWD Road Islamabad

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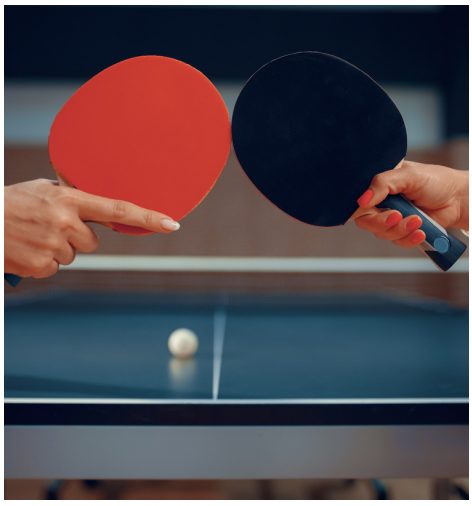
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FACILITY TOUR

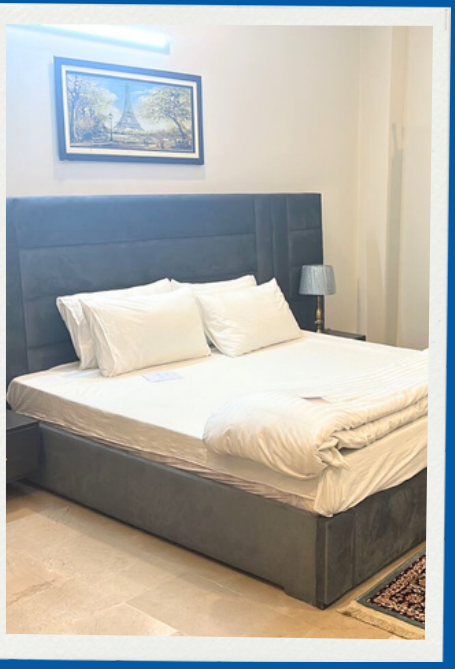








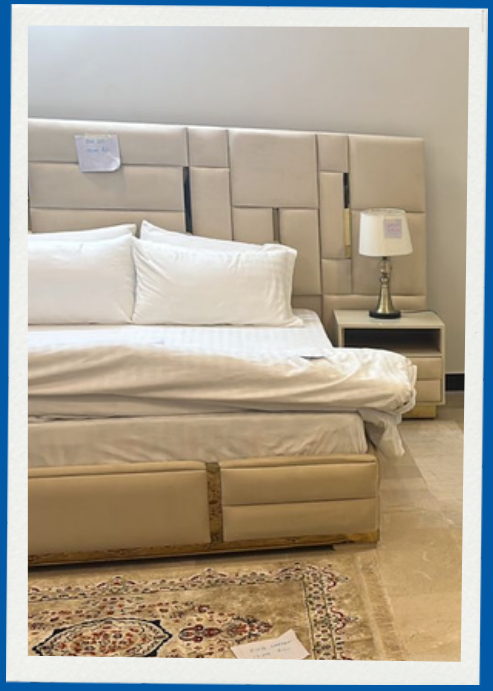


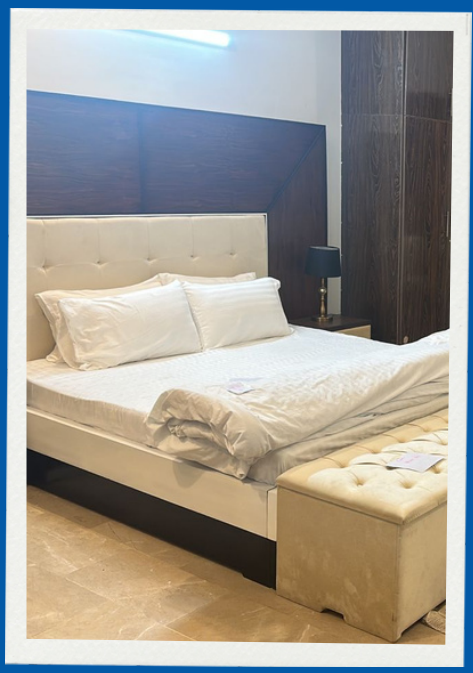




























Galeery

TEAM NEW HOPE REHAB CENTER



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SPECIAL FACILITIES FOR OVERSEAS PATIENTS

Many Pakistani origin families are facing menace of Drug and Alcohol addiction. While every patient is important, dealing with international clients has secondary list of challenges, concerns, etiquettes manners of treatment attached.we do receive a large number of clients from UK, USA, Canada, and Europe. Keeping in view the background of each of our client, following standard operating procedure and facilities are provided to our overseas clients:

- Pick and drop by our medical team from the airport
- Special rooms equipped with all kinds of modern amenities like Wifi, fridge, Inverters ets.
- If patient has difficulty understanding Urdu, special classes and lectures are arranged in English.
- Religious scholar is appointed to teach such patients about basics of Islam and Nazra Quran.
- Patient/ family is updated constantly about medications and progress of patient.
- Neat, clean and serene atmosphere is provided.
- Letters or helping documents are provided to patient if needed.
- Paramedical staff is exclusively appointed for the safety of patient especially during the Detoxification period.
- Special diet is provided according to choice of patient if medically allowed.
- Concurrent medical issues are dealt with along with addiction/ psychiatric issues.
- If any other specific facility is demanded, management complies with that.
- If further information is needed in this regard, feel free to contact Dr Shams Haider (CEO) directly on Whatsapp.

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WHAT WE TREAT?

Here is list of our domain in which we are providing services.

DRUG & ALCOHOL ADDICTION



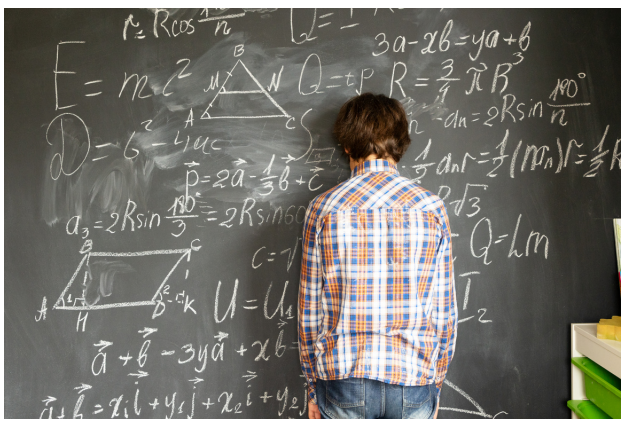
- Heroin addiction
- Morphine and Opioids Addiction
- ICE addiction
- Amphetamine/ Methamphetamine/ Ecstacy addiction
- Alcohol addiction
- Cocaine addiction
- Injection (of all kinds of drugs) addiction
- Marijuana addiction
- Weed Addiction
- Prescription medication addiction
- Bhang/ Naswar/ Smoking addiction

PSYCHIATRIC DISORDERS



- Anxiety Disorders
- Obsessive compulsive disorder
- Bipolar disorder
- Schizophrenia
- Major Depression
- Personality disorders
- Post traumatic stress disorder
- Stress disorder

BEHAVIORAL DISORDERS



- Behavioral problems in teenagers
- Behavioral issues in old age
- Behavioral issues on individuals with learning disabilities

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COMMITMENT

COMPASSION

RESPECT

ETHICAL

AFFORDABILITY

WHY CHOOSE US?



Some of the salient features of our rehab facility are :

- Safe, secure and comfortable environment
- Medically safe and pain free Detoxification
- Highly experienced and qualified staff
- Under supervision of renowned Consultant Psychiatrist and Medical doctors
- Extensive focus on Psychotherapy by team of Clinical Psychologists
- Very professional and caring para-medical staff
- Highest success rate
- Affordable fee structure
- Effective and evidence-based treatment bases on each patient needs and background
- Holistic cleansing of mind, body, soul, and spirit
- Motivational enhancement, behavioral and cognitive skills acquisition through extensive group and individual psychotherapy
- Life coaching and spiritual therapy
- Special emphasis on religious grooming
- Excellent cohesive teamwork in collaboration with family.

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THANK YOU SO MUCH FOR CHOOSING NEW HOPE REHAB

BEST WISHES FOR LIFE LONG RECOVERY



Contact Us

Don’t hesitate to ask everything about us!



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