

Priory Hospital Chelmsford

Addiction treatment programme

Take the first step to recovery



Live your life



We believe that anyone who is struggling with addictive behaviours deserves the best possible support to make a lasting recovery.

Our aim is to offer guidance and support, in a healing environment, to each and every individual who seeks help with us. We provide the most clinically effective treatment to help you get your life back on track.

Our specialist treatment programme is led by highly qualified and internationally respected experts in the field of addiction, and our team is experienced in supporting patients from all walks of life, offering hope and reassurance to all – you are not alone.

Set within a striking listed building in beautiful landscaped grounds, on the outskirts of Chelmsford, Priory Hospital Chelmsford is acknowledged as one of the UK's leading treatment centres. It is rated by former patients for its excellence, dedication and commitment to individuals, as well as for outstanding treatment outcomes.



Are addictive behaviours impacting on you or a loved one's life?

- + Are you concerned that you or someone you know may be displaying addictive behaviours?
- + Are they negatively affecting your relationships?
- + Do you find it hard to predict the consequences of your addictive behaviours?
- + Have you tried to stop or control these behaviours but have not succeeded?
- + Have you missed work or appointments as a result of your addictive behaviours?
- + Are your addictive behaviours costing you more than just money?
- + Are you unhappy?

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I was made to feel welcome and felt understood right from the start – people actually cared

FORMER PATIENT AT PRIORY HOSPITAL CHELMSFORD



A free, no-obligation assessment

If you have answered 'yes' to any of the questions, we can help. Our free, no-obligation addiction assessment provides an opportunity to:

- + Discuss your concerns and the impact that they are having on your life
- + Gain an understanding of the background to your addictive behaviour
- + Talk through a proposed treatment plan
- + Ask any questions that you may have about the treatment programmes
- + Take a look around our hospital and meet our expert team

The free assessment will take place at a time that is most convenient for you and will be a discussion with a member of the addiction treatment team. This will help to put your mind at ease and ensure that you fully understand the journey that you will be taking towards a happier life. Please speak to a member of our team to book this service.

Our approach

At Priory Hospital Chelmsford, we offer a dedicated, multidisciplinary care team which, in addition to your addiction therapy team, includes:

- + Your own designated consultant psychiatrist
- + Access to a dietitian, if required
- + A full clinical care team including your own allocated healthcare key workers

Our addiction treatment programme is based in its own specialised and dedicated building on-site called *The Lodge*.

Here, the emphasis is on total commitment to your programme of recovery in a safe and supportive environment.

Our flexible and patient-centred treatment programme is developed by leading psychiatrists, addiction psychologists, addiction therapists and mental health nurses. It is designed to specifically meet your needs and you will be part of the decision-making process throughout your programme.

We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.



We take a holistic approach, utilising all of the specialists and treatment options available, in order to reach the best possible outcomes. Treatment includes regular bi-weekly meetings with your consultant psychiatrist and there is access to a medical doctor 6 days a week. One of the main areas of focus is providing you with coping strategies and tools to continuously improve your lifestyle, helping to ensure a positive future, long

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The addiction treatment programme team have given me a chance at life after 6 years of drug and alcohol dependence, and liver damage at 22 years old. They have given me hope for a future.

FORMER PATIENT AT PRIORY HOSPITAL CHELMSFORD



The patient journey





The addiction treatment programme

Addiction treatment at Priory Hospital Chelmsford is an abstinence-based programme that provides treatment for a wide range of behavioural and substance dependencies, including:

- + Alcohol
- + Drugs, including new psychoactive and illicit substances
- + Gambling
- + Sex and pornography
- + Internet and social media
- + Exercise and work

Treatment is usually provided on an inpatient basis, typically lasting 28 days. We offer ongoing support and, where circumstances require, can provide a seamless pathway to secondary treatment, once primary treatment has been completed.

Access to medically assisted detoxification

For those who require it, we provide a comfortable environment where our patients can safely undergo detox.

We have access to 24-hour nursing care ensuring that detox can take place in a medically managed environment.

This allows us to use medication to control anxiety and withdrawal symptoms, which helps to ensure readiness for the addiction treatment programme, should that be your next step.

Group therapy

The most important part of our treatment process is group therapy. You will learn a great deal about yourself by the way you relate to the group and through this, begin to make the changes necessary for recovery. You will gain valuable personal insight through your work in the groups. This form of therapy is evidence-based, with proven results.

We treat our patients with respect and dignity and our workshops offer further support to develop your self-esteem and confidence. You may be struggling with a loss, a trauma or a relapse, for example, and group therapy can be a support network that provides the opportunity to meet others experiencing similar situations.

You will be encouraged to share your experiences and work on understanding yourself better, including issues surrounding body image or feelings of guilt, shame or anger.

Psycho-educational workshops

Workshops are a key component of the treatment programme, focusing on subjects such as:

- + Self-worth and self-esteem
- + Anger management
- + Trauma
- + Relationships and co-dependence
- + The 12-Step philosophy and programme

94%

of acute and addiction patients were satisfied with the overall quality of care*



Family support groups

We understand that entering treatment can be overwhelming for patients, family and friends, so we ensure support is offered to everyone involved.

We invite family members to be part of the process during treatment. They will have the opportunity to join therapist-led groups which are information-rich and are an experiential way of exploring family dynamics.

We look at onward treatment planning and offer family aftercare bi-monthly for your loved ones, for 1 year after you complete your addiction treatment programme.

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The real purpose is to help us learn new ways of thinking, feeling, and acting. When we learn these things, we become much more comfortable with ourselves and others. Life starts to work again – better than ever before.*

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With the guidance from the addiction treatment team, I have grown more in 28 days than I have in 27 years of my life.

FORMER PATIENT AT PRIORY
HOSPITAL CHELMSFORD

Free aftercare for 12 months

We know that recovery, much like addiction, is a process not a single event. In order to support you in the first year of recovery, we offer 12 months of free aftercare once you have completed your programme.

Our aftercare involves weekly group therapy, which contributes to your continuing development, providing a good support network after your residential treatment.

Our support network

Our peer supporters are former patients who have been through this very programme. They choose to return to the hospital to share their positive experience and offer strength and hope to others. They are able to offer a different perspective, which allows our patients to explore and challenge themselves in a unique way.

We also provide access to 12-Step programme fellowship meetings as an integral part of treatment. Meetings are specifically selected according to your needs and include Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).





An environment suited to healing and recovery

We believe the environment in which you are treated is just as important as the treatment itself. The hospital provides:

- + Private bedrooms with en-suite facilities
- + Peaceful living areas to encourage relaxing leisure time
- + Beautifully landscaped gardens, offering tranquillity to relax and unwind
- + A restaurant with bespoke menus to suit your dietary requirements

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I came to do the addiction treatment programme and it was the best thing I've ever done. The therapists are brilliant and so are the healthcare assistants.

**FORMER PATIENT AT PRIORY
HOSPITAL CHELMSFORD**



Supporting your wellbeing

We understand that improving wellbeing plays a large part in a successful recovery and future health.

We provide access to a number of facilities and activities to help keep our patients healthy in mind, body and spirit. All activities are part of your tailored package and include:

- + A range of creative therapies, which may include drama and art therapy
- + Relaxation
- + Yoga
- + Mindfulness
- + Psycho-educational workshops
- + Support for the LGBTQ community
- + Group therapy, including psychodynamic therapy, cognitive behavioural therapy (CBT) and motivational interviewing to manage addictive behaviours, as well as anxiety and depression



Information for GPs and healthcare professionals

We offer simple and secure processes for referring into Priory, including:

1. Our online form via **www.priorygroup.com/gp-referral**
2. Emailing securely to **priory.referral@nhs.net**
3. Calling **01245 345 345**

Practices are also able to make referrals to Priory through their own systems, including EMIS Web and SystmOne. We can support with any queries, including integrating your practice systems.

Referral process overview

1. Choose your preferred referral process – please include the patient’s contact details, along with information on circumstances and medical history
2. A unique reference number is generated for each enquiry
3. Our 24/7 support team will co-ordinate the referral with the most appropriate Priory location, who will contact the patient and check appointment availability with the most appropriate Priory specialist

While we would prefer to receive a GP referral when a patient enters our services, this isn’t always essential. We are also an approved provider for all of the UK’s leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.



We also provide self-pay options for individuals and families, and corporate arrangements for businesses.

*Taken from Step 1: The Foundation of Recovery and Priory Healthcare quality account 2018-19

Please note, most images in this brochure are stock photography and feature posed models.

Find out more and access treatment

For more information or to discuss how we can help you, our enquiry helpdesk can be contacted 24/7:

Telephone: 01245 345 345

Email: chelmsford@priorygroup.com

Web: www.priorygroup.com/chelmsford

Stump Lane, Springfield Green, Chelmsford, Essex, CM1 7SJ



Priory Hospital Chelmsford is easily accessible from local train stations and major motorway links.



Contact us

Telephone: 01245 345 345

Email: chelmsford@priorygroup.com

Visit: www.priorygroup.com/chelmsford

For the most up to date information on our services, please visit our website.

PRIORY

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