

Priory Hospital Roehampton

Addiction Treatment Programme

Take the first step to recovery





A real and lasting difference for everyone we support

Priory Hospital Roehampton believes that anyone who is struggling with addictive behaviours deserves the best possible support to make a strong and 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 to get your life back on track.

If you are suffering from an addiction, it is important to recognise that you are not alone; our personalised treatment programme is led by world renowned experts in their field and the team is experienced in supporting patients from many walks of life, offering hope and reassurance to all.

Set within a striking Grade II listed building in London, Priory Hospital Roehampton is one of the UK's leading centres for the treatment of a wide range of addictive behaviours. It is also Priory's first and most well-known hospital.





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**Priory is the gateway
from despair to
something magical**

PEER SUPPORTER AND FORMER PATIENT

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

Are you concerned that you or someone that 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?

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
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The free assessment will take place at a time that is most convenient for you and will be a face-to-face discussion with a member of the addictions 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.

Our approach

Our flexible and patient-centred treatment programme is developed by leading psychiatrists, psychologists, mental health nurses and therapists.

At Priory Hospital Roehampton, we understand that taking the first step in seeking help can be extremely daunting, but our team's depth of knowledge and experience ensures that you are in the best hands.

You will be part of the decision-making process throughout your programme, and we take a holistic approach, utilising all of the specialists and treatment options available, in order to reach the best possible outcome.



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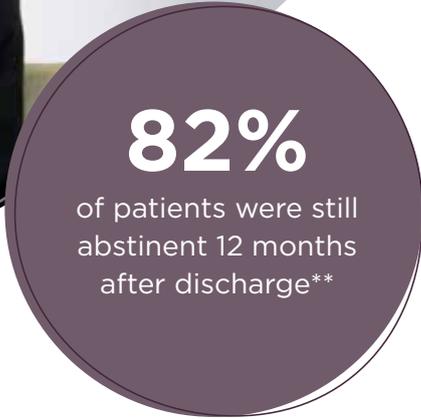
Those days at Priory took me out of my isolation and self-preoccupation... I feel as though I have been given a second wind - another chance at life

PEER SUPPORTER AND
FORMER PATIENT



The patient journey





The Addiction Treatment Programme

Our specialist residential service is an abstinence-based recovery programme, designed to guide our patients back to a happy and fulfilling life.

Our programme offers access to:

- + 7-day detoxification

- + Both 1:1 and group therapy

- + A family/couples programme

- + Aftercare for life

We also suggest, where appropriate, that patients participate in step-down treatment which is integrated within the programme.

Trauma therapy

Trauma, especially childhood trauma, can have links to addiction and are often the root-cause of dysfunctional behaviour.

In a new addition to our Addiction Treatment Programme, we offer treatment for developmental childhood trauma, which often surfaces as co-dependency, sex and/or love addiction issues.

1:1 therapy

Our therapy is consultant-led with input from expert addictions therapists and dedicated peer supporters. During 1:1 sessions, underlying reasons for addictive behaviours will be explored.

Addictive behaviour is often driven by additional conditions such as:

- + Depression

- + Anxiety

- + Stress

- + Eating disorders

We are able to treat a dual diagnosis and multiple presenting issues, addressing the root cause of your addictive behaviours as well as the addiction itself.

Treatment includes regular meetings with your consultant psychiatrist, taking place twice 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 after your treatment.

Group therapy

Priory Hospital Roehampton provides a range of workshops and consultant-led lectures to support you in your recovery. Our team take a compassionate approach to inspire healing, and group therapy allows our patients to share problems and receive emotional support from other group members.

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 groups can be a support network that provide the opportunity to meet others experiencing similar concerns.

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. This form of therapy is evidence-based, with proven results.

Family/couples therapy

We understand that entering into treatment can be overwhelming for patients, family and friends. We ensure that support is offered to everyone involved to help patients, as well as their loved ones, be best-placed for recovery.

We invite family members to be part of the process. 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 for life and ongoing family or couples therapy, tailored to individual needs.



Access to medically assisted withdrawal detoxification

Priory Hospital Roehampton has an industry-leading detox programme that enables the team to provide complex detoxifications:

- + All patients must be assessed by a consultant prior to admission
- + Alcohol use disorders identification test (AUDIT) or severity of alcohol dependence questionnaire (SADQ) assessments are carried out, enabling the team to ascertain the severity of an addiction
- + All staff are trained in recognising risks associated with detox including physical and mental health risks
- + Training within the nursing team for less common addictions and their processes, such as sex and love addiction
- + Ability to detox patients effectively from GBL/ GHB in line with National Institute for Health and Care Excellence (NICE) and Novel psychoactive treatment: UK network (NEPTUNE) guidance. GBL is particularly difficult to detox from and requires additional physical monitoring

98%

of patients reported overall satisfaction with the quality of care during their addiction treatment**



Aftercare for life

Priory Hospital Roehampton is dedicated to your ongoing recovery. We provide aftercare support for life to all those who complete their residential programme.

This includes continuous networking assistance, 'talking groups' with our peer supporters, and weekly meetings for patients and their families.

Our peer supporters are ex-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 a full programme of evening groups and 12-step fellowship meetings both on and off site.

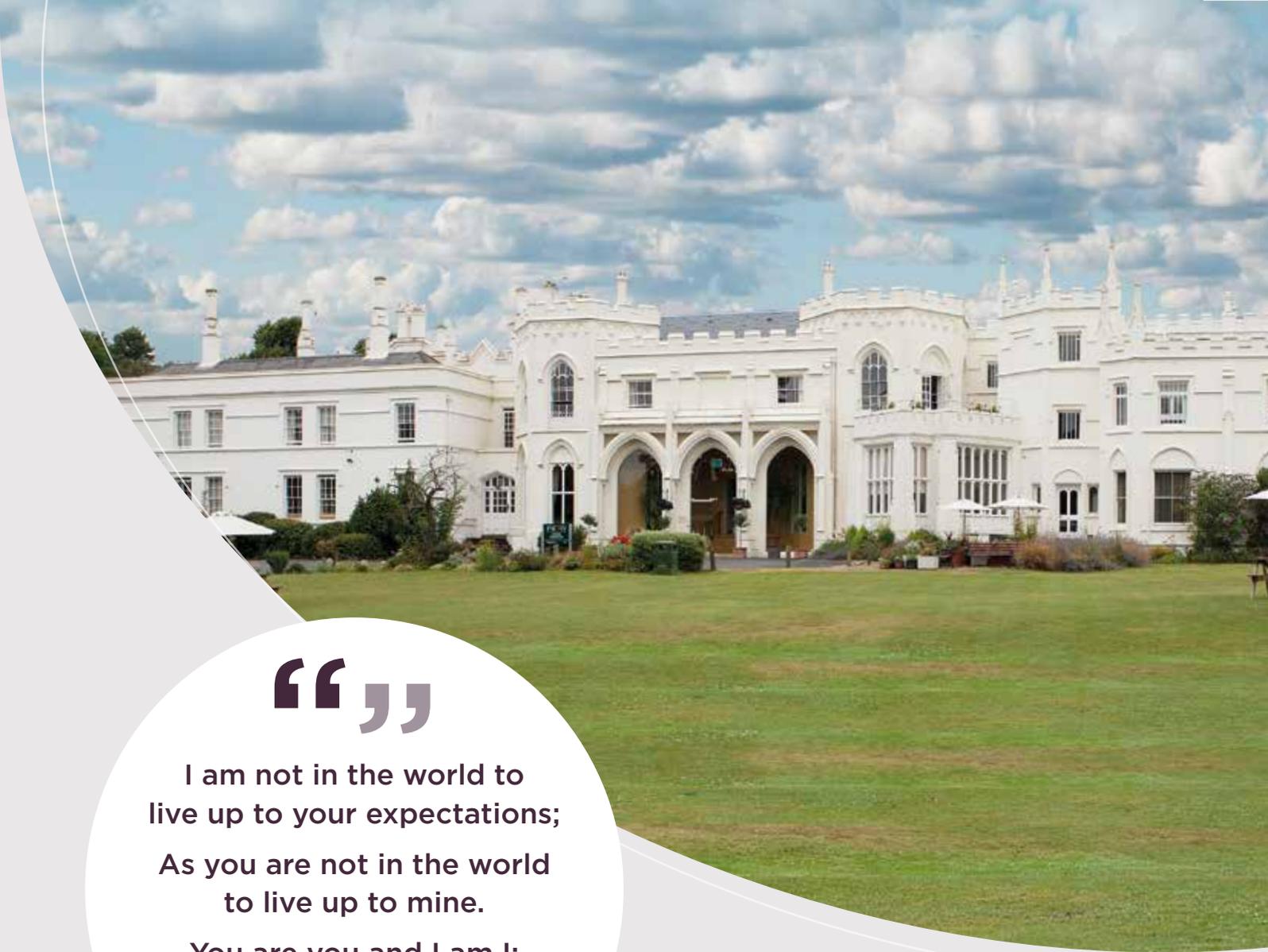
You will finish the Addiction Treatment Programme with a tailored continuing care plan and we are dedicated to supporting you in the transition from hospital back to your everyday life.



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The real purpose is to help us learn new ways of thinking, feeling, and how to act. 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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I am not in the world to
live up to your expectations;
As you are not in the world
to live up to mine.
You are you and I am I;
And if we should happen
to meet it will be
beautiful.*



An environment suited to healing and recovery

**We believe that 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

- + Very easy access from the M25, London's major
airports and to and from Central London

- + Access to local community amenities, including
Richmond Park

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 a tailored package and include:



Equine assisted psychotherapy

We are located close to Richmond Park, London's largest Royal Park, which offers beautiful views and peaceful walks. Here we have access to its leading equine therapy establishment.

This is a unique form of treatment which allows patients to access feelings and take part in activities they wouldn't usually have the chance to. It is a powerful and effective therapeutic approach in which horses work in partnership with you to enhance emotional wellbeing. Patients can learn by 'doing' rather than being shown or told what to do.

Eye movement desensitisation and reprocessing (EMDR)

EMDR allows a person to process an emotional experience that they have had difficulty talking about. Experience has shown that by following EMDR treatment, the person can develop the ability to talk about their trauma more freely, and in a way that may have proved difficult in the past.

Most importantly, EMDR can relieve the stress surrounding the traumatic event, allowing a traumatic and emotionally difficult memory to heal and, in time, to repair.

Holistic therapies

We offer art and drama therapies as part of our programme.

The creative process of art therapy facilitates therapeutic self-expression and has shown to help to enhance peoples' mental health and wellbeing.

Drama therapy encourages personal growth and a healthier mental attitude. Drama gives people a way to express their problems, fears and addictions and look at them in a new light.

Patients can also access yoga and relaxation classes.

Personalised gym programme

Priory Hospital Roehampton has access to a gym with top of the range fitness equipment. A personal trainer is available to all patients, offering personalised training programmes and access to regular classes such as Boxercise and swimming. Swimming facilities can be accessed nearby.



Accessing treatment

Please contact the hospital directly to enquire about our programme and to arrange a free no-obligation assessment. We respond to all enquiries promptly, to ensure that you get the best possible support when needed, with immediate access and support offered for those in crisis.

We are an approved provider for all of the UK's leading private medical insurers, meaning that patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.

*Taken from Step 1: The Foundation of Recovery

**Priory Healthcare quality account 2016-17

Find out more

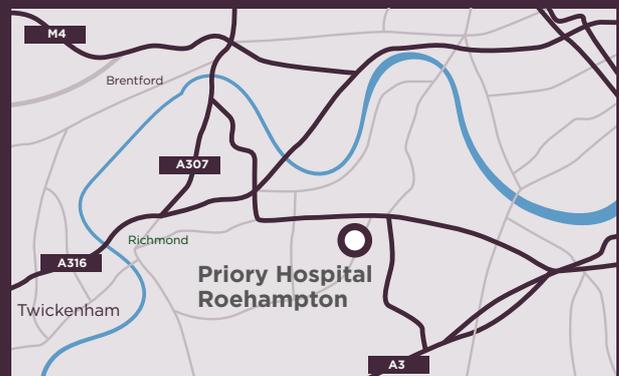
For more information or to discuss how we can help, please contact us by:

Telephone: 020 8876 8261

Email: roehampton@priorygroup.com

Web: www.priorygroup.com

Priory Lane, Roehampton, London, SW15 5JJ



Priory Hospital Roehampton is easily accessible from London's major airports and motorway links. Barnes train station is a short walk or drive away.

Contact us

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