

Foundations 16

16-day detox and day care addiction service at Priory

Priory offers a 16-day addiction treatment programme at many of our sites, providing a combination of residential and day patient support, to people wanting to achieve freedom from addictive behaviour.

The programme takes place over 4 weeks and begins with an inpatient stay under the care of a consultant psychiatrist.

If you're struggling with a drug or alcohol addiction, this first stage includes a medically assisted detox. If you're experiencing a behavioural addiction, the inpatient stay gives you a safe, structured environment to reduce risk, build stability and step away from everyday triggers.

During this time, you'll be supported to lay the foundations for your recovery in a calm and protected setting.

After completing detox or stabilisation, you'll move into day care. This includes specialist psychological support and group therapy, helping you build insight, coping strategies and confidence for long-term recovery.

Day care takes place 3 days a week for 3 weeks. The days you attend day care may vary depending on the hospital you choose. Please speak to the team at your chosen hospital for the latest schedule.

Foundations 16 overview

- + Supporting both substance and behavioural addictions
- + A free, no obligation addiction assessment
- + 7-day inpatient detox* or stabilisation process, followed by 9 days as a day patient, over the next 3 weeks
- + Comprehensive consultant and nursing assessment on admission, to ensure you're safe and supported throughout the process
- + Consultant psychiatrist reviews during inpatient admission and on completion of day care, for any ongoing needs/support
- + An introduction to the 12-step approach, as well as psychoeducational and relapse prevention therapy, to support ongoing independence from addiction
- + Weekly keyworking sessions for up to 1 hour per week, with an experienced therapist
- + 12 months of aftercare offered as part of the discharge plan, on completion of the programme
- + Families will have access to our weekly family support group
- + Offers a more flexible approach around family/work commitments, for those without complex addictions

*Based on an initial 7-day residential medically assisted detoxification. However, depending on medical advice, a longer residential medically assisted detoxification may be required

Our treatment approach – abstinence and recovery

Abstinence means avoiding alcohol, drugs or the addictive behaviour. This is an important first step, but recovery goes much further.

Recovery is about building on abstinence and making meaningful changes to the way you think, feel, cope and behave. It can help you understand what drives your addiction, develop healthier coping strategies and build a more stable foundation for the future.

Our addiction treatment programmes are designed to support you through this wider recovery process. Using a range of recognised therapeutic approaches, we help you work towards lasting change, not only moving away from the addiction, but improving your overall wellbeing and day-to-day life.



Inpatient admission

Your programme begins with an inpatient stay, giving you a safe, structured and supportive environment at the start of treatment. During this time, you'll receive round-the-clock care from our clinical team, with support in place to help you feel settled, reduce risk and begin focusing on your recovery.

Within 24 to 48 hours of admission, you'll be seen by an addictions therapist, who will talk you through the programme timetable and explain what to expect during your stay. You'll also have the chance to ask any questions and discuss any concerns you may have.

Your introduction to group therapy will depend on your individual needs and treatment plan. During your induction, a therapist will talk you through the programme agreement so you know what to expect and how the programme works. You'll be asked to follow this agreement throughout your treatment, helping to create a safe, supportive and respectful environment for everyone.

Day care

The day care programme gives you additional support after you've completed detox or stabilisation, helping you transition back into everyday life.

It acts as a bridge between the more structured support of the hospital and life outside treatment. During the programme, you'll have space to strengthen your recovery, continue identifying your triggers and build practical strategies for managing them.

You'll also be supported to talk through any challenges that may have come up since leaving the inpatient setting, such as difficulties in relationships, routines or coping with everyday pressures.

Through therapeutic group work, the programme is designed to help you keep building confidence, hope and positive change in your recovery.

Alongside the weekly day care groups, you'll also be offered a weekly keyworking session with your nominated addictions therapist.



Contact us

For further information about our addiction treatment options:

Call: 0330 056 6041

Visit: www.priorygroup.com/addiction-treatment/services/foundations