

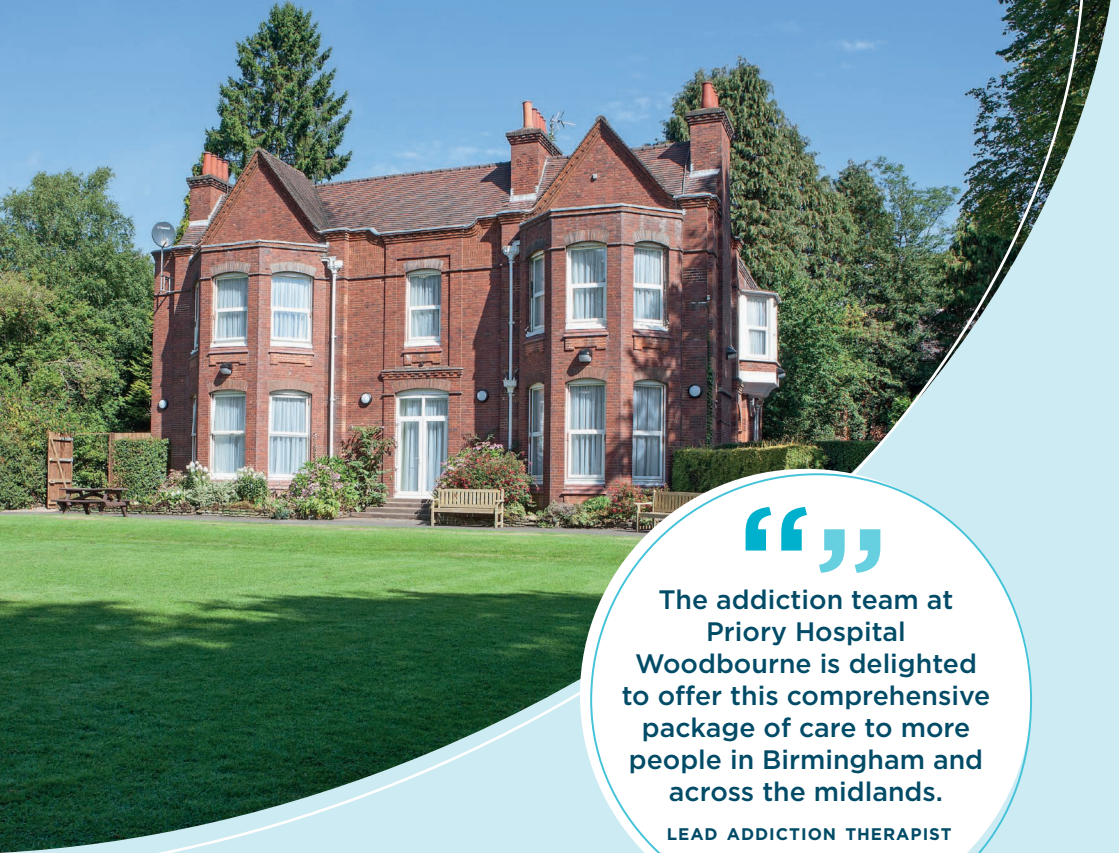
Priory Hospital Woodbourne

Addiction treatment programme

Take the first step to recovery



Live your life



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The addiction team at Priory Hospital Woodbourne is delighted to offer this comprehensive package of care to more people in Birmingham and across the midlands.

LEAD ADDICTION THERAPIST
AT WOODBOURNE

Priory Hospital Woodbourne

At Priory Hospital Woodbourne, we believe that anyone who is struggling with addictive behaviours deserves the best possible support for a lasting recovery.

Our aim is to offer guidance and support, delivered 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.

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



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?



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Priory is the gateway
from despair to
something magical

PEER SUPPORTER
AND FORMER PATIENT

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.

Our approach

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

At Priory Hospital Woodbourne, we understand that taking the first step in seeking help can be 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. We take a holistic approach, utilising all of the specialists and treatment options available, in order to reach the best possible outcome.



97%

of acute and addiction patients felt staff were caring and supportive and communicated well with them

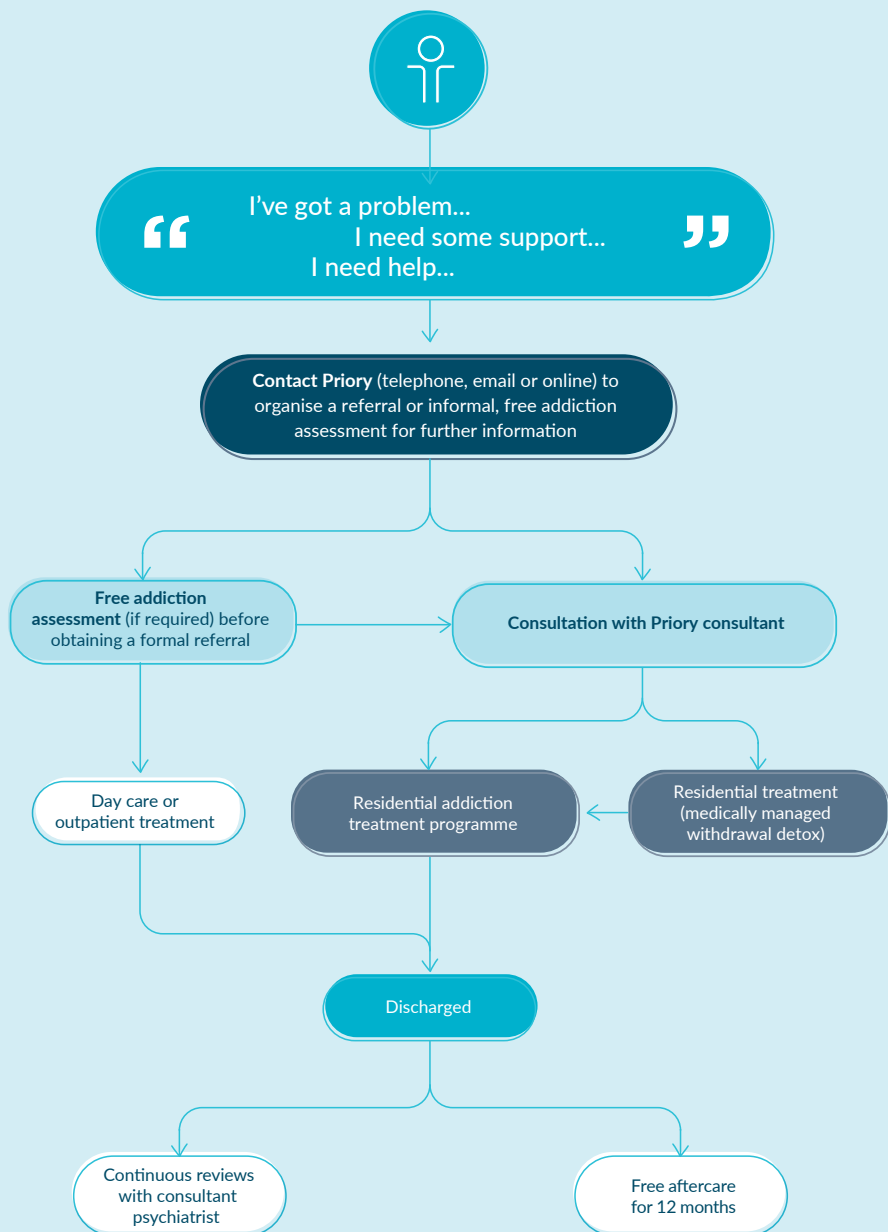
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When I first came to Woodbourne I had absolutely no idea what to expect, I just hoped that I could get better. The whole experience has built me back up to who I used to be before I fell into this illness. I've got a really positive outlook on life and it's the best thing I've ever done, it really is.

FORMER PATIENT
AT PRIORY HOSPITAL
WOODBOURNE



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. We can treat patients with drug, alcohol and behavioural addictions including gambling, and pornography addictions.

The addiction treatment programme supports patients to:

- + Achieve and maintain complete abstinence from substances and addictive behaviours
- + Stabilise mood
- + Gain an understanding of addiction recovery
- + Learn to manage cravings, urges, and triggers
- + Improve physical health
- + Come to terms with past events during active addiction

The addiction treatment programme is available for private inpatients. We are also able to offer tailored day care packages, where appropriate and safe to do so.

All patients are able to attend a free, no-obligation assessment prior to commencing treatment.

The programme comprises four key elements:

- + Mindfulness practice
- + Psycho-education on addiction and recovery
- + Understanding and regulating emotions
- + Healthy living and other wellbeing activities

You are strongly advised to attend a relevant 12-Step programme recovery group (such as Alcoholics Anonymous (AA)) alongside your treatment.

Our programme also offers access to:

- + 7-day medically assisted detoxification (you must be free of alcohol/other substances at the time of admission into treatment)
- + Access to family and carer support groups
- + Free aftercare for a year for patients who complete the 28-day programme
- + 1:1 therapy with a specialist addiction counsellor
- + Group therapy

Access to medically assisted detoxification

For those who require it, we provide a comfortable environment where our patients can safely undergo detoxification (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, helping to ensure readiness for the addiction treatment programme.



One-to-one therapy

In individual sessions, you will work with your named therapist to explore your relationship with alcohol and/or drugs, as well as negative or destructive behaviours. Sessions will:

- + Explore how your addiction emerged and how it is maintained
- + Explore other issues that may contribute to your addiction issues, including depression, stress, anxiety, anger and bereavement. We are able to treat dual diagnosis and multiple presenting issues, as well as the addiction itself
- + Devise goals for therapy which address past, present and future factors that impact on your addiction, and identify long-term actions which will help you to maintain your recovery

12-Step programme

The 12-Step programme is a set of guiding principles outlining actions for recovery from an addiction.

The addiction treatment programme at Woodbourne's Manor Ward is based on the 12-Step programme of AA. During treatment, patients have access to local AA and/or Narcotics Anonymous (NA) meetings.

The benefit of the programme is that there is always a fellowship meeting nearby. In the meetings, there are always people who understand what the addict/alcoholic is going through.

Group therapy

We provide a range of therapist-led group therapy programmes to assist 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.

Addiction feelings group

Acknowledging the emotional impact of addiction and the effect of emotions on addictive behaviour is crucial to recovery.

Addiction psycho-education group

Most people who regain control over their addiction do so only with the support of others. The addiction group harnesses the strengths of the therapists and other people in treatment who share their experiences of addiction and recovery. It addresses specific attitudes, skills and strategies which equip you to maintain a strong recovery.

Understanding and regulating emotions

Emotion dysregulation is a key factor in the development and maintenance of most people's addictions. When difficult emotions have built up, it can lead to a feeling of not being able to cope without the 'crutch' of the substance or behaviour. Creative self-expression groups and supportive group therapy enable you to gain insight into your emotional world and how it impacts on patterns of addictive behaviour, and learn strategies to calm emotions.

Art therapy

Explore and express thoughts and emotions using art materials in a non-directive and explorative way.

Supporting your wellbeing

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

We provide access to a number of facilities and activities to help to keep our patients healthy in mind, body and spirit. Mindfulness and healthy living are integral elements of our programme at Woodbourne. All activities are part of your tailored package.

Mindfulness

Mindfulness meditation can lead to improvements in subjective wellbeing, self-esteem, decision making, attention and greater awareness of the body and early signs of stress.

Healthy living

Develop an understanding of how your lifestyle can impact on both your physical and mental health.

Sleep hygiene

The outcome of this group is to improve your quality of sleep through natural methods, including cognitive behavioural therapy (CBT).

Creative writing

Explore your thoughts and emotions through the creative process of writing.

Relaxation

Take the time to engage in an exercise which prompts your mind and body to enter into a state of calm and relaxation.

Yoga

Reap the benefits of yoga to both body and mind. This group uses gentle physical movement and relaxation techniques to promote wellbeing in a calming, candlelit setting.

Fitness group

Exercise class suited for all levels of fitness, as well as access to a personal trainer.





Aftercare

We are dedicated to your ongoing recovery. We provide aftercare support for 12 months post-discharge, to all those who complete their agreed residential programme.

Aftercare is a therapist-led support group that is provided to patients, and is free for one year following treatment. Patients are also able to access self-help groups.

You will finish the addiction treatment programme with a tailored continuing care plan and a detailed recovery plan in place. We are dedicated to supporting you in the transition from hospital back to your everyday life. Attendance at off-site 12-Step fellowship meetings is part of our programme.

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The real purpose is to help us to 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.*

Family support

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

We invite family members to be part of the process. We look at onward treatment planning and offer access to the family support group for 12 months post-discharge.



An environment suited to healing and recovery

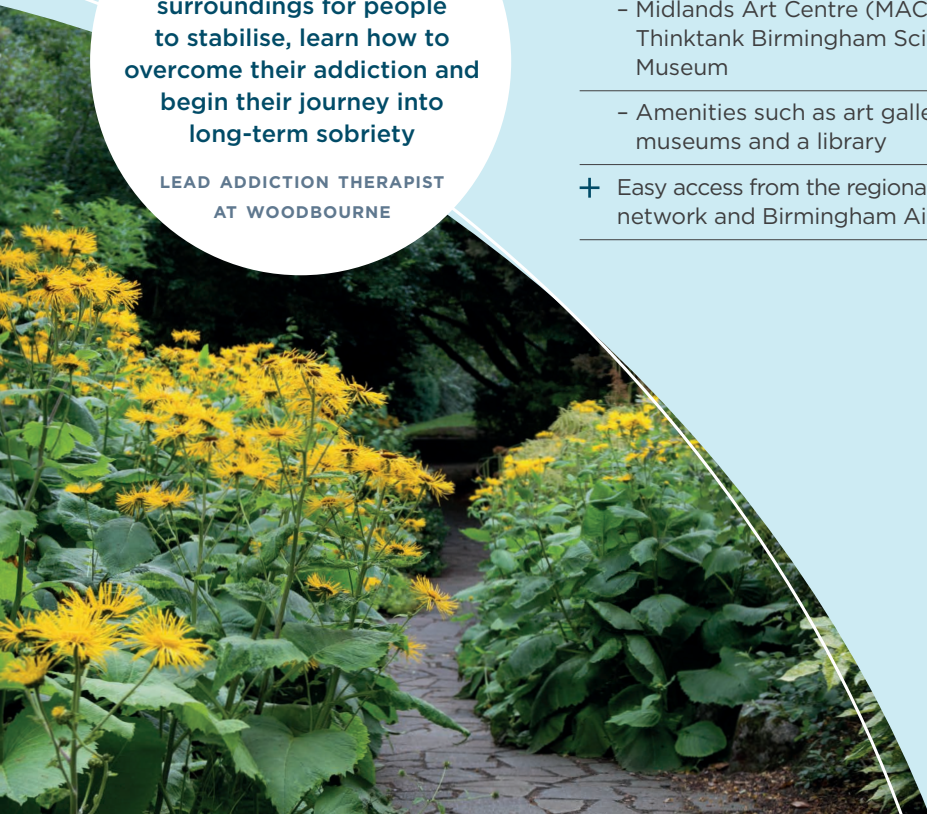
We believe that the environment in which you are treated is just as important as the treatment itself. The Manor Ward at Priory Hospital Woodbourne is located in a private, discreet, modernised manor house and provides:

- + Single occupancy en-suite bedrooms
- + Relaxing living areas
- + A restaurant which caters for individual dietary needs
- + A location near to:
 - Canon Hill Park
 - Birmingham Botanical Gardens and Glasshouses
 - Midlands Art Centre (MAC) and Thinktank Birmingham Science Museum
 - Amenities such as art galleries, museums and a library
- + Easy access from the regional motorway network and Birmingham Airport



We offer the ideal surroundings for people to stabilise, learn how to overcome their addiction and begin their journey into long-term sobriety

LEAD ADDICTION THERAPIST
AT WOODBOURNE



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 **0121 434 4343**

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.

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I can be myself and I'm starting to like myself, which is fantastic...I've come out a more confident and happier person, able to deal with my addiction.

FORMER PATIENT AT PRIORY
HOSPITAL WOODBOURNE

Find out more and access treatment

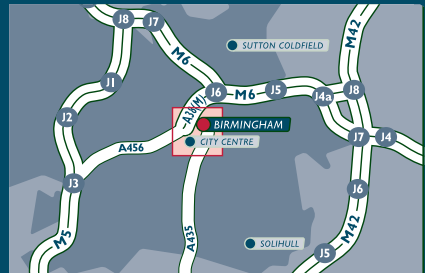
For more information or to discuss how we can help you, our enquiry helpdesk can be contacted 24/7:

Telephone: 0121 434 4343

Email: ReceptionWoodbourne@priorygroup.com

Web: www.priorygroup.com/woodbourne

21 Woodbourne Road, Edgbaston, Birmingham,
West Midlands, B17 8BY



Priory Hospital Woodbourne is easily accessible from the M6 and Birmingham's city centre.

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

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



Contact us

Telephone: 0121 434 4343

Email: ReceptionWoodbourne@priorygroup.com

Visit: www.priorygroup.com/woodbourne

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

PRIORY

PRIVATE
HEALTHCARE

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