



Priory Hospital Chelmsford

Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. We ensure our outpatient, inpatient and day care patients are provided with every resource they need to make a strong recovery and return to a positive way of life. The hospital opened in 1992 and has established an excellent reputation for providing the highest standards of care.

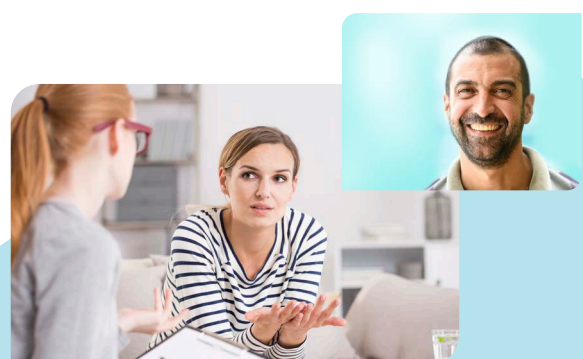
Location and environment

Priory Hospital Chelmsford grounds include a Grade II listed building and is situated within three acres of gardens, approximately one mile from the town centre. It offers calming and recovery-focused residential treatment for up to 19 private patients as well as day care and outpatient services, including separate services for young people. The hospital also provides:

- + Personalised treatment programmes alongside the use of a range of therapies delivered by a multidisciplinary team
- + Art room, communal lounges and private en suite bedrooms
- + Easy access from A12, Chelmsford City Centre, 10 minutes taxi from the local train station and 40 minutes from London
- + A serviced dining room is provided for patients and their guests

Treatments

- + We offer general psychiatric support for a wide range of conditions such as anxiety and depression
- + An addiction programme that is evidence-based, tailored to individual needs and structured within NICE guidelines
- + Our addictions service offers support across all types of addictions including party drugs and legal highs along with addictive behaviours impacting LGBTQ communities
- + Our addiction programme is based on the 12-step Minnesota/abstinence model and incorporates an integrative combination of psychodynamic therapy, cognitive behavioural therapy (CBT), motivational interviewing and mindfulness relapse prevention therapy
- + Our young person's outpatient service provides support for children from four years and older, including psychometric testing (diagnostic service/autistic spectrum)
- + Our specialist therapy team is made up predominantly of CBT therapists
- + Specialist services includes eye movement desensitisation and reprocessing (EMDR), dialectical behaviour therapy (DBT) and transactional analysis (TA)
- + A bespoke 1-day workshop investigating early childhood relational trauma resulting negative behaviour
- + Positive and Stable Mental Health - an outpatient therapy group specifically developed for young people, aged 13 - 16



Patient profile

- + Addiction and general psychiatry services are available for adults over 18 years of age
- + We offer a regional, therapy-led service with patients typically from Essex and East Anglia
- + Those with gender issues and support for people diagnosed with HIV
- + People with limited or no self-esteem in need of a safe haven and non-judgemental environment

Patient support

- + We encourage family involvement for our addictions patients
- + Free aftercare for a year is also offered as part of the addictions programme
- + Addictions patients are provided transport to local fellowship groups every day - normally weekday evenings, Saturday mornings and Sunday afternoons
- + A relative support group is offered for private patients once a month
- + DBT day patients are offered a relative support group once a month

Wellbeing activities

- + There is a multi-faith room along with a pastoral lead on the clinical team
- + We run walking and relaxation groups, in addition to a gardening group
- + Yoga and Tai-Chi classes
- + Drama is offered on Wednesday afternoons
- + There are regular movie afternoons
- + An occupational therapy programme is offered to all inpatients alongside their group therapy



Enquiries and further information

To find out further information or to make a referral into Priory Hospital Chelmsford, please contact our dedicated 24/7 enquiry team:

Telephone: 0808 231 9638

Email: chelmsford@priorygroup.com

Visit: www.priorygroup.com/chelmsford



80%

of patients at Chelmsford experienced an improvement in their level of anxiety

(with a statistically reliable average change score of 5.6) - GAD7

80%

of patients at Chelmsford experienced an improvement in their level of depression

(with a statistically reliable average change score of 6.2) - PHQ9

99%

of patients from the Chelmsford addiction treatment programme stated that they were treated with respect and dignity during their stay

93%

of patients stated that they felt involved in decisions made about their care and treatment

Specialist team

The specialist team at Priory Hospital Chelmsford includes renowned and published experts in their field:

- + **Dr Swami** - addictions
- + **Dr Rowlands** - child and adolescent mental health
- + **Dr Sarma** - addictions and mental health
- + **Dr Adimulam** - neuropsychiatry
- + **Dr Gupta** - perinatal psychiatry

Multiple languages are spoken including Russian, Hindu, Urdu and Bengali.

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

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.

PRIORY PRIVATE HEALTHCARE