

The 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

The 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 60 individuals 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 psychiatry support for a wide range of conditions such as anxiety and depression
- Our addictions service offers support across all types of addictions including party drugs and legal highs along with addictive behaviours impacting LGBT 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 busy 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 EMDR, dialectical behaviour therapy (DBT) and transactional analysis (TA)

A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT

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 and 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
- Menu planning with a dietitian for our eating disorder patients
- A busy occupational therapy programme is offered to all inpatients alongside their group therapy

Specialist team

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

- Dr Anshul Swami – addictions
- Dr Rossouw – child and adolescent mental health
- Dr Arghya Sarkhel – elderly psychiatry
- Dr Walid Abdul-Hamid – trauma, EMDR (A member of the Arabic Psychiatry Committee)
- Dr Rina Gupta – perinatal psychiatry

Multiple languages are spoken including Russian, Arabic, 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.

Satisfaction outcomes

100% of patients from the Chelmsford acute service stated they felt safe during their stay

100% of patients from the Chelmsford acute service stated that when they arrived, staff made them feel welcome

98% of patients from the Chelmsford addictions service stated they felt safe during their stay

100% of patients from the Chelmsford addictions service stated they were treated with respect and dignity during their stay

Enquiries and further information

To contact The Priory Hospital Chelmsford directly, call **01245 345 345**. You can also find out more information by visiting www.priorygroup.com/Chelmsford where you will be able to view a video of the hospital and its services.

Alternatively you can call our 24/7 enquiry line on **0800 840 3219**.

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