

Alcohol use disorders – harmful drinking or mild alcohol dependency

Priory offers a range of outpatient therapies to provide the best possible treatment for mental health conditions.

The information below provides you with the clinical specification for our alcohol use disorder treatment, along with outcome measures, ongoing care options and details of the therapy itself.

We strive to deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- 1:1 therapy starts from £109 per session (£132 in London)
- Consultant psychiatrist assessments start from £300
- Consultant psychiatrist follow-ups start from £150
- Group therapy starts from £65 per session (£77 in London)

Priory also offers an outpatient package for alcohol use, which provides a fixed price, includes a discount and provides you with certainty of cost for your initial treatment programme.

A simple GP referral process with 24/7 support

We have a simple process for GPs who would like to refer a patient, and our GP enquiry team can support you with any queries that you may have.

To make an online referral, visit [priorygroup.com/gp-referral](https://www.priorygroup.com/gp-referral)

The treatment that is offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

Call our 24/7 GP support line on 0800 090 1354

Email priory.referral@nhs.net

Fax 0844 770 6206

For more information visit [priorygroup.com/gp](https://www.priorygroup.com/gp)

Referrer guidance	+ Patients experiencing harmful drinking or mild alcohol dependency. Harm caused in areas of social or occupational functioning, physical health or mental health
Goals of treatment	+ Assessment of levels of harm caused and level of alcohol dependency + Assessment of level of risk to health (including unplanned withdrawal, suicidality and neglect) + Assessment of level of physical harm + Agreement of goals of reduced alcohol intake or abstinence + Improvement in the areas of harm
Referral criteria	+ Harmful drinking or mild alcohol dependency
Evidence base: NICE or other guidance/references	+ CG115 alcohol use disorders: diagnosis, assessment and management of harmful drinking and alcohol dependence
Team	+ Consultant psychiatric assessment to confirm diagnosis and exclude co-morbidities + Specialised addiction therapist

Process of care	<ul style="list-style-type: none"> + Psychiatric assessment of 60 minutes, including risk assessment + 12 sessions of either cognitive behavioural therapy (CBT) focused on alcohol related problems or behavioural therapy focused on alcohol related problems or social network and environmental based therapies + Behavioural couples therapy - 12 weekly sessions of 60 minutes + Consider combination with Acamprosate, Nalmefene or Naltrexone
Outcome measure	<ul style="list-style-type: none"> + AUDIT + SADQ + APQ for the nature and extent of problems arising from alcohol misuse
Options for ongoing care	<ul style="list-style-type: none"> + For non-responders, consider: + Psychiatric review + Further outpatient care + Day care or inpatient care

Priory offers an extensive number of evidence-based therapy treatments for a range of conditions.

Because every individual is unique we have a bespoke approach to helping people through their most difficult times, offering mental health assessments, individual, group and family therapies. Not all of these interventions will be appropriate or necessary for all people and collaborative tailored treatment options will be explored with referrals at the first assessment.

First, we assess and understand the particular needs of a person and then recommend an appropriate course of treatment that is underpinned by clinical specifications based on the latest research and guidance.