



16-day addiction treatment programme

Priory Hospital Chelmsford

Priory Hospital Chelmsford offers a 16-day addiction treatment programme, providing a combination of residential and day patient support, to those wanting to achieve freedom from addictive behaviour.

The programme takes place over four weeks, starting as an inpatient under the care of a consultant psychiatrist, as patients with substance challenges are supported through the medically assisted withdrawal (detox) process. For those with behavioural addictions, the inpatient admission will provide a stabilising and de-risking environment. Patients will be fully supported to establish the foundations for their recovery in a safe environment, away from the triggering factors that challenge the compulsivity of their addiction.

Following on from the successful completion of the detox or stabilisation process, patients move on to day care, where they receive specialist and rigorous psychological support. They will join relevant groups as a day patient, attending for three days per week, for three weeks on Mondays, Tuesdays and Wednesday. Facilitated group therapy can be the most effective form of psychological help for those experiencing addictions.

16-day addictions programme overview

- + Supporting both substance (alcohol or drug) and behavioural addictions
- + A free, no obligation addiction assessment
- + 7-day inpatient detox* or 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 patient safety and support throughout the process
- + Consultant psychiatrist reviews during inpatient admission and on completion of day care, for any ongoing needs/support to be reviewed
- + An introduction to the 12-step informed approach, as well as psycho-educational and relapse prevention therapy, to support ongoing independence from addiction
- + Weekly key working sessions for up to one-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 be provided access to the 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 vs recovery

Abstinence means not drinking, taking drugs or acting out the addictive behaviour in question. That is very much the start but not the whole picture. The reality is that stopping the alcohol, substance misuse, or behaviour, is just the first step in a long process towards recovery.

Recovery means reinforcing and building on abstinence, by bringing about a breadth of changes in a number of other key areas that involve a person's emotional, psychological and behavioural processes.

Our addiction treatment programmes are designed to help people truly enter into recovery, using theory and interventions drawn from a wide range of psychotherapeutic approaches, that support a person's overall functioning. The treatment of addiction involves much more than just quitting.



Inpatient admission

Patients will be seen by an addictions therapist 24-48 hours after their admission, when they will be taken through the programme timetable and told more about what to expect. Patients will also be given the opportunity to ask the therapist any questions they may have.

Introduction into group therapy will depend on a patient's individual presentation and treatment plan. A therapist will go through a programme agreement with all newly admitted patients during their induction, which they will be asked to adhere to.



Day Care

The day care programme provides patients, who have successfully completed a detox or stabilisation process, with a further level of support as they transition back into their day-to-day life. The programme acts as a bridge between the intensive supported environment of the hospital and wider life.

Patients will have the opportunity to strengthen their recovery, continue to identify triggers and strategies for handling them, and process any unforeseen difficulties that may have arisen since discharge, such as challenges in relationships. The day care programme aims to facilitate the process of growth and positive change, instilling hope through the use of therapeutic groups.

In addition to the weekly day care groups, patients will also be offered a weekly key working session with their nominated addictions therapist.

Contact us

For further information about our addiction treatment options:

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