

Priory Flourish

Residential addictions care – a new path to recovery

Flourish is Priory's revolutionary therapy-led addiction service. With locations nationwide, our Flourish service offers an affordable, community-based alternative to hospital care, in a non-clinical, comfortable environment.

Flourish is suitable for people who don't require a medical detox, but still need structured support to make lasting change.

The programme is also a service suitable for neurodivergent and high functioning clients, with an adapted recovery model free from rigid group structures and sensory overload.

Supporting detox requirements

As part of our free addiction assessment, you'll be advised on the most appropriate type of support for your needs. For people who do require a detox, this can be provided at a Priory Hospital close to your chosen Flourish site, and transport can be arranged to support a smooth transition into the programme.

Is Flourish the right service for you?

Flourish is suitable for people who:

- + Are recovering from a substance or behavioural addiction – including alcohol, drugs, gambling, sex, pornography, gaming, social media or exercise
- + Don't require ongoing physical care
- + Want a structured residential programme with therapy and routine, but outside of a hospital setting
- + Are ready to focus on recovery in a safe, supportive space

Treatment begins with a minimum 14-day stay (Stage 1). If appropriate, you can then choose to continue into Stages 2 and 3, with the length of each stage tailored to your individual needs and recovery goals. Many people complete Stage 1 only and still gain significant benefits from the programme in achieving their recovery goals.

Priory Flourish therapeutic model of care



Evidence-based therapy that supports long-term recovery

Priory Flourish provides a carefully structured therapy programme led by qualified therapists and rooted in evidence-based approaches, including:

- + Group process sessions (daily)
- + 1:1 therapy twice weekly
- + Psychoeducational workshops on addiction, trauma and coping strategies
- + Cognitive behavioural therapy (CBT) techniques and emotional regulation tools
- + Therapeutic outings and self-reflection exercises
- + Optional 12-step group attendance

Family support and aftercare

We recognise the importance of family engagement through the programme, and will support them in how they better understand addiction, manage their own emotions and feel more confident in how they support your recovery.

In addition, your recovery doesn't end when your stay does. Flourish includes 12 months of free aftercare, helping you stay connected, confident and on track as you return to everyday life.

- + Family support included – weekly online sessions for loved ones as well as a joint session held with you and your loved ones, facilitated by a therapist to encourage open communication and support recovery together
- + Optional 1-day family therapy experience for longer stays
- + 12 months of free aftercare following your stay
- + Access to digital recovery tools and flexible outpatient therapy if needed



Exposure therapy – practise real-life recovery

A unique part of Flourish is our immersive exposure therapy, using virtual reality (VR) and real-world scenarios to help you:

- + Confront common relapse triggers in a safe, supportive setting
- + Build resilience and develop coping strategies
- + Boost confidence in everyday situations – before you face them outside

This powerful tool reduces your risk of relapse and helps you feel more prepared for long-term recovery.

Take the first step today

Call us for a free, confidential addiction assessment. Speak to a Priory specialist and explore if Flourish is right for you. No pressure – just support, guidance and potential next steps.

Call: 0330 056 6023

Visit: priorygroup.com/flourish



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