

What to expect if you choose inpatient treatment with us

Thank you for reaching out to Priory. We understand that deciding the best course of action for your mental health and wellbeing can be a daunting decision, and we're here to support you as you explore your options.

We offer a range of routes, and the best choice for you will depend on your specific needs, preferences, and goals.

Priory has supported thousands of people through their recovery journey and you don't have to struggle with a mental health condition alone - we can help you get your life back on track.

Where to begin?

For certain needs, we offer a free initial assessment, which would be a useful first step. It would allow you to explore your concerns in more depth and receive recommendations and guidance from a consultant or therapist.

After your assessment, your clinician will create a personalised treatment plan tailored to your needs.





What to expect when you enter inpatient treatment

This would depend on the type of treatment you are due to receive, and also which hospital you are due to attend, however below you can see some of the things we will support you with, once details are confirmed:

- + What to bring – this could be anything from comfy clothing, pyjamas, and toiletries
- + What not to bring – items would include things like alcohol, drugs, or weapons
- + Managing your account – our team will support you with any documentation needed, making payments, processing claims
- + Who's who – we will help you understand what roles the different members of our team play, from consultants, to ward managers, to therapy services
- + Free time – you can spend private time in your room, or make the most of our beautiful communal living spaces, where you can relax and reflect on the day. Your safety and wellbeing is a priority and we will help manage leave on an individual basis
- + Family involvement – we encourage patients to remain in contact with loved ones and they can visit outside of therapy hours

Arrival

You'll be met by our team and will be introduced to key members of staff. You'll be shown around the hospital site and if you are on an inpatient programme, you will be taken to your room, where you'll be able to unpack and make yourself comfortable. You'll also be given any other practical information on things such as:

- + Mealtimes and the location of the dining room
- + Location of therapy rooms and individual consultation rooms
- + Laundry, housekeeping and maintenance services

It's also likely that you'll have an initial session with your key therapist and/or consultant when you first arrive. If you are attending the addiction treatment programme, an initial period of medically managed detox may be needed.

Therapy

This could include group or individual therapy, depending on your needs, and Priory offers a wide range of therapy types, such as cognitive behavioural therapy, mindfulness, dialectical behaviour therapy and eye movement desensitisation and reprocessing (EMDR). There may also be opportunities to engage in family and couples therapy if required.

Our inpatient addiction packages include:

- + Transform 28 – for those with complex needs, including a medically supported detox
- + Flourish 14/28/42 - a non-medical service delivered by therapists, for structured, sustainable recovery, focused on exposure-led therapy
- + Foundations 16 – an inpatient detox mixed with day care sessions thereafter
- + Reset 7/10 – medically supported, inpatient detox programme

Our hospitals also offer wellbeing activities, helping you to stay healthy in mind, body and spirit while you're staying with us. These can include:

- + Yoga
- + Shiatsu
- + Acupuncture
- + Meditation
- + Art therapy

After therapy

Your consultant is responsible for organising and liaising with you and your relatives regarding your discharge plan, which includes a contingency plan if things don't go to plan. Your discharge plan may include outpatient appointments, day care or individual therapy, which may be provided by us directly or by other service providers such as the NHS. If required, we can request your community mental health team or crisis team get in touch to offer you support on discharge.

The therapy team will also work through a discharge summary and recovery/relapse plan with you.

If you would like to proceed, please don't hesitate to contact us at **0800 840 3219**. Our team is ready to help you take the next steps at a pace that feels right for you.