

# Priory Hospital Altrincham

Addiction treatment programme

*Take the first step to recovery*



Live your life



**We believe that anyone who is struggling with addictive behaviours deserves the best possible support to make a lasting recovery.**

Our aim is to offer guidance and support, in a healing environment, to each and every individual who seeks help with us. We provide the most clinically effective treatment to help you get your life back on track.

Our treatment programme is led by world-renowned experts and the team is experienced in supporting patients from many walks of life, offering hope and reassurance to all – you are not alone.

We understand that it can be difficult to accept that you have an addiction, which is why seeking help is one of the biggest steps on the road towards

recovery. Coming into hospital can be a daunting experience. That's why, at Priory Hospital Altrincham, you will experience a welcoming, safe and non-judgemental environment, where you can be assured of the very best treatment available.

We are one of the UK's leading centres for the treatment of addictions. We offer consultant and therapist-led treatment in a tranquil area of Cheshire, enabling us to provide the highest standard of care to you.

Our striking manor-style house stands upon beautiful landscaped grounds, providing a peaceful and homely feel and delivering the perfect environment for treatment.

# Are addictive behaviours impacting on you or a loved one's life?

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- + Are you concerned that you or someone you know may be displaying addictive behaviours?

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- + Are they negatively affecting your relationships?

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- + Do you find it hard to predict the consequences of your addictive behaviours?

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- + Have you tried to stop or control these behaviours but have not succeeded?

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- + Have you missed work or appointments as a result of your addictive behaviours?

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- + Are your addictive behaviours costing you more than just money?

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- + Are you unhappy?

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Today I have a new perspective on life and myself. I have feelings again and a peace in my life. This journey is the hardest and most rewarding thing I have ever done and will continue to do. Today I have a life worth living.

FORMER PATIENT

## A free, no-obligation assessment

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**If you have answered 'yes' to any of the questions, we can help. Our free, no-obligation addiction assessment provides an opportunity to:**

- + Discuss your concerns and the impact that they are having on your life

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- + Gain an understanding of the background to your addictive behaviour

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- + Talk through a proposed treatment plan

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- + Ask any questions that you may have about our treatment programmes

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- + Take a look around our hospital and meet our expert team

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The free assessment will take place over the phone with a member of the addiction treatment team. It can be scheduled at a time that's convenient for you. This will help to put your mind at ease and ensure that you fully understand the journey that you will be taking towards a happier life.



# Our approach

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**Our flexible and patient-centred treatment programme has been developed by world class psychiatrists, psychologists, mental health nurses and therapists.**

We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

We understand that seeking help can be extremely daunting, but our team's depth of knowledge and experience ensures that you are in the best hands.

We take a holistic approach to treatment, utilising all the specialists and treatment options available, in order to reach the best possible outcome.



**99%**

of patients from the Altrincham addiction treatment programme stated that they were treated with respect and dignity during their stay\*

**98%**

of addiction patients said they were satisfied with the overall quality of care



# The patient journey



I've got a problem...  
I need some support...  
I need help...



Contact Priory (telephone, email or online) to  
organise a referral or a free addiction assessment

Free addiction  
assessment (if required) before  
obtaining a formal referral

Consultation with Priory consultant

Outpatient treatment

Residential addiction  
treatment programme

Residential treatment  
(medically managed  
detox)

Discharged

Continuous reviews  
with consultant  
psychiatrist

Free aftercare  
for 12 months

# The addiction treatment programme

**Our specialist residential service is an abstinence-based recovery programme, designed to guide our patients back to a happy and fulfilling life.**

Our programme offers access to:

- + Medically assisted detoxification
- + A structured group therapy programme
- + Family support
- + 12 months of free aftercare support, available twice weekly

We also suggest, where appropriate, that patients participate in step-down treatment which is integrated within the programme.

## Access to medically-assisted detoxification (detox)

**For those who require it, we provide a comfortable environment where our patients can safely undergo detox.**

We have access to 24-hour nursing care, ensuring that detox can take place in a medically managed environment. This allows us to use medication to control anxiety and withdrawal symptoms, helping to ensure readiness for the addiction treatment programme, should that be your next step.

## One-to-one therapy

**Our therapy is consultant-led with input from expert addiction therapists and dedicated peer supporters. During one-to-one sessions, underlying reasons for addictive behaviours, such as trauma, will be explored.**

Addictive behaviour is often driven by additional conditions such as:

- + Depression
- + Anxiety
- + Stress
- + Eating disorders

We are able to treat dual diagnoses and multiple presenting issues, addressing the root cause of your addictive behaviours as well as the addiction itself. Treatment includes regular meetings with your consultant psychiatrist, which take place twice a week.

One of the main areas of focus is providing you with coping strategies and tools to continuously improve your lifestyle, helping ensure a positive future, long after your treatment.



## Group therapy

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**We provide a range of workshops and consultant-led lectures to support you in your recovery. Our team take a compassionate approach to inspire healing, and groups allow our patients to share problems and receive emotional support from other group members.**

We treat all our patients with respect and dignity and our workshops offer further support to develop self-esteem and confidence. You may be struggling with a loss, a trauma or a relapse for example, and groups can be a support network that provide the opportunity to meet others experiencing similar concerns.

You will be encouraged to share your experiences and work on understanding yourself better, including issues surrounding body image or feelings of guilt, shame or anger. By sharing these experiences within your peer group, you will have the opportunity to create new patterns of trust and positive external resources. This form of therapy is evidence-based, with proven results.

In group therapy, there is a strong focus on developing self-awareness and self-knowledge in order to produce positive changes in your attitude and behaviour. The group therapy process helps to develop trust, self-disclosure and the ability to relate to others. Groups can be utilised as a source of support, inspiration and learning. It will also promote self-acceptance and connectedness with others. We promote recovery by providing individuals (who may also be suffering from depression, stress or anxiety) with the coping strategies to recognise and overcome their addictive behaviour.

## Family support

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**We understand that entering treatment can be overwhelming for patients, family and friends, so we ensure support is offered to everyone involved.**

We invite family members to be part of the process. They will have the opportunity to join therapist and peer-supported groups which are information-rich and are an experiential way of exploring family dynamics.

We look at onward treatment planning and offer tailored family aftercare for 12 months.



# Aftercare

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**We are dedicated to your ongoing recovery. We provide aftercare support for 12 months to all those who complete their 28-day residential programme. This includes continuous networking assistance, talking groups, bi-weekly meetings for patients and a weekly family support group.**

You will also be supported by our peer supporters. These are former patients who have been through our programme. They choose to return to the hospital to share their positive experience and offer strength and hope to others. They are able to offer a different perspective which allows our patients to explore and challenge themselves in a unique way.

We are dedicated to supporting you in the transition from hospital back to your everyday life:

- + We also provide a full programme of evening groups and 12-Step programme fellowship meetings both on and off-site
- + You will finish the addiction treatment programme with a tailored continuing care plan

The first 12 months of recovery is when individuals may recognise that they need additional support as they progress in their early stages of their recovery. Therefore, we can also assign highly experienced addiction therapists to work with you on an individual basis, in a way that is flexible around your individual needs.

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The aftercare Priority offers for a year after leaving is an imperative part of my ongoing recovery.


FORMER PATIENT

## Aftercare helps people to:

- + Reintegrate back into their life and into their community
- + Embed their new lifestyle, without their addiction
- + Avoid and/or minimise their risk of relapse
- + Establish a consistent support network
- + Help family and friends to better understand addiction (we also offer a family aftercare programme)







## An environment suited to healing and recovery

**We believe the environment in which you are treated is just as important as the treatment itself. The hospital provides:**

- + Private single occupancy bedrooms with en-suite facilities
- + Newly refurbished peaceful living areas to encourage relaxing leisure time
- + Beautifully landscaped gardens where you can relax and unwind
- + A restaurant with catering to suit your dietary needs
- + Housekeeping
- + Communal outdoor seating areas
- + Easy access from regional motorways (M6/M60/M56) and Manchester Airport
- + Access to local community amenities, including Dunham Massey and Tatton Park, a beautiful National Trust site with stunning woodland scenery and gardens



# Supporting your wellbeing

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**We understand that improving wellbeing plays a large part in a successful recovery and future health.**

We provide access to a number of facilities and activities to help keep our patients healthy in mind, body and spirit. All activities are part of your tailored package and include:

- + Mindfulness
  - + Evidence-based interventions
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# Information for GPs and healthcare professionals

We offer simple and secure processes for referring into Priory, including:

1. Our online form via [www.priorygroup.com/gp-referral](http://www.priorygroup.com/gp-referral)
2. Emailing securely to [priory.referral@nhs.net](mailto:priory.referral@nhs.net)
3. Calling **0161 904 0050**

Practices are also able to make referrals to Priory through their own systems, including EMIS Web and SystemOne. We can support with any queries, including integrating your practice systems.

## Referral process overview

1. Choose your preferred referral process – please include the patient’s contact details, along with information on circumstances and medical history
2. A unique reference number is generated for each enquiry
3. Our 24/7 support team will co-ordinate the referral with the most appropriate Priory location, who will contact the patient and check appointment availability with the most appropriate Priory specialist

While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential.



\*Taken from Step 1: The Foundation of Recovery

\*\*Priory Healthcare quality account 2017-18

Please note, most images in this brochure are stock photography and feature posed models



## Find out more and access treatment

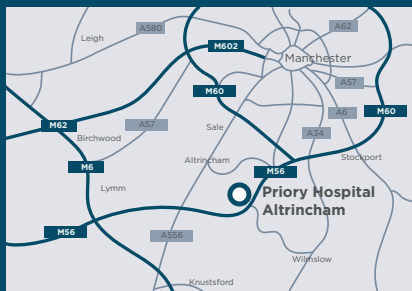
For more information or to discuss how we can help you, our enquiry helpdesk can be contacted 24/7:

Telephone: 0161 904 0050

Email: [altrinchamadmissions@priorygroup.com](mailto:altrinchamadmissions@priorygroup.com)

Web: [www.priorygroup.com/altrincham](http://www.priorygroup.com/altrincham)

Rappax Road, Hale, Altrincham, Cheshire WA15 ONU



Priory Hospital Altrincham is easily accessible from local train stations, Manchester Airport and Cheshire's major motorway links.



## Contact us

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**Telephone: 0161 904 0050**

**Email: [altrinchamadmissions@priorygroup.com](mailto:altrinchamadmissions@priorygroup.com)**

**Visit: [www.priorygroup.com/altrincham](http://www.priorygroup.com/altrincham)**

For the most up to date information on our services, please visit our website.

**PRIORY** PRIVATE  
HEALTHCARE

Priory Group UK 1 Limited,  
80 Hammersmith Road, London, W14 8UD.  
Company Registration Number: 09057543