

Priory Hospital Glasgow

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 strong and 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 to get your life back on track.



Are addictive behaviours impacting on you or a loved one?

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

Are your behaviours negatively affecting your relationships?

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

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

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

Are your addictive behaviours costing you more than just money?

Are you unhappy?



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Priory is the gateway
from despair to
something magical

PEER SUPPORTER AND
FORMER PATIENT

A free, no-obligation assessment

If you have answered 'yes' to any of these 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
 - + Gain an understanding of the background to your addictive behaviour
 - + Talk through a proposed treatment plan
 - + Ask any questions that you may have about the treatment programmes
 - + Take a look around our hospital and meet our expert staff
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The free assessment will take place at a time that's convenient for you, and will be a face-to-face discussion with a member of our addiction treatment team. 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.

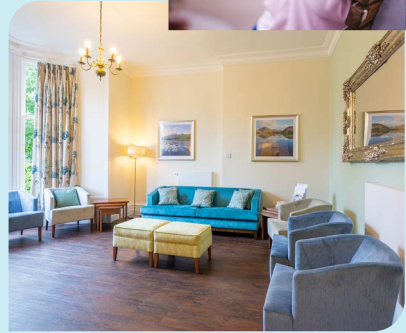
Our approach

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

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

You will be part of the decision-making process throughout your programme. We take a holistic approach to treatment, utilising all of the specialists and options available, in order to reach the best possible outcome.

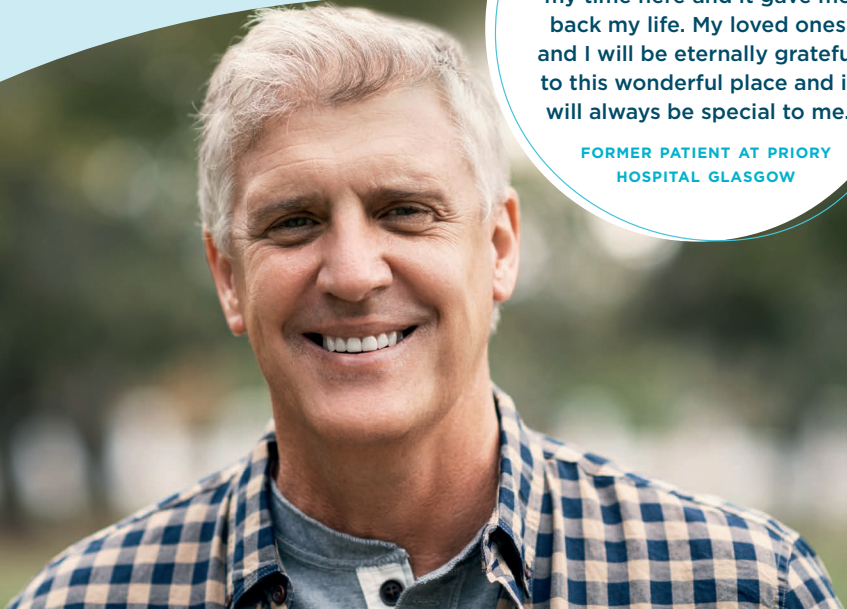
Some therapists at Priory Hospital Glasgow are former patients who have gone on to qualify post-treatment. They are an inspiration to our patients who can see first-hand the positive outcomes that can be achieved. The three therapists in recovery who work at Priory Hospital Glasgow have many years of sobriety between them and they offer their expertise as well as empathy and understanding to our patients.



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When I left Priory, I liked who I was for the first time. I loved my time here and it gave me back my life. My loved ones and I will be eternally grateful to this wonderful place and it will always be special to me.

FORMER PATIENT AT PRIORY
HOSPITAL GLASGOW



The patient journey





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:

- + Both group and individual therapy with your named therapists

- + A family support group

- + Aftercare for 12 months post-discharge

Access to medically supervised detoxification

For those that require it, we provide a comfortable environment where our patients can safely undergo detoxification (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.

One-to-one therapy

Our therapy is consultant-led with input from expert addiction therapists and dedicated peer supporters. During individual sessions with your named therapist, your relationship with alcohol and/or drugs will be explored, as will any negative or destructive behaviours.

Addictive behaviour is often driven by additional conditions such as:

- + Depression

- + Stress

- + Anxiety

- + Eating disorders

We are able to treat dual diagnoses and multiple presenting issues, as well as the addiction itself.

Treatment includes regular meetings with your consultant psychiatrist, taking 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 to ensure a positive future long after your treatment.

Group therapy

We provide a range of therapist-led groups covering various topics to assist you in your recovery. Our team take a compassionate approach to inspire healing, and group therapy allows our patients to share problems and receive emotional support from other group members.



We treat all of our patients with respect and dignity, and our workshops offer further support to develop your 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 addressing feelings of guilt, shame or anger. This form of therapy is evidence-based, with proven results.

Family support

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

We invite family members to be part of the process. They will have the opportunity to join the therapist-led family support groups which run each week. We offer access to the family support group for 12 months post-discharge.

98%

of patients reported overall satisfaction with the quality of care during their addiction treatment*



Aftercare

We are dedicated to your ongoing recovery. We provide aftercare support for 12 months post-discharge to all those who complete their agreed residential programme.

Aftercare is a therapist-led support group provided to patients, free for 1 year following treatment. You are also able to access self-help groups which are held twice weekly in the evening.

Our peer supporters are former patients who have been through our programme. They were invited to return to the hospital to share their positive experiences 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.

Attendance at off-site 12-Step fellowship meetings is also part of our programme. You will finish the addiction treatment programme with a tailored continuing care plan and a detailed recovery plan in place. We are dedicated to supporting you in the transition from hospital back to your everyday life.

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The real purpose is to help us to learn new ways of thinking, feeling, and acting. When we learn these things, we become much more comfortable with ourselves and others. Life starts to work again – better than ever before.*





An environment suited to healing and recovery

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

- + Private bedrooms with en-suite facilities
- + Peaceful living areas to encourage relaxing leisure time
- + Small private gardens offering tranquillity to relax and unwind
- + A restaurant with bespoke menus to suit your dietary requirements
- + Very easy access from the M8, M74 and M77, Glasgow's major airports and from central Glasgow
- + Access to local community amenities, including gym, shops and a local park



Supporting your wellbeing

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

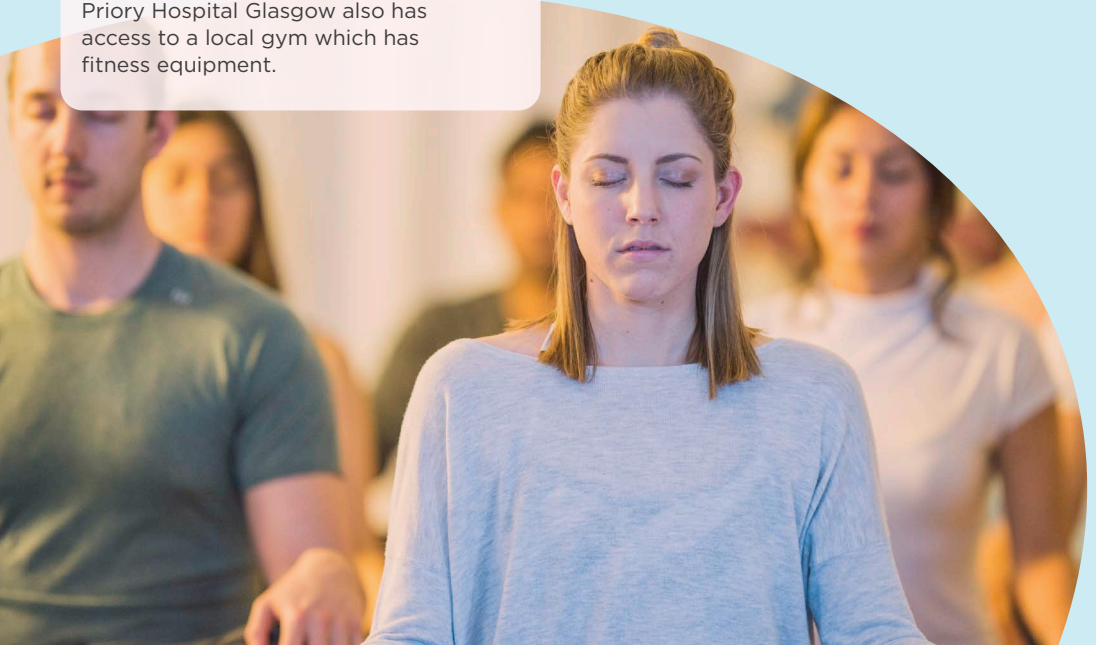
We provide access to a number of facilities and activities to help keep our patients healthy in mind, body and spirit. All activities are part of your tailored package and include:

- + Tai Chi
- + Relaxation and visualisation
- + Various art activities
- + Weekend outings



Access to a local gym

Priory Hospital Glasgow also has access to a local gym which has fitness equipment.





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
2. Emailing securely to priory.referral@nhs.net
3. Calling **0141 636 6116**

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 and Priory Healthcare quality account 2016-17

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

Find out more

For more information or to discuss how we can help, please contact us by:

Telephone: 0141 636 6116

Email: glasgow@priorygroup.com

Web: www.priorygroup.com/glasgow

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G41 3DW, Scotland





Contact us

Telephone: 0141 636 6116

Email: glasgow@priorygroup.com

Visit: www.priorygroup.com/glasgow

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

PRIORY PRIVATE
HEALTHCARE

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