

Priory Hospital Bristol

Addiction treatment programme

Take the first step to recovery



Live your life



Priory Hospital Bristol believes 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 get your life back on track.

If you are suffering from an addiction, it is important to recognise that you are not alone; our treatment programme is led by world renowned experts in their field and the team is experienced in supporting patients from many walks of life, offering hope and reassurance to all.

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

Located within a secluded area of Bristol, Priory Hospital Bristol offers a tranquil setting, within a beautiful Grade II listed building and expansive, private grounds.



The patient journey



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

- + Are you concerned that you or someone that you know may be displaying addictive behaviours?
- + Are they 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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**We want to provide
our patients with all
the tools necessary
to be successful
post discharge**

**REGISTERED MANAGER OF
HOLBROOK WARD**



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

The free assessment will take place at a time that is most convenient for you and will be a face-to-face discussion with a member of the 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.





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I believe we try our best to help these patients who are going through very difficult times

DR RAJPAL, CONSULTANT
PSYCHIATRIST

Our approach

Our structured patient-centred treatment programme is developed by leading psychiatrists, psychologists, mental health nurses and therapists.

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

The programme is run by qualified, accredited and very experienced therapists. Also, some groups, such as in-house Narcotics Anonymous (NA) meetings and our Saturday reading group, are often peer-led by former patients.

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



Community meetings

The Holbrook Ward holds a community meeting every week. All are invited and encouraged to attend.

We recognise that living here, however brief, can be an upsetting and stressful time and there may be issues about the environment you wish to discuss. This is an ideal opportunity to have your say.



The addiction treatment programme

Our addiction service provides support for those experiencing issues such as substance abuse and behavioural addictions.

Our addiction programme includes:

- + 1:1 therapy
- + Group therapy
- + Family involvement
- + Free aftercare for 12 months on completion of the full programme
- + Medically assisted detoxification (detox) as part of our residential treatment programme

Our day care addiction service involves a four-week programme of treatment and we now provide a full inpatient addiction service within the Holbrook Ward. This 10-bedded, mixed gender unit provides a robust care pathway that is unique in the South West of the UK.

In the initial days of your stay here, your mental and physical health is the most important factor for us all. You will be seen by a therapist as soon as the nursing team feels that you are well enough.

The therapists will explain the programme to you, will give you a 'patient pack' and agree a start time with you. When you first come into group therapy, you will only need to do so as an observer.

We understand that it can be a frightening prospect, but you will be welcomed into the group and be able to progress at your own pace.





Group therapy

Engaging with others through group therapy, as part of addiction treatment, is empowering and promotes self-learning. Sessions and workshops include:

- + Relapse prevention

- + Self-esteem

- + Motivations and repercussions

- + Managing emotions

- + Integration with 12-Step fellowship meetings

One-to-one therapy

One-to-one therapy is available on request; patients may request individual sessions themselves or therapists may recognise the need for additional sessions.

Family involvement

Loved ones are invited to attend family group sessions, held one afternoon each week. We believe involving families and significant others in your treatment is fundamental for long-term recovery, and offers a platform to begin to rebuild family relationships, which often break down as a result of addictive behaviour patterns.

Aftercare

Aftercare is available for 12 months upon completion of the programme (this can be extended beyond 12 months if you feel it is beneficial to continue).

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
- + Beautifully landscaped gardens offering tranquillity to relax and unwind
- + A restaurant with bespoke menus to suit your dietary requirements
- + Very easy access from the M32, local train station and the city centre
- + Access to local community amenities



94%

of acute and addiction patients were satisfied with the overall quality of care



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 **0117 952 5255**

Practices are also able to make referrals to Priory through their own systems, including EMIS Web and SystmOne. 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.



We are an approved provider for all of the UK’s leading private medical insurers, meaning that patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.

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: 0117 952 5255

Email: bristol@priorygroup.com

Web: www.priorygroup.com/bristol

Heath House Lane, Stapleton, Bristol, BS16 1EQ





Contact us

Telephone: 0117 952 5255

Email: bristol@priorygroup.com

Visit: www.priorygroup.com/bristol

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

PRIORY

PRIVATE
HEALTHCARE

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