

# Priory Hospital Roehampton

Addiction treatment programme

*Take the first step to recovery*



Live your life



**Priory Hospital Roehampton 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 programme is tailored for addiction treatment and led by world renowned experts in their field. 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.

Set within a striking Grade II listed building in London, Priory Hospital Roehampton is one of the UK's leading centres for the treatment of a wide range of addictive behaviours. It is also Priory's first and most well-known hospital.



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

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- + Are you concerned that you or someone that 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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Priory is the gateway from despair to something magical

PEER SUPPORTER  
AND 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 the treatment programmes

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

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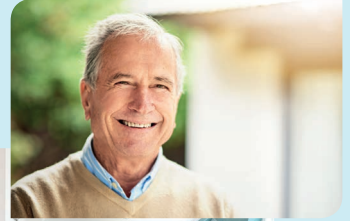
The free assessment will take place with a member of the addiction treatment team. This will help to put your mind at ease and ensure that you fully understand the journey that you will be taking towards a happier life.

# Our approach

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

At Priory Hospital Roehampton, 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.

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.



“”

Those days at Priory took me out of my isolation and self-preoccupation...I feel as though I have been given a second wind - another chance at life.

**PEER SUPPORTER AND  
FORMER PATIENT**

# 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 informal, free addiction assessment for further information

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

Consultation with Priory consultant

Day care or outpatient treatment

Residential addiction treatment programme

Residential treatment (medically managed withdrawal detox)

Discharged

Continuous reviews with consultant psychiatrist

Free aftercare for 12 months





## The addiction treatment programme

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**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:

- + 7-day detoxification
- + Both 1:1 and group therapy
- + A family/couples programme
- + A structured relapse prevention programme
- + Aftercare for 12 months

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

## One-to-one therapy

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**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 will be explored.**

Addictive behaviour is often driven by additional conditions such as:

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

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

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**Priory Hospital Roehampton provides a range of workshops and a consultant-led lecture to support you in your recovery. Our team take a compassionate approach to inspire healing, and supportive psychotherapy allows our patients to share problems and receive emotional support from other group members.**

We treat 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 issues surrounding body image or feelings of guilt, shame or anger. This form of therapy is evidence-based, with proven results.

## Family/couples therapy

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**We understand that entering into treatment can be overwhelming for patients, family and friends.**

We invite family members to be part of the process. They will have the opportunity to join ward rounds and receive regular updates from the addiction team. With patient consent, loved ones may also be able to attend the last therapy session to support with discharge planning.

We also look at onward treatment planning options, and can offer family aftercare for life and/or family and couples therapy with Priory wide experts.

## Access to medically assisted detoxification

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**Priory Hospital Roehampton has an industry-leading detox programme that enables the team to provide complex detoxifications:**

- + All patients must be assessed by a consultant prior to admission
- + Alcohol use disorders identification test (AUDIT) or severity of alcohol dependence questionnaire (SADQ) assessments are carried out, enabling the team to ascertain the severity of an addiction
- + All staff are trained in recognising risks associated with detox, including physical and mental health risks
- + Training within the nursing team for less common addictions and their processes, such as sex and love addiction
- + Ability to detox patients from GBL/GHB, in line with NICE and novel psychoactive treatment: UK network (NEPTUNE) guidance. GBL is particularly difficult to detox from and requires additional physical monitoring

**94%**

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



## Peer supporters

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**Our peer supporters are former patients who have been through Roehampton's addiction treatment programme. They choose 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.**

We also provide access to 12-Step fellowship meetings both on and off site.

You will finish the addiction treatment programme with a tailored continuing care plan and we are dedicated to supporting you in the transition from hospital back to your everyday life.

## Aftercare for 12 months

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**Priory Hospital Roehampton is dedicated to your ongoing recovery. We provide a years free aftercare support for all those who complete their residential programme.**



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







“”

I am not in the world to live up to your expectations; as you are not in the world to live up to mine.

You are you and I am I; and if we should happen to meet it will be beautiful.\*

## An environment suited to healing and recovery

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**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 a choice of menu options
- + Very easy access from the M25, London's major airports and to and from Central London
- + Access to local community amenities, including Richmond 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.

## Equine assisted psychotherapy

We are located close to Richmond Park, London's largest royal park, which offers beautiful views and peaceful walks. Here, we have access to its leading equine therapy establishment.

This is a unique form of treatment which allows patients to access feelings and take part in activities they wouldn't usually have the chance to. It is a powerful and effective therapeutic approach in which horses work in partnership with you to enhance emotional wellbeing. Patients can learn by 'doing' rather than being shown or told what to do.



## Eye movement desensitisation and reprocessing (EMDR)

EMDR allows a person to process an emotional experience that they have had difficulty talking about. Experience has shown that by following EMDR treatment, the person can develop the ability to talk about their trauma more freely, and in a way that may have proved difficult in the past.

Most importantly, EMDR can relieve the stress surrounding the traumatic event, allowing a traumatic and emotionally difficult memory to heal and, in time, to repair.

EMDR can be offered following discharge from the addiction programme, as part of an ongoing care plan, to those who may benefit from it.

## Holistic therapies

We offer art and drama therapies as part of our programme.

The creative process of art therapy facilitates therapeutic self-expression and can enhance people's mental health and wellbeing.

Creative movement psychotherapy encourages personal growth and a healthier mental attitude. This gives people a way to express their problems, fears and addictions and look at them in a new light.

Patients can also access yoga and relaxation classes.

## Personalised gym programme

Priry Hospital Roehampton has access to a gym with top of the range fitness equipment. A personal trainer is available to all patients, offering personalised training programmes and access to regular classes.

# Information for GPs and healthcare professionals

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

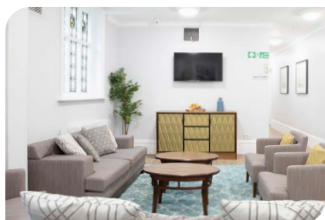
1. Our online form via **[www.priorygroup.com/gp-referral](http://www.priorygroup.com/gp-referral)**
2. Emailing securely to **[priory.referral@nhs.net](mailto:priory.referral@nhs.net)**
3. Calling **020 8876 8261**

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.

\*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: 020 8876 8261

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

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

Priory Lane, Roehampton, London, SW15 5JJ



Priory Hospital Roehampton is easily accessible from London’s major airports and motorway links. Barnes train station is a short walk or drive away.



## Contact us

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**Telephone: 020 8876 8261**

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

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

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