

# Priory Hospital Hayes Grove

Addiction treatment programme

*Take the first step to recovery*



Live your life



**We believe that anyone 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 highly qualified and internationally respected experts in the field of addiction, and our team is experienced in supporting patients from all walks of life, offering hope and reassurance to all – you are not alone.

Located in a small village in Bromley, Kent, Priory Hospital Hayes Grove provides a comfortable and friendly setting, within its own tranquil and extensive grounds. It is a place of serenity where one can rest and heal in a recovery-focused, therapeutic environment.



## 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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- + Meet our expert team

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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.

# Our approach

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

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

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



**98%**  
of patients reported overall satisfaction with the quality of care during their addiction treatment\*

# The patient journey



# The addiction treatment programme

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

- + Medically assisted detoxification
- + Group therapy
- + Couples programme
- + Family programme with access to a support group
- + Aftercare for 12 months on completion of the 28-day addiction treatment programme

We are able to offer addiction treatment for:

- + Alcohol
- + Drugs
- + Behavioural addictions including gambling, sex, shopping and internet

Addictive behaviour is often driven by additional conditions such as:

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

We are able to treat trauma, 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, 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.



## Access to medically assisted detoxification

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**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 assisted environment.

This allows us to use medication to control anxiety and withdrawal symptoms, which helps to ensure readiness for the addiction treatment programme, should that be your next step.

Please note that you need to see a consultant before being admitted for medical detoxification, the cost of which is included in your inpatient costs. However, the consultant fee will still be charged, if you don't proceed to inpatient treatment.

# Group therapy

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**We provide a range of workshops 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 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 issues surrounding body image or feelings of guilt, shame or anger. This form of therapy is evidence-based, with proven results.



# Family and couples therapy

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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-led groups which are information-rich and are an experiential way of exploring family dynamics.

We look at onward treatment planning and offer family aftercare for 12 months, tailored to individual needs.

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**I feel as though  
I have been given  
a second wind –  
another chance  
at life**

**FORMER PATIENT**



# Aftercare free for 12 months

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**We are dedicated to your ongoing recovery and provide two tiers of aftercare:**

+ 12 months of weekly aftercare support workshops that are run by peer supporters, under the guidance of addiction therapists

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+ Additionally, for 8 weeks post-discharge, you are invited to continue the weekly Saturday morning addiction treatment programme sessions that you attended during your 28-day stay (these sessions are run by peer supporters)

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Our peer supporters are former patients who have been through our 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.

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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

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**We believe 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 M25, London's major airports and to and from Central London
- + Railway links to Hayes, Bromley South and Croydon
- + Access to local community amenities, including relaxing woodland walks

# 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:

- + Yoga (meditative and exercise)
- + Mindfulness



# 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 8462 7722**

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.

\*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 and access treatment

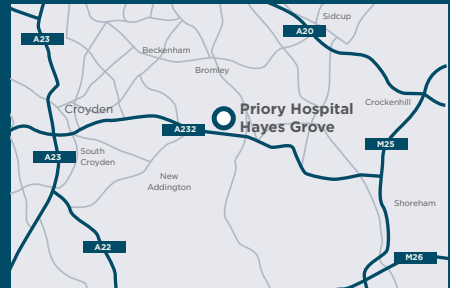
For more information or to discuss how we can help you, our enquiry helpdesk can be contacted 24/7:

Telephone: 020 8462 7722

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

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

Prestons Road, Hayes Bromley, Kent, BR2 7AS



Priory Hospital Hayes Grove is easily accessible from local train stations and major motorway links.



## Contact us

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**Telephone: 020 8462 7722**

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

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

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

**PRIORY**

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HEALTHCARE

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