



# REHAB CLINICS GROUP

Embracing Change, Inspiring Recovery

**Residential Treatment & Wellness  
Services dedicated to your Recovery!**

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Embracing Change. Inspiring Recovery

A Collection of outstanding Private Rehabilitation Services across the UK, The Rehab Clinics Group offers a sophisticated range of Residential Treatment & Wellness Centres perfectly designed to deliver high quality Recovery Programmes for Alcohol or Drug Addiction.

- ✓ Full Clinical Assessment
- ✓ Detox Medication & Treatments
- ✓ 24/7 Recovery Staffing
- ✓ Family Telephone Helpline
- ✓ Tailored Recovery Action Plan
- ✓ 1 Years Free Aftercare

Each Facility is registered and regulated by the Care Quality Commission (CQC)



**03333441734**

Our admissions are available  
24 hours/day and 7 days/week

# Our History

**At Rehab Clinics Group, we pride ourselves in offering the highest quality and most effective private residential services that truly inspire people to achieve their dreams of recovery from addiction.**

Since 2001, we have been operating our range of facilities and services across the UK; supporting hundreds of individuals and their families to tackle addiction to drugs or alcohol and re-build their lives. Offering a combination of clinical detoxification treatment and extensive rehabilitation therapies, our programmes are designed to help everyone achieve a successful start to their journey of recovery. With packages of support to a variety of individual needs and a variety of budgets, we work hard to ensure your service is designed around you and of the highest quality.

Our Dedicated Admissions Team, provide a quick and easy way of helping you choose the right package for yourself or someone else. We have worked with hundreds of families, employers and individuals to design the best packages of care unique to each situation. With accommodation for over 65 people across our superb facilities, our fast admission process, 7 days a week, ensures anyone can access treatment quickly and safely at the very best centre for their needs.

Our network of Recovery Teams and Therapists have years of experience in the treatment of alcohol and drug use, with many staff members who have secured their own recovery from addictions. Supported by our expertly designed programme and regulated by the Care Quality Commission, the Rehab Clinics Group offers one of the best residential recovery services in the UK.

# Our Vision & Values



**Respect**



**Enduring**



**Holistic**



**Action**



**Brave**

**Our Vision:** We are committed to help individuals, communities and families achieve freedom from addiction and our mission to do this is clear.

**Our Mission:** We walk alongside our clients on their journey; understanding their past and working together to build a new future – transforming lives and sustaining recovery for everyone we support. Our group is founded on five core values and we work hard to ensure these remain at the heart of everything we do with our clients, our staff and our partners.

<b>Respect</b>	We work hard to treat people with kindness, privacy, dignity and respect We look out for others, even when it isn't our job to do so We respect and support client's to make informed choices about their life We value and respect the contribution that families and friends make to our client's recovery
<b>Enduring</b>	We Never give up and work hard to find a solution We are driven and never see anyone as a lost cause We are passionate and always go the extra mile for our clients, colleagues and partners
<b>Holistic</b>	We treat the whole person; mind, body and soul to achieve a healthy recovery We recognise that one size doesn't fit all and there is no "right" answer to achieve recovery We are committed to involving and supporting the "whole family" in our work
<b>Action</b>	We do what we say we are going to do, when we say we are going to do it; We take our responsibilities for excellent services seriously & remain committed to learning and improving We will push the limits, but respect boundaries We uphold professional conduct in all we do and maintain discreet care for our clients
<b>Brave</b>	We are always willing to listen to clients, colleagues and others. We embrace change, not fear it We work hard to reduce the barriers that prevent recovery for our clients We are not afraid to challenge discrimination or poor behaviour in our colleagues, clients or others

# Our Packages

We offer a range of drug or alcohol addiction treatment packages throughout our clinics, which one you select is dependent on your recommended length of stay.

Economy	Economy+	Bronze	Silver	Gold
7 days	10 days	14 days	21 days	28 days
13 Hrs Intensive Psychological Therapy	18 Hrs Intensive Psychological Therapy	26 Hrs Intensive Psychological Therapy	38 Hrs Intensive Psychological Therapy	52 Hrs Intensive Psychological Therapy
14 Hrs Premium Wellbeing Therapy	20 Hrs Premium Wellbeing Therapy	28 Hrs Premium Wellbeing Therapy	42 Hrs Premium Wellbeing Therapy	56 Hrs Premium Wellbeing Therapy
19 Hrs Recovery & Peer Social Support	27 Hrs Recovery & Peer Social Support	38 Hrs Recovery & Peer Social Support	56 Hrs Recovery & Peer Social Support	75 Hrs Recovery & Peer Social Support
Free 52 Wks Aftercare	Free 52 Wks Aftercare	Free 52 Wks Aftercare	Free 52 Wks Aftercare	Free 52 Wks Aftercare
Free Helpline Support	Free Helpline Support	Free Helpline Support	Free Helpline Support	Free Helpline Support
Includes All Inclusive Package Features	Includes All Inclusive Package Features	Includes All Inclusive Package Features	Includes All Inclusive Package Features	Includes All Inclusive Package Features

# Admissions Process

At Rehab Clinics Group, we understand that coming into treatment for the first time can be quite be an anxious first step for clients and families. Our experienced Admissions Team understand this and are on hand to help, advise and organise every step of your care; ensuring you are fully supported, encouraged and provided with all the answers to your questions.

Even what seems like a daft question can make all the difference to your admission and we want to ensure you are fully prepared for the start of your new journey to recovery. Our process is five easy steps and you are well on your way to transforming your future.

## 1. Initial Enquiry

Our Experienced & Dedicated In-House Admissions Co-Ordinators are on hand 24/7 to handle your enquiry. Contacting us is simple – Telephone, Email, On-Line Chat. Your Admission Co-Ordinator will guide through any questions, concerns or essential information about our services. They can also provide you with early advice and information about yours or someone else's drug or alcohol addiction and the range of treatments available.

## 2. Pre-Admission Screening

It is important that we can understand more about you and your addiction so that we can ensure we are able to safely meet your needs and work out the best course of treatment for you; matching you to our treatment centre that is going to best meet your requirements.

Your Admissions Co-ordinator will need to complete your FREE pre-admission screening and ask you some basic questions about your physical and mental health, circumstances, drug or alcohol use and your current requirements. This process is strictly confidential and your information will only be used to help us find the right treatment programme for you and arrange your admission. This usually takes approximately 20 minutes and can be done immediately over the telephone or online. You may prefer to choose a different way of doing this and we can provide an opportunity for you to be assessed at home or in one of our facilities face to face. Go to our Assessment Services page for more information about these and the charges for them.

At the end of the pre-admission screening, your Admissions Co-Ordinator will let you know the options available to you and, if you agree, will be able to confirm a suitable admission date for you at your chosen treatment centre. Admission to any of our centres is quick and easy!

### 3. Treatment Deposit

It is important that we can understand more about you and your addiction so that we can ensure we are able to safely meet your needs and work out the best course of treatment for you; matching you to our treatment centre that is going to best meet your requirements.

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### 4. Your Admission Day

Your Admission and the start of your journey towards recovery and freedom from addiction can now begin. On admission, you will be welcomed by a member of our Recovery Team who will spend some time with you and help you to understand what is on offer at the facility. During this induction, your worker will ask you to complete your treatment contract and some other documents that will enable us to look after you safely and prepare you for your assessment by our Consultant Psychiatrist or Specialist Doctor.

Your Recovery Worker will help you to find your way around, support you to settle in your room and unpack and ensure you have everything you need for your stay with us.

### 5. Your Full Clinical & Recovery Plan Assessment

Once you have settled in, you will meet our Specialist Doctor who will discuss your current and past health conditions, understand more about your drug or alcohol addiction and agree a prescribing plan that best suits your detoxification needs

Once this plan has been completed, a member of our Recovery Team will organise all your medication and ensure you start your prescribed doses at the right time. You will be closely monitored during the early stages of this treatment to monitor how you respond to the medication and ensure that it is working well for you

Once this is all organised, it is important to start planning your recovery journey in more detail. During the first 48 hours, you and your allocated Recovery Worker will spend some quality one-to-one time discussing different aspects of your life and begin to formulate a Recovery Action Plan for us all to start working on with you. This is your plan and it is important that you and your recovery worker review this plan each week during your stay to make sure it is right for you and help you to celebrate the small steps you are making along the way. A copy of your plans are available for you to keep and use each day and will help us work towards your final discharge plan before you leave us.

# Our Facilities

The Rehab Clinics Group have a range of treatment facilities to suit all budgets and needs. Located across the UK, our range of residential treatment centres have been designed to provide the very best accommodation and facilities to support a successful programme of treatment and rehabilitation. Registered with the Care Quality Commission, our facilities offer the very best in comfort, luxury and space to ensure your stay is a pleasant one.



## Cassiobury Court

- ✓ Historic Private Treatment Centre
- ✓ 20 Individual Private Bedrooms
- ✓ 7 Ensuite Bedrooms Available
- ✓ Lift to all floors
- ✓ Therapy & Counselling Rooms
- ✓ Secluded Gardens & Outdoor Courtyard
- ✓ Large Dedicated Group Therapy Space
- ✓ Comfortable Lounges and Dining Room
- ✓ Easy Access to International Airports
- ✓ Daily Outdoor Walks
- ✓ 24/7 Recovery Staffing
- ✓ Dedicated Recovery Nurses



## Ocean Recovery

- ✓ Treatment Centre with Sea Views
- ✓ 13 Individual Private Bedrooms
- ✓ 2 Luxury Sea View Double Rooms
- ✓ 9 Luxury Ensuite Rooms
- ✓ Group Therapy Room with Sea Views
- ✓ Therapy & Counselling Rooms
- ✓ Comfortable Lounge with Sky TV & Piano
- ✓ Dining Rooms with Sea Views
- ✓ Indoor Hot Tub and Steam Room
- ✓ Daily Beach Walks & Weekly Beach Runs
- ✓ 24/7 Recovery Staffing
- ✓ Dedicated Recovery Nurses



## Hygrove House

- ✓ Large New Refurbished Treatment Centre
- ✓ 32 Bedrooms with Superb Views
- ✓ 4 Executive Bedroom Suites
- ✓ Individual & Group Therapy Rooms
- ✓ Tranquil Holistic & Clinical Treatment Rooms
- ✓ Dining & Conservatory Spaces
- ✓ Art & Craft Workshops
- ✓ Indoor Sauna & Hot Tub
- ✓ Mature Orchards & Gardens
- ✓ Daily Countryside Walks with Extensive Views
- ✓ 24/7 Recovery Staffing
- ✓ Dedicated Recovery Nurses

## Get In Touch

Contact us today and find out more about our admissions process. Our process is completely confidential and admissions are available 24 hours/day and 7 days/week.

 03333441734

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