

Priory Hospital Chelmsford



Live your life

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Welcome to Priory Hospital Chelmsford

Since opening in 1992, Priory Hospital Chelmsford has established an excellent reputation for providing the highest standards of care. We specialise in the treatment and management of adults and adolescents with a range of mental health problems.

Priory Hospital Chelmsford is situated within a Grade II listed building, surrounded by three acres of private gardens. It offers calming and recovery-focused residential treatment for private patients as well as day care and outpatient services, including separate services for young people. The hospital also provides:

- + Specialist treatment programmes and a range of therapies delivered by a multidisciplinary team
- + Communal, relaxing lounges and private en-suite bedrooms
- + Easy access from Stanstead airport, Chelmsford station via Liverpool Street train station and other transport links from neighbouring areas, including Essex, Cambridgeshire, Suffolk and Norfolk
- + Close proximity to Chelmsford's town centre, offering easy walking to local shops and cafés
- + A serviced dining room is provided for patients and their guests

Treatments

- + General psychiatric support for conditions including anxiety and depression
- + Evidence-based addiction treatment programmes tailored to individual needs and delivered in line with NICE guidelines
- + Support for all types of addiction, including party drugs, legal highs and addictive behaviours affecting LGBTQ+ communities
- + Outpatient services for children aged 4+, including psychometric testing and autism assessments
- + Our specialist therapy team is made up predominantly of cognitive behavioural therapy (CBT) therapists
- + Specialist services, including eye movement desensitisation and reprocessing (EMDR), dialectical behaviour therapy (DBT) and transactional analysis (TA)
- + Acceptance and commitment therapy (ACT) programme for individuals who are struggling with conditions such as anxiety and depression
- + DBT group therapy programme for young people - an outpatient therapy group specifically developed for young people aged 14 to 17

80%

of patients at Chelmsford experienced an improvement in their level of depression (with a statistically reliable average change score of 6.2) - PHQ9*



80%

of patients at Chelmsford experienced an improvement in their level of anxiety (with a statistically reliable average change score of 5.6) - GAD7*

Patient profile

- + Addiction and general psychiatry services are available for adults over 18 years of age
- + We offer a regional, therapy-led service with patients typically from Essex and East Anglia. Those with gender issues and psychological support for people diagnosed with HIV
- + People with limited or no self-esteem in need of a safe haven and a non-judgemental environment
- + Specialised programmes are available for young people

Patient support

- + We encourage family involvement for our addiction patients, where appropriate
- + Free aftercare for a year is also offered as part of a number of our addiction programmes
- + Where appropriate and relevant, our addiction patients are provided with transport to local fellowship groups every day – normally weekday evenings, Saturday mornings and Sunday afternoons
- + A relative support group is offered for private patients once a month. DBT day patients are offered a relative support group once a month
- + DBT day patients are offered a relative support group once a month

Wellbeing activities

- + A multi-faith room along with a pastoral lead on the clinical team
- + Walking and relaxation groups, in addition to a gardening group
- + Yoga and Tai-Chi classes
- + A variety of creative therapies
- + Regular movie afternoons

Free addiction treatment programme assessment

The free assessment will take place at a time that is most convenient for you and will be a discussion with a member of the addiction treatment team.

Please use the contact details below to arrange a free assessment



Specialist team

This includes consultant psychiatrists with special interests in:

- + General adult psychiatry
- + Child and adolescent mental health
- + Addiction
- + Neuropsychiatry
- + Eating disorders
- + Perinatal psychiatry

Funding

Funding Priory offers accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. We are also an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

We are here to help

To find out further information or to make a referral into Priory Hospital Chelmsford, please contact our friendly and dedicated 24/7 enquiry team:

Telephone: 01245 345 345

Email: chelmsford@priorygroup.com

Visit: www.priorygroup.com/chelmsford

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



“ ”

Amazing staff, from consultants right through to reception. The Priory staff literally saved my life! Thank you to everyone at Priory.

FORMER PATIENT AT PRIORY
HOSPITAL CHELMSFORD.



Addiction treatment programme at Priory Hospital Chelmsford

We believe that anyone who is 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 everyone who seeks help with us. We provide the most clinically effective treatment to help you get your life back on track.

Our specialist treatment programmes are 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.

Set within a striking listed building in beautiful landscaped grounds, on the outskirts of Chelmsford, Priory Hospital Chelmsford is acknowledged as one of the UK's leading treatment centres. It is rated by former patients for its excellence, dedication and commitment to individuals, as well as for outstanding treatment outcomes.

A free, no-obligation assessment

- + 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 our addiction treatment programmes

The free assessment will take place over the phone with an experienced addiction therapist. They'll explore your current situation, lifestyle and experiences, and talk you through the options available. The aim of the assessment is to understand your needs and determine which type of support or treatment service is right for you.

When and where?

- + Available at Priory Hospital Barnt Green
- + Every Tuesday and Thursday
- + Attend either:
 - A full day (5 hours)
 - A half day (2.5 hours)

What the programme offers

- + Intensive group therapy sessions
- + A safe, therapeutic environment
- + Support for a wide range of general psychiatric conditions
- + Option for one-to-one therapy, depending on your needs and our clinical recommendations

Recommended attendance

- + Typically 6 weeks, attending both days each week
- + Programme length and format can be adjusted based on your individual circumstances and clinical needs

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I was made to feel welcome and felt understood right from the start – people actually cared

FORMER PATIENT AT PRIORY HOSPITAL CHELMSFORD.

Our addiction treatment services

We place you at the centre of your private addiction treatment programme, helping you to tackle your concerns and achieve the best possible outcomes. Below is a list of the addiction treatment services available at Priory Chelmsford.

Transform 28

Transform 28 is Priory's most comprehensive inpatient addiction treatment programme.

This structured 28-day programme includes a medically assisted detox (if needed), regular one-to-one and group therapy, consultant psychiatrist support, and holistic wellbeing activities to support mental and physical health.

Family support is provided throughout treatment, and patients receive 12 months of free aftercare to help maintain recovery. Graduates also gain access to Recovery 360, Priory's digital support system, which combines a Bluetooth-enabled breathalyser with a tracking app to provide personalised support, real-time feedback, and practical recovery tools. An optional companion app helps loved ones stay connected, while Priory specialists can monitor progress and provide guidance through a secure clinical dashboard.

Recovery 360 is designed to provide ongoing support for people leaving inpatient addiction treatment. It begins with an initial 3-month plan, which can be extended to suit your ongoing care needs. It's a flexible and accessible way to maintain motivation, structure and accountability in everyday life.

Foundations 16

Foundations 16 is our blended inpatient detox and day care addiction treatment programme.

At Priory Hospital Chelmsford, we offer this structured 4-week programme to support your recovery through a combination of inpatient support and group-based day care sessions. Your treatment begins with a 7 to 10-day medically assisted detox in a safe and supportive environment, followed by 9 structured day care sessions designed to help you develop practical strategies for long-term recovery.

You'll be supported by experienced therapists and benefit from specialist psychological input, weekly family support sessions, and 12 months of free aftercare to help you stay connected and maintain progress after your stay.





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The addiction treatment programme team have given me a chance at life after 6 years of drug and alcohol dependence, and liver damage at 22 years old. They have given me hope for a future.

FORMER PATIENT AT PRIORY
HOSPITAL CHELMSFORD.

Reset 7/10

Reset 7/10 is Priory's medically assisted detox programme.

Taking place over 7 to 10 days, depending on your individual needs, this inpatient programme is designed to help you safely withdraw from alcohol or drugs, with specialist support to manage withdrawal symptoms and keep you as comfortable as possible.

At Chelmsford, detox takes place in a dedicated, therapeutic environment under the care of our experienced team. You'll receive continuous monitoring and personalised care to support your physical and emotional wellbeing throughout.

This focused, short-term stay helps to stabilise your health and prepare you for the next stage of your recovery.

Anchor 1:1

Anchor 1:1 is our flexible outpatient addiction therapy programme.

At Chelmsford, we offer one-to-one outpatient therapy sessions designed to help you manage the thoughts, emotions and behaviours linked to addiction. This personalised support gives you the space to explore challenges, build healthy coping strategies and work towards long-term recovery.

Sessions are usually delivered once a week and can take place either online or face-to face – depending on what works best for you. With a format that fits around your life, Anchor 1:1 is ideal for people seeking ongoing support without a residential stay, or for anyone stepping down from more intensive treatment who would benefit from continued therapeutic input.

Medical detoxification

If your addiction treatment programme at Chelmsford includes a medically assisted detox, you'll receive safe, expert-led care to help you withdraw from alcohol or drugs in a comfortable and supportive environment.

Our industry-leading detox programme is designed to help you begin your recovery safely and with dignity. Before admission, you'll have a full assessment with a consultant to understand your needs and the level of support required.

During detox, you can expect:

- + 24-hour support and medical supervision from our experienced team
- + A calm, private environment to help you rest and recover
- + Care that is tailored to your physical and emotional wellbeing
- + Staff trained to recognise and respond to both physical and psychological withdrawal symptoms



Our team follows national best-practice guidance to ensure your safety throughout the process. Detox is an important step towards recovery, helping you to safely clear your body of addictive substances and begin to restore your physical and emotional health.



“”

With the guidance from the addiction treatment team, I have grown more in 28 days than I have in 27 years of my life.

FORMER PATIENT AT PRIORY HOSPITAL CHELMSFORD.

Group therapy

If your addiction treatment programme at Priory Hospital Chelmsford includes group therapy, you'll take part in supportive sessions that play a vital role in recovery from addiction.

Group therapy provides a safe, structured space to connect with others who understand what you're going through. Led by our consultants and team of experienced addiction therapists, these sessions encourage open discussion and shared learning – helping you to realise that you're not alone in your experiences.

Group therapy is particularly valuable in addiction recovery because it allows you to:

- + Hear from others who are also working towards sobriety and long-term change
- + Gain new perspectives on your own behaviours and challenges
- + Build confidence in expressing yourself and relating to others
- + Strengthen your communication and coping skills in a supportive environment

You'll also take part in a range of workshops and consultant-led lectures that complement your therapy. These may explore themes such as loss, trauma, relapse prevention, or rebuilding self-esteem and confidence. Our compassionate approach encourages you to understand yourself better, work through difficult emotions such as guilt, shame or anger, and develop healthier patterns for the future.

This evidence-based approach has been shown to significantly enhance recovery outcomes, helping you to build a strong support network and maintain progress long after your treatment.

Psychoeducational workshops

Where relevant, we also incorporate a range of workshops into our programmes, focusing on subjects such as:

- + Self-worth and self-esteem
- + Anger management
- + Trauma Relationships and co-dependence
- + The 12-step philosophy

Family support groups

We understand that entering treatment can be overwhelming for patients, family and friends. If family support is included in your addiction treatment programme, we offer support to everyone involved and invite family members to be part of the treatment process, where appropriate.

They will have the opportunity to join therapist-led groups which are information-rich and are an experiential way of exploring family dynamics.

We also support onward treatment planning and offer bi-monthly family aftercare for your loved ones for up to 1 year after you complete your addiction treatment programme.

Free aftercare for 12 months

If you complete the Transform 28 or Foundations 16 programme at Priory Hospital Chelmsford, you'll have access to 12 months of free aftercare support to help you stay connected and maintain the progress you've made.

Priory Hospital Chelmsford is dedicated to your ongoing recovery. Our aftercare programme offers continued guidance, encouragement and peer support, helping you to strengthen the tools you've developed during treatment and build lasting confidence in your recovery journey.

Whatever programme you complete, if you feel you need further support – whether that's ongoing therapy, digital support or additional sessions – we're here to help. Simply speak to a member of our team, and we can guide you towards the right next steps for your continued recovery.



Peer supporters

Our peer supporters are former patients who have been through addiction treatment at Priory Hospital Chelmsford. They choose to return to the hospital to share their positive experiences and offer strength and hope to others. They're able to offer a different perspective, which allows our patients to explore and challenge themselves in a unique way.

Depending on the programme you're taking part in, you may also have access to 12-step fellowship meetings both on and off-site.

These meetings are an important part of many people's recovery journeys. They offer a safe and supportive space to share experiences, connect with others who understand addiction, and build a sense of community and accountability. Regularly attending meetings can help you stay focused on your recovery goals, maintain motivation and develop the long-term support network that's so valuable after treatment.

An environment suited to healing and recovery

We believe the environment in which you're 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

Supporting your wellbeing

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

If you're staying at Priory Hospital Chelmsford as an inpatient, you'll benefit from access to a variety of facilities and activities designed to support your mind, body and spirit. These experiences can help you relax, rebuild confidence, and establish healthy routines that enhance your therapeutic work and recovery journey. We offer:

- + A range of creative therapies, which may include drama and art therapy
- + Relaxation
- + Yoga
- + Mindfulness
- + Psycho-educational workshops
- + Support for the LGBTQ community
- + Group therapy, including psychodynamic therapy, cognitive behavioural therapy (CBT) and motivational interviewing to manage addictive behaviours, as well as anxiety and depression

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I came to do the addiction treatment programme and it was the best thing I've ever done. The therapists are brilliant and so are the healthcare assistants.

FORMER PATIENT AT PRIORY
HOSPITAL CHELMSFORD.

Young people's mental health inpatient service

Our dedicated young people's inpatient service supports up to 12 young people and delivers expert, compassionate care within a safe and supportive environment.

The service, based on Willow Ward, provides evidence based treatment for 12 to 17-year-olds through flexible, person-centred programmes, delivered in surroundings designed specifically with young people in mind.

Service overview

- + Programmes specifically tailored for young people experiencing mental health issues
- + A safe environment where one of our team's main aims is to build a rapport with each young person and to support them through treatment and recovery
- + A specially developed programme delivered by our multidisciplinary team and headed up by experienced consultants
- + We are able to offer 24-hour medical and nursing care
- + Young people accessing our service will have their admission funded by their families or through private medical insurance

Treatment programme

- + Our programme offers a full 7-day activity timetable which can include school, stress management skills, cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), coping skills development, physical health monitoring, occupational therapy (OT) and ward-based activities
- + Outcome measurement tools such as Health of the Nation Outcome Scales for Children and Adolescents (HoNOSCA) are also used

Patient profile

- + Young people aged 12 to 17 years
- + Referrals are accepted nationally, and we are also able to facilitate international referrals if required
- + Young people may present with mental health difficulties, including:
 - Depression
 - Anxiety disorders
 - Obsessive compulsive disorder (OCD)
 - Post-traumatic stress disorder (PTSD)
 - Self-harm
 - Suicidal ideation
 - School phobia
 - School refusal
 - Mood disorders (including hypomania)
 - Prodromal psychosis (initial stages of psychosis)
 - Emotional dysregulation

Please note, our service won't be suitable for young people with a moderate to severe learning disability, aggression, disruptive behaviour, conduct disorder, substance abuse, or eating disorders that require naso-gastric feeding.

Activities

Young people are provided with access to a number of activities, including:

- + Pets as therapy (PAT)
- + Art therapy
- + Yoga
- + Relaxation
- + Outreach activities, including theatre trips and visits to local parks

Education programme

As well as the intensive therapeutic element of treatment, our young people are also provided with on-site school facilities, available during term time, delivered by specialist and understanding teachers. This ensures ongoing access to education and helps build confidence within small, supported groups.

- + Our school is Ofsted accredited
- + Each young person receives bespoke 1:1 tutoring
- + Each young person receives personal development sessions, which may focus on career advice, or social and emotional skills, are incorporated into schooling through group session



About Willow Ward

Willow Ward has been carefully designed to offer a calm, welcoming and therapeutic environment for young people. We understand how important surroundings are in supporting recovery, and our modern facilities provide a safe and nurturing space where each young person can focus on their wellbeing and personal growth.

Our young people's inpatient service includes:

- + A bright, purpose-built ward, designed specifically for young people
- + Comfortable communal areas that encourage social connection and relaxation
- + Daily housekeeping and high standards of cleanliness
- + Nutritious, freshly prepared meals and quality catering options
- + Access to snacks and drinks at any time
- + Modern, en-suite bedrooms that offer comfort, privacy and a sense of security
- + A variety of leisure activities to support relaxation and recovery
- + An outdoor courtyard for our young people to relax and spend time in

Specialist team

The team at Chelmsford are experienced and highly specialised at delivering young people's services.



Acceptance and commitment therapy (ACT)

ACT is a form of therapy that encourages patients to accept and embrace, rather than avoid or fight, negative thoughts and feelings. Unlike cognitive behavioural therapy (CBT), which challenges distressing thoughts and seeks more rational alternatives, ACT views thoughts simply as thoughts and uses techniques such as mindfulness, metaphors, and language to help clients defuse from them. ACT is formulation-led, encouraging clients to identify what moves them away from, and towards, a meaningful life.

A – Accept/allow



C – Commit to take action



T – Take action



Overview

- + PACT is based on six core processes:
- + Mindfulness: be here now
- + Values: know what matters
- + Committed action: do what it takes
- + Self as context: pure awareness
- + Defusion: watch your thinking
- + Acceptance: open up

Conditions helped by ACT include:

- + Anxiety
- + Depression
- + Obsessive compulsive disorder (OCD)
- + Workplace stress
- + Psychosis Substance abuse
- + Coping with medical issues such as cancer, chronic pain and diabetes

Programme timetable

The rolling programme can be joined at the start of any block.

Step 1

Initial consultation with a consultant psychiatrist who may refer you for ACT therapy, or you may have an initial discussion/assessment with the facilitating therapist

Step 2

Attend a 2-week introduction to CBT course – Monday, 10am-12.30pm (or have a working knowledge of the CBT model)

Step 3

Join the ACT group, which is held regularly on a Wednesday morning. Includes eight half day sessions (four focusing on anxiety management and four focusing on depression management)





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A pessimist sees the
difficulty in every
opportunity; an
optimist sees the
opportunity in every
difficulty

WINSTON CHURCHILL

Meet our team

Mary Neal is an ACT therapist who has over 30 years' experience working in the NHS and helping people struggling with mild to severe psychological difficulties. She is fully accredited by the British Association of Behavioural and Cognitive Psychotherapists (BABCP) as a cognitive behavioural therapist. Mary is also a qualified registered mental nurse with the Nursing and Midwifery Council.

Mary specialises in ACT/CBT and eye movement desensitisation and reprocessing (EMDR). She has over 10 years' experience running groups to treat depression, anxiety, health anxiety and OCD.

More information

Insured and self-paying patients are welcomed. If you have private medical insurance, you should check the cover for your individual policy, and seek authorisation for your claim. A GP referral may be required by your insurer. Self-funded patients can book directly.

The cost of an initial consultation with a consultant psychiatrist will range between £300 to £400. The ACT programme includes eight half-day sessions, costing £2,752 in total.



Dialectical behaviour therapy (DBT) programme



Priory's comprehensive, 26-week standardised framework offers access to essential DBT skills and support. The treatment pathway can also be offered remotely and the programme aims to improve self-awareness and support participants to manage emotions. In turn, this will help improve quality of relationships, to create a life worth living.

Treatment is provided by highly skilled, 'British Isles' trained clinicians.

Programme overview

- + Includes a pre-group assessment and commitment session to determine suitability for the group
- + Behavioural skills training – 2 hours 30 minutes per week
- + There are four modules taught in the group:
 - Core mindfulness skills
 - Interpersonal effectiveness skills
 - Emotion regulation skills
 - Distress tolerance skills
- + Patients will have a regular individual session to discuss their progress and experience of the programme
- + DBT therapists meet once per week to ensure good communication between group skills trainers and individual therapists

Group targets

DBT addresses four main areas of importance:

1. Reducing suicidal and self-harming behaviours
2. Reducing behaviours that interfere with the process of therapy
3. Reducing behaviours that seriously interfere with quality of life, such as frequent hospitalisation, interpersonal problems and drug abuse
4. Increasing specific skills to cope more effectively

Commitment to working towards these targets is made before entering the programme.



Who will this group benefit?

The skills learnt in this group are proven to be effective for the following mental health issues:

- + History of and/or current suicidal ideation and attempts
- + History of and/or current self-harm behaviour
- + Anxiety Impulsivity
- + Poor emotional regulation and high reactivity/
mood swings Interpersonal and relationship difficulties
- + Anger outbursts
- + Substance misuse
- + Eating disorder

Enquiries and further information

The programme is costed at £8,995 for the full 26-week course. Initial mental health assessment is costed by the consultant, and pre-commitment sessions are included in the main programme cost. Therapy can be self-funded or we accept private medical insurance (PMI).

For further information, please contact us by emailing chelmsford@priorygroup.com For the most up to date information on our services, please visit our website.



Foundations 16

16-day detox and day care addiction service at Priory.

Priory offers a 16-day addiction treatment programme at many of our sites, providing a combination of residential and day patient support, to people wanting to achieve freedom from addictive behaviour.

The programme takes place over 4 weeks and begins with an inpatient stay under the care of a consultant psychiatrist.

If you're struggling with a drug or alcohol addiction, this first stage includes a medically assisted detox. If you're experiencing a behavioural addiction, the inpatient stay gives you a safe, structured environment to reduce risk, build stability and step away from everyday triggers.

During this time, you'll be supported to lay the foundations for your recovery in a calm and protected setting.

After completing detox or stabilisation, you'll move into day care. This includes specialist psychological support and group therapy, helping you build insight, coping strategies and confidence for long-term recovery.

Day care takes place 3 days a week for 3 weeks. The days you attend day care may vary depending on the hospital you choose. Please speak to the team at your chosen hospital for the latest schedule.

Foundations 16 overview

- + Supporting both substance and behavioural addictions
- + A free, no obligation addiction assessment
- + 7-day inpatient detox* or stabilisation process, followed by 9 days as a day patient, over the next 3 weeks
- + Comprehensive consultant and nursing assessment on admission, to ensure you're safe and supported throughout the process
- + Consultant psychiatrist reviews during inpatient admission and on completion of day care, for any ongoing needs/support
- + An introduction to the 12-step approach, as well as psychoeducational and relapse prevention therapy, to support ongoing independence from addiction
- + Weekly key working sessions for up to 1 hour per week, with an experienced therapist
12 months of aftercare offered as part of the discharge plan, on completion of the programme
- + Families will have access to our weekly family support group Offers a more flexible approach around family/ work commitments, for those without complex addictions

*Based on an initial 7-day residential medically assisted detoxification. However, depending on medical advice, a longer residential medically assisted detoxification may be required



Our treatment approach – abstinence and recovery

Abstinence means avoiding alcohol, drugs or the addictive behaviour. This is an important first step, but recovery goes much further.

Recovery is about building on abstinence and making meaningful changes to the way you think, feel, cope and behave. It can help you understand what drives your addiction, develop healthier coping strategies and build a more stable foundation for the future.

Our addiction treatment programmes are designed to support you through this wider recovery process. Using a range of recognised therapeutic approaches, we help you work towards lasting change, not only moving away from the addiction, but improving your overall wellbeing and day-to-day life.

Inpatient admission

Your programme begins with an inpatient stay, giving you a safe, structured and supportive environment at the start of treatment. During this time, you'll receive round-the-clock care from our clinical team, with support in place to help you feel settled, reduce risk and begin focusing on your recovery.

Within 24 to 48 hours of admission, you'll be seen by an addictions therapist, who will talk you through the programme timetable and explain what to expect during your stay. You'll also have the chance to ask any questions and discuss any concerns you may have.

Your introduction to group therapy will depend on your individual needs and treatment plan. During your induction, a therapist will talk you through the programme agreement so you know what to expect and how the programme works. You'll be asked to follow this agreement throughout your treatment, helping to create a safe, supportive and respectful environment for everyone.

Day care

The day care programme gives you additional support after you've completed detox or stabilisation, helping you transition back into everyday life.

It acts as a bridge between the more structured support of the hospital and life outside treatment. During the programme, you'll have space to strengthen your recovery, continue identifying your triggers and build practical strategies for managing them.

You'll also be supported to talk through any challenges that may have come up since leaving the inpatient setting, such as difficulties in relationships, routines or coping with everyday pressures.

Through therapeutic group work, the programme is designed to help you keep building confidence, hope and positive change in your recovery. Alongside the weekly day care groups, you'll also be offered a weekly keyworking session with your nominated addictions therapist.



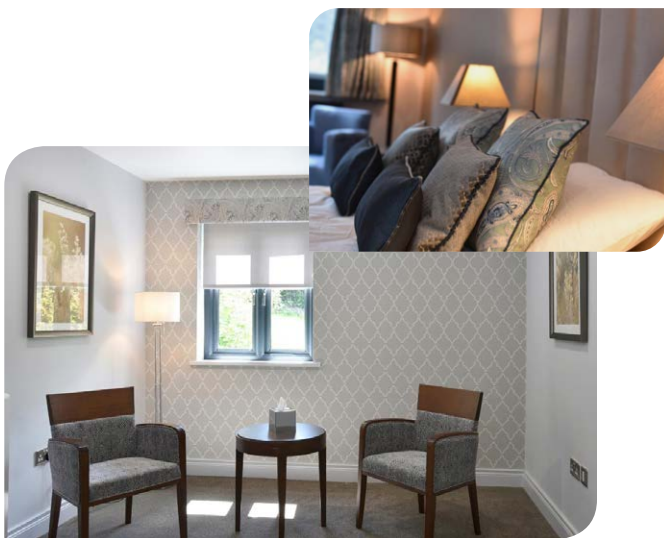
Mindfulness Group

An outpatient therapy group dedicated to young people, aged 14 to 18.

Priory Hospital Chelmsford's cognitive behavioural therapy (CBT) for mindfulness group will help young people to understand their personality traits and behaviour, and learn effective coping mechanisms to help them manage their mental health in daily life.

We will help those attending to manage their emotions, cope with stressful situations and handle interpersonal relationships, through a structured therapy programme.

We help attendees to realise they are not alone in their difficulties, and we assist them in building a support network with others experiencing the same challenges, as well as family support.



Programme overview

The 12-week programme has been developed to support young people with disturbing behaviours such as emotional instability, personality traits and anxiety.

The programme provides:

- + Support for young people and their families to develop skills in managing personality disorders, and to increase self-worth and confidence
- + Activities to help demonstrate how coping skills can be applied to real life situations
- + An interactive and structured programme with homework to be completed weekly

The mixed-gender group will follow dialectical behaviour therapy (DBT) concepts:

- + Non-judgemental
- + Honesty
- + Validation
- + Responsibility

It will provide continuity and stability for those attending.

The pathway starts with an individual assessment, followed by:

- + Half day pre-treatment introduction
- + 12-week intensive 'CBT for mindfulness' course runs every other week and each session lasts for 30 minutes

Group programme (rolling)

- + Weeks 1-4. Tuesday, 4pm-6.30pm
- + Weeks 5-8. Tuesday, 4pm-6.30pm
- + Weeks 9-12. Tuesday, 4pm-6.30pm

New members are able to join on week 1 of each module.



Family support group

The family support group enables families to learn about the skills and techniques discussed in therapy sessions, helping to extend the benefits of treatment when patients return home.

The family support group runs on the last Thursday of each month, from 6pm to 7pm.

Meet our team

Our team has a broad range of experience in child and adolescent counselling psychotherapy and in DBT.

Further details of the therapists can be found here: www.priorygroup.com/consultants

Costs and more information

The teen CBT for mindfulness group can be accessed following an initial assessment with a consultant psychiatrist, who will confirm the personality traits and recommend the group, if deemed suitable. This initial assessment will cost around £350, depending on your chosen consultant.

Each group will have a maximum of 8 participants, with each of the 12 sessions costing £334 (a total therapy package of £4,008). Patients wishing to access the group through their private medical insurer should check their policy details with their provider.



Attention deficit hyperactivity disorder (ADHD) assessments for young people

ADHD is a condition that can impact behaviour, emotions and the way a young person focuses, organises tasks and interacts with others. While children and adolescents with ADHD may share some common symptoms, such as inattention, hyperactivity or impulsivity, it's crucial to recognise that it affects each young person uniquely.

Young people with ADHD may experience difficulties or differences in: Attention and focus, including challenges with staying organised, completing tasks or following instructions. No two people with ADHD will have the same experiences or challenges – some may need minimal support to thrive, while others may need tailored support to help manage their symptoms and reach their full potential.

What are the potential signs of ADHD?

Young people with ADHD may experience difficulties or differences in:

- + Attention and focus, including challenges with staying organised, completing tasks or following instructions
- + Impulsivity, which can lead to acting without considering the consequences
- + Hyperactivity, often resulting in restlessness or difficulty sitting still
- + Managing emotions and maintaining self-control

How can Priory help?

Priory Hospital Chelmsford offers fast access to private ADHD assessments and diagnoses for young people who are showing signs of ADHD. These are delivered by our specialist child and adolescent psychiatrists, who are experts in the field.

Following the assessment, you will receive a comprehensive report which follows National Institute for Health and Care Excellence (NICE) guidelines. These may be needed so that children with ADHD can receive additional support at school.

Our ADHD assessments are available for £1,500 and we offer significantly shorter waiting times than the national average.

What is included?

An ADHD assessment is made up of a number of different parts, including:

- + A developmental assessment (this often requires input from schools, parents/guardians)
- + Conner's rating scales – questionnaires used to assess ADHD symptoms in children across different settings, such as home and school
- + Feedback meeting to discuss the outcome of the assessment and provide any recommendations
- + A comprehensive outcome report



The process for Priory Hospital Chelmsford's ADHD assessment is as follows:

GP referral



Developmental assessment – this involves meeting the young person and their parents/guardians, to discuss their developmental history. Schools will also be sent a questionnaire to complete



Conners rating scales – questionnaires used to assess ADHD symptoms in children across different settings, such as home and school. These will be emailed out to the relevant people following the developmental assessment



Feedback session – to discuss the outcomes of the ADHD assessment and provide any recommendations for further support



Outcomes report – detailing any diagnosis that was reached, and recommendations. This report can also be sent to schools/colleges, if necessary

Tom's Story

Tom's* experience of addiction treatment

"The aftercare is wonderful as are the sessions for the whole family. I could not have got through this without this care." Former patient at Priory hospital Chelmsford

After several failed attempts to fight my addiction alone, I decided to book into the Priory after being given advice from my GP to do so. I learnt about the addiction treatment programme after making an enquiry.

I think the whole team are amazing; it's one of the best things I have ever done and I feel better than I have done for a long time. The team not only helped me with my addiction but with my anxiety too. I will always be eternally grateful to them.

When I arrived at the hospital I was in a bad place but I soon realised the whole team were there for me. The programme was very structured which was something that was lacking in my life.

From day one to day 28 we were kept busy; each of the four therapists on the team all brought something different to the group, which was great. The programme makes you take responsibility for looking at yourself, even though it may be uncomfortable.

*Names and images have been changed to maintain confidentiality



Depression recovery story

A 65 year old man was referred for an assessment at Priory Hospital Chelmsford with no previous mental health problems.

His mental wellbeing had begun to deteriorate over the past several months in response to work related stresses – resulting in him taking time off work sick.

He was referred to Priory Hospital Chelmsford when increased lack of sleep started making him more and more depressed. He wasn't eating; he was struggling to carry out basic daily activities, including tending to his personal care; he had withdrawn from friends and was isolating himself.

Everyday tasks started to take him a long time to complete as he started to slow down. His cognitive functioning and thoughts also started to deteriorate. He was having suicidal ideation but there was no evidence of any plans or intent and he was managing these thoughts by distraction.

He was offered an inpatient admission at Priory Hospital Chelmsford, but he declined this as he wanted to stay at home. Therefore we referred him urgently for intensive psychological therapy at our day hospital, to meet his wishes.

At day care he participated in the depression and anxiety groups over a course of 8 weeks which included psychological treatments such as cognitive behavioural therapy. A course of antidepressant medication also commenced and with the combination of both, his mental state started to improve very quickly.

After only a few months, he is now fully functioning as he was before his onset of depression and leading a much happier, fulfilled life.

*Names and images have been changed to maintain confidentiality





Why Priory?

Choosing the right support is an important step in recovery. At Priory, we combine clinical expertise with compassionate, personalised care, focusing on quality, continuity and long-term outcomes. Everything we do is shaped around the needs and experiences of the people we support, helping them feel understood and confident in their care.

+ Care and quality – treatment is delivered in line with NICE guidelines, with safety, effectiveness and outcomes at the centre of care

+ Expert clinicians – our multidisciplinary teams include highly experienced psychiatrists, psychologists, therapists and nurses who specialise in their field

+ Personalised treatment – every care plan is tailored to the individual, recognising that no two people experience mental health challenges or addiction in the same way

+ Continuity of care – we create clear, supportive pathways to help people step down from inpatient treatment into day care, outpatient services or ongoing support

+ Flexible access and funding – we offer a range of payment options, including self-pay and PMI, helping people access treatment in a way that works for them

+ Support beyond treatment – aftercare and follow-on support are built into our approach, helping people maintain progress and feel supported as they move forward

What our patients say

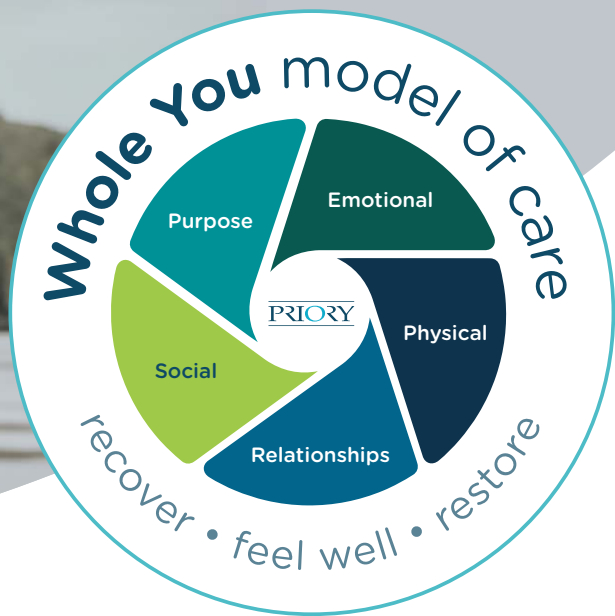
At Woodbourne, the experience of the people we support is central to the delivery of our services, and the ongoing focus of our team.

95% would recommend our addiction service to a friend

92% feel the support offered has helped their recovery

94% feel that staff are caring and supportive

92% of addiction patients said staff took time to listen to their needs



Priory's Whole You model of care

At Priory, we understand that recovery is a personal journey. Our Whole You model of care for mental health and addiction supports you every step of the way.

Our holistic approach ensures that every aspect of your health and wellbeing is addressed, providing personalised care that supports your physical, emotional and mental health.

Our Whole You model of care

Priory supports the Whole You. We believe in treating you as a whole person, not just your symptoms.

Mental health conditions and addiction affect many parts of your life and the lives of your loved ones. We understand the different challenges that you may be facing, and we have practical approaches for helping you to recover.

Everything we do is backed by evidence, led by highly trained, registered and accredited professionals, and we have more locations across the country than any other independent mental health provider.

People who have had treatment with us show consistent improvement – as measured by both clinician and patient-rated tools.





Priory

Private
Healthcare

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

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Company Registration Number: 09057543