



DAYHAB TREATMENT PROGRAMME

Help me Stop offers the most affordable intensive Dayhab treatment in the UK. Our 160-hour programme costs just £2,500 if undertaken over 5 weeks and is one tenth the cost of residential treatment and is just as effective, if not more.



Our programme is based on intensive psychotherapy and some elements of the 12-step approach. All our addiction specialist therapists are in long term recovery, which means because they all have their own experience of addiction they can relate to clients on a personal and professional level.

The programme has minimum commitment of just 16 hours per week in the day or 12.5 hours per week in the evening (Mon-Fri). Clients do not have to attend everyday in the week if they are accessing the daytime services so long as they maintain the minimum 16 hour a week commitment.

We offer 4 treatment programme streams:-

- Stream A 9am to 5pm
- Stream B 10am to 2.30pm
- Stream C 10am to 4.30pm
- Stream D 6pm to 8.45pm

Depending on the number of hours committed to treatment the programme can be completed between 5 and 10 weeks. Clients can do more than 16 hours a week if they wish or front load part of their treatment for the first one or two weeks then drop back down to 16 hours.

Please note:

We are an abstinence programme, so clients can't drink or take any non-prescribed substances while with us. Drug and alcohol testing takes place on the first day and continues randomly each week.

While the Help Me Stop Dayhab programme is unique to us, our treatment model is fully aligned with the National Institute for Clinical Excellence and the Substance Abuse and Mental Health Services Administration.

Rehab in the real world

THERAPEUTIC APPROACH

We combine a range of therapeutic methods, alongside the 12-Step approach, to deliver effective treatment, not only for alcohol and drug problems but for the underlying issues. We call this combined behavioural intervention, and it includes cognitive behavioural therapy, psychodynamic therapy, humanistic therapy and counselling. This combination has proved extremely effective in dealing with depression, anger, anxiety, self-esteem, relationship, stress and negative thoughts and behaviours all of which underpin the reasons for people to use alcohol and drugs in the first place.

THE 12-STEP APPROACH

The 12-Step programme of recovery, pioneered by Alcoholics Anonymous and Narcotics Anonymous, is widely recognised as playing an important role in supporting long-term abstinence. Its success lies in focussing on changing behaviours through the support of other people in the same situation. We recommend that clients attend fellowship meetings during their treatment with us (outside programme hours) and after completing treatment.



PREVENTING RELAPSE

Help Me Stop provides a 90-minute continuous weekly aftercare group for clients completing either our face to face service. Aftercare should be seen a continuation of treatment as evidence indicates that the first 60 days after completing a treatment programme is when relapse is most likely. With this in mind we provide aftercare packages in blocks of 8 sessions at a cost of £280.00 to cover these first 60 critical days. Drug and alcohol testing is included in this package if desired.

FAMILY AND FRIENDS PROGRAMME

Although it is personal difficulties that bring people into treatment, the whole family system is almost always affected. The importance of family involvement in treatment cannot be overstated. Support from family members not only increases the likelihood of successful treatment, it can even prevent relapses. Although individual family members are concerned about the person they care about with the drug or alcohol problem they also have their own needs, goals, and issues. Our family programme establishes a mutually supportive environment and gives families the tools to restore functional family dynamics and deal with these issues. With this in mind we provide a family programme of 8 weekly 90-minute sessions at a cost of £280.00 per person.



If you have a problem with alcohol or drugs, or know someone who does, please get in touch for confidential advice.

