
Why choose Mount Carmel?

If you are thinking of having treatment for your drinking, you'll be asking yourself a lot of questions ...

To help you answer some of these questions, we explain below what we can offer you, and how we can help you. Everything we do is based on our experience of more than 25 years of helping people into recovery.

What is Mount Carmel?

Mount Carmel is a treatment centre in South London that helps men and women to stop drinking and start their recovery. We provide residential and day programmes with a reputation for excellence and success. Compassionate and enthusiastic staff deliver an outstanding therapeutic programme. There is also a wide range of activities and complementary therapies. All this adds up to an exceptional environment for recovery.

We offer 3-month and 6-month residential programmes, and flexible length day programmes, and we will discuss with you which is best for you.

Do you just treat alcohol addiction?

We don't just treat your drinking - we treat all your addictions and related problems. Many clients have more issues than just alcohol, such as drug abuse. But all our clients are addicted to alcohol. You will identify closely with them, their problems, and their recovery.

Tell me about your treatment programme

The first thing to say about our treatment is that you will feel safe and comfortable, very well supported by the staff and your peers, and we will keep you busy! Our treatment approach combines:

- The 12-Step Programme of AA, and attendance at AA meetings
- Therapy groups
- One to one counselling
- Family or support network involvement.

Each is an independently proven treatment method. By combining them within an individually tailored programme, we aim to give you the very best chance of success.



Can you help my family?

Alcohol addiction is often called "a family illness", so we try to help your family as well as you.

We hold regular family groups for your spouse or partner, where they can discuss the issues that they find most troubling. We also hold similar groups for adolescent members of your family, with separate male and female groups.

We always make ourselves aware of any family problems that you face, and do our best to help to resolve or reduce these over the period of treatment.

What Aftercare do you provide?

Unlike many treatment centres, aftercare - continuing support after you complete treatment - is free of charge at Mount Carmel, and we encourage you to keep in contact with us. After you leave we offer:

- morning "planning your day" meeting
- one-to-one counselling sessions
- aftercare group twice a month
- social events - reunions, barbecues, theatre trips, quiz nights
- continued attendance at meditation, yoga, drama, creative arts, exercise sessions, food group
- evening meals and use of laundry facilities
- informal visits
- membership of "Mount Carmel Works!", the association of Mount Carmel graduates.

We strongly recommend that you also attend your local AA meetings regularly.

Will you help me to find housing?

We think going to suitable housing after leaving is very important, and we will discuss with you what to do when you leave.

Most of our residents want to return home, and we offer advice on this choice.

For other clients, we have good links with local social housing associations, whom residents can approach to find accommodation when they leave. We also have two houses close to Mount Carmel that some of our residents move into for a period after treatment.

What relationship will I have with the staff and other clients?

We understand how important it is for you to feel at ease during your stay with us, and comfortable with the staff. Therefore we encourage you to talk to the staff with any concerns, questions or comments. You will also have a specific keyworker, who will work very closely with you during your stay. You will soon see that we are “on your side”, and we want you to get well as much as you do.

Your relationship with other clients will largely be one of mutual support, and is a central part of your recovery. We find most people develop a unique bond with their peers that lasts for many years.

What rights do I have in treatment?

We have rules designed to ensure that your rights, and everyone else’s, are protected. We take your needs and rights very seriously, both as basic human rights, and as an essential in building your recovery and your self-esteem. We believe you have the right to:

- a safe and healthy environment
- be treated with dignity and respect by our staff at all times
- be treated with dignity and respect by other clients at all times
- confidentiality (except where the welfare of a person, whether the client or someone else, including children, is at serious risk)
- participate in decisions concerning your treatment
- an individual therapist/step-worker
- have provision made where possible for any special needs you may have. During your initial assessment, you should inform the staff team of any such needs.
- high quality treatment
- make a complaint at any time, which we will handle through our specified complaint procedures.

What happens when I first arrive?

When you arrive you will be allocated a peer supporter who will guide you through your early days at Mount Carmel. We will work with you to develop an individual programme that is most therapeutically appropriate for you. You will participate in the planning of your treatment programme, and with your peers be involved in contributing to the running of Mount Carmel.

It is what you put into your stay at Mount Carmel that determines your long-term recovery. Recovery does not stop when you leave Mount Carmel – it is a lifetime’s journey.

How does Mount Carmel differ from other treatment centres?

We can’t talk much about others, but we can say:

- our focus on alcohol will benefit you
- we think our staff team is exceptional
- not all other treatment centres have free ongoing family groups throughout treatment
- very few have free lifelong aftercare
- not all offer the range of housing support we can provide.

We can also tell you the basic principles that guide how we treat you. We believe:

- you can achieve long-term recovery from substance misuse and addiction – even when very severe.
- those suffering from substance misuse deserve the best available treatment.
- treatment should be based upon the best available evidence and expert opinion.
- treatment should be tailored to the individual and their specific needs.
- group and individual work are both powerful modes of treatment.
- all staff must be appropriately qualified and experienced, with regular supervision from senior staff.
- addiction affects people at many levels – physically, psychologically, socially – and treatment should address all these levels.
- effective treatment empowers you to work on your recovery throughout your life.
- learning from others in recovery is a vital resource for beginning and sustaining recovery.
- recovery is extremely rewarding and can last for life – and hundreds of our graduates are living proof of that.