
Mount Carmel - dedicated to recovery ...

Mount Carmel is a centre of excellence for alcohol treatment. For more than 25 years we have been delivering successful outcomes and helping men and women to recover from alcohol addiction.

Our mission is to enable every client to live a happy, fulfilling and responsible life without alcohol. Located in South London, we offer both residential and day clients a proven therapy programme in a safe, friendly and focused environment. This programme combines the best professional practices with a 12-Step approach. The benefits provided by Mount Carmel include:

- 1 *Focus on alcohol addiction*
- 2 *Our goal – recovery for life on a daily basis*
- 3 *Residential and day clients*
- 4 *Proven therapeutic programme*
- 5 *Family support*
- 6 *Free aftercare for life*
- 7 *Skilled and experienced staff team*
- 8 *Housing support*
- 9 *Local authority and self-funded clients welcome*
- 10 *Very competitive prices*



1. Focus on alcohol addiction

We address many addictions during treatment, including drugs, food, gambling and exercise, as required. We can also provide specialist mental health treatment. But, whatever the other important issues, all our clients have alcohol as their primary addiction. This means all clients identify with each other and with the same core problem – alcohol addiction.

2. Our goal – recovery for life

We have always had clear goals for our clients – abstinent recovery from alcohol addiction, and freedom from all mind-altering substances. Our clients can achieve not just sobriety, but ongoing improvements in their relationships, their careers, and every part of their lives.

3. Residential and day clients

We offer a range of treatment options, with the appropriate option determined with each client on assessment:

Residential programmes - we have 18 single bedrooms for residential treatment. We have 3- and 6-month options as standard, and will consider other lengths of stay.

Day programmes - our day programmes can be of any appropriate length, determined at assessment.

Counselling - in certain circumstances we can offer clients regular weekly counselling sessions.

Detox - we do not provide detox, but we can make arrangements for a detox to be undertaken, followed by a seamless transfer to Mount Carmel.

4. Proven therapeutic programme

Mount Carmel provides a safe, friendly, structured and focused setting for all clients. Within this, we draw up in-depth personal care plans for each individual, determined by each client's keyworker. Our treatment approach has evolved, and proven its success, over more than 25 years. We combine therapy groups, one to one counselling sessions, structured community living, and a range of additional activities, to produce an exceptional environment for recovery.

Group therapy, augmented by one to one counselling sessions - at the heart of our therapeutic approach is daily group therapy and regular one-to-one sessions. These activities focus on the issues of particular relevance to each client, and on their personal approaches to life's challenges. We use a combination of proven methods, including the 12 Step programme, psychodynamic therapy, and Cognitive Behavioural Therapy, and addressing topics such as:

- Introduction to the Alcoholics Anonymous 12 Step programme, including attending AA meetings
- Family dynamics
- Lifeskills
- Gender issues
- Cross addiction

Community and social skills - weekly community meetings underpin the smooth running of the house and enable clients to enhance their skills in relationships and communal living. In addition there are extra support courses and workshops addressing:

- Introduction to healthy living
- Literacy
- IT skills.

Social activities are part of the programme, for example organizing an in-house event, or arranging a communal trip.

Complementary activities – our range of complementary activities typically includes:

- Exercise programmes
- Yoga
- Meditation.

5. Family support

We recognize that healthy family relationships are key to relapse prevention and long term sobriety. We therefore offer, free of charge:

Regular facilitated family groups for all members of our clients' families.

Adolescent groups for clients' children aged between 11 and 16, with separate groups for males and females.

Partner and family sessions – when appropriate, we facilitate meetings between a client and their family members to address and reduce any problems that jeopardize recovery.

6. Free aftercare for life

On completion of treatment we offer free aftercare for life. This consists initially of a structured programme, with two aftercare groups a month, and one-to-one sessions as required. We have regular social events, and our annual Christmas activities and summer barbecue are attended by, among others, former clients from many years past.

7. Skilled and experienced staff team

We have built up a skilled, compassionate and enthusiastic staff team reporting to CEO Ruth Allonby. Ruth has now been at Mount Carmel for more than 21 years. Ruth's deputy is Sonia Sandhu, and there are a further eight professional staff in the team, plus an administrative team.

The multi-disciplinary staff team are widely experienced in all areas of addiction, and each brings a further specialty to the team, such as mental health, social work, food issues, and CBT. We also provide a learning environment for student social workers and counsellors.

8. Follow-on housing

Suitable housing is another key to maintaining recovery after leaving treatment.

Returning home - we support clients who wish to return home, accompanying them on home visits, and encouraging a transitional period prior to leaving Mount Carmel.

Other supported dry housing – for clients who need to find new accommodation after leaving treatment, we have relationships with local social housing groups. Clients can apply for suitable housing with these organizations.

Temporary supported move-on accommodation - Mount Carmel offers two move-on houses for clients who need further temporary support before living completely independently.

9. Local authority and self-funded clients welcome

Most of our clients are funded by their Local Authorities. Mount Carmel has excellent long-term relationships with Care Managers who regularly use our services, and welcomes the opportunity to work with new authorities.

Mount Carmel is highly suitable for those clients who choose to fund themselves.

10. Very competitive prices

Our prices are very competitive, and we believe we offer the very best value for money. We can maintain our low prices because we are an independent, not for profit organisation, with a strong public service ethos.

11. Contact us

We invite enquiries from all sources – care managers, health professionals, friends and family members, and prospective clients themselves:

Telephone: 020 8769 7674

Email: info@mountcarmel.org.uk

We are registered with the Care Quality Commission and the National Treatment Agency (NTA).

Trust Partnership Award 2012 Commitment to Recovery and Aftercare