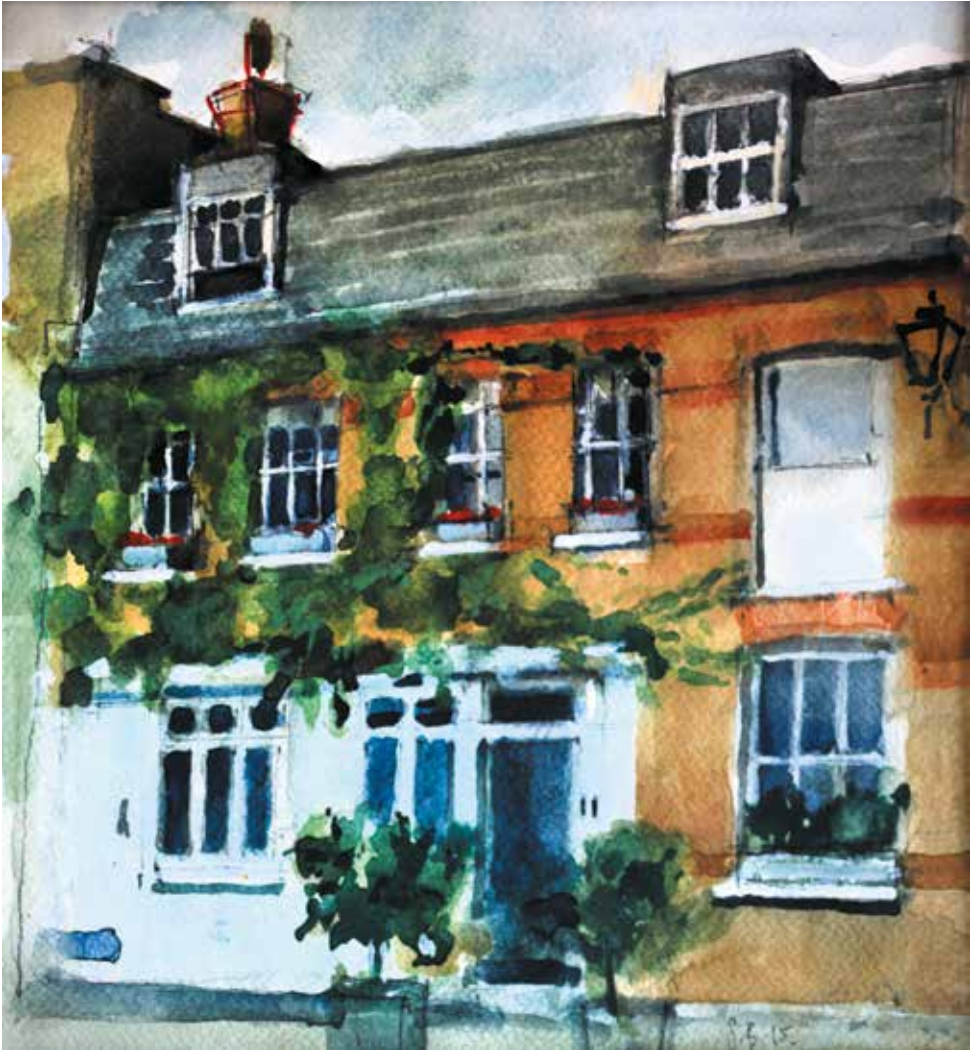




START2STOP

LONDON OUTPATIENT & RESIDENTIAL
ADDICTIONS TREATMENT



.....
Committed to helping you recover your life
.....

Start2Stop Outpatient Programme After hours participation

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Whether you join our outpatient or Aftercare programmes, or come to live at The Mews House, our skilled counselling team can help you consolidate your recovery. We provide structure, support, accountability and knowledge, whilst giving you the time and space to focus on rebuilding your life in London.

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After hours participation:

Our evening programme times mean that you can get the help you need to consolidate your recovery, whilst also having the time you need to rebuild your life and attend to responsibilities.

Specially designed Family Programme:

We make sure that the family and significant others are involved throughout the recovery process, so that the entire family system can begin to heal.

Supportive of ongoing professional treatment of co-occurring disorders:

You can continue to work with your therapist while attending outpatient treatment.

Call us now on
020 7581 4908
For an assessment

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For more information visit
www.start2stop.co.uk

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The Mews House pages 3 & 4

The Mews House is London's only extended secondary and tertiary treatment centre. The Mews House comprises an 8-bed halfway house, a 5-bed executive duplex and a 5-bed luxury mews house with all three properties situated near one another in 2 quiet and exclusive cul-de-sac mews in South Kensington, London.



Kendrick Cottage pages 5 & 6

Transitional living is available in a luxury mews house located in Kendrick Mews, in the exclusive London borough of South Kensington.



Start2Stop Outpatient Programme pages 7 & 8

Is a cost-effective, focused and convenient evening programme, allowing you to continue at work or at home while recovering from your alcohol, substance or behavioural difficulties.



Start2Stop and The Mews House Family Programme pages 9 & 10

At Start2Stop/Mews House, we are passionate about trying to help and support the loved ones of those in active addiction, treatment, or recovery.



3 The Mews House

At The Mews House, our mission is to help our clients learn to live a life-in-recovery in London. We believe that recovery from addiction requires a long-term continuum of care. We therefore offer a step down system, taking our residents from Extended Secondary, through Tertiary and Sober Living to Aftercare. Our job is done when a resident has developed the strong recovery structures needed to support independent living.

There is no better place to consolidate your recovery than The Mews House.

- You have come home to London from rehab abroad and you want continued support, counselling and a therapeutic community in which to live.
- You have done primary rehab elsewhere in the UK, but know that you need help in building a new life in recovery in London.
- You've been in good recovery but had a short relapse. You are serious about getting better and you know that you need to be in a safe place for a while.
- You have done excellent first stage work, but realise that you need a long-term continuum of care back home in London.

Included in the treatment fee is a Daycare Programme, Family Programme, and dedicated Individual Counselling.

- Located in the heart of South Kensington, The Mews House is London's only private sector extended care facility.
- We provide evidence-based therapy, supported accommodation and a warm and welcoming environment for clients who have either successfully completed primary or secondary rehab.

Residents meet with the clinical team every morning to plan their days. This intensive and on-going resident-counsellor contact means that The Mews House team is well placed to provide targeted therapeutic management, supervision and support. The Mews House is a thriving therapeutic community, and residents are expected to contribute to it by being active participants in all house activities.

Residents will have a dedicated individual counsellor, and will attend our structured Daycare Programme until they are working, studying, or volunteering.

If a Mews House resident requires therapeutic input, they may be advised to attend the Start2Stop outpatient evening programme, in addition to Daycare. This adds up to some 30 hours a week of group therapy, individual counselling, educational workshops, and holistic therapies.

Our high staff-client ratio also means that The Mews House is able to provide focused help and effective support around meals and food plans for residents in recovery from eating disorders.

Significant others are encouraged to attend our Family Programme, which is an opportunity for loved ones to learn key recovery skills.

Residents who are ready for it will be encouraged to move into our step-down Sober Living, as an important intermediate stage before leaving treatment.

Residents who have finished treatment are encouraged to attend Aftercare, which is held on Monday nights from 6pm - 7.30pm (free for life).

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• Daycare runs from 08h00 - 12h30, Mondays to Fridays, with weekend excursions and therapeutic activities from 16h00 onwards on Sundays. Therapeutic elements include: group therapy, yoga, meditation, mindfulness, art therapy, Kirtan chanting, goals groups, peer groups and step groups.



Included in the Treatment Fee:

- Daycare Programme
- Tailored support for eating disorders provided by specialist staff
- Individual counselling
- A managed and goal-centred recovery process
- Safe accommodation and support for residents who are working
- Weekly drug and alcohol testing
- Weekly Family Programme
- Weekly clean linen and towels
- Wifi
- Free weekly Aftercare service for clients who have completed treatment.

5 Kendrick Cottage

- You have worked really hard on your recovery and may no longer need intensive therapeutic support
- You would like to live in a sober community that offers a structure appropriate to where you are now at in your recovery
- You feel ready to step back into life in London and are ready for a larger degree of supported freedom

Founded in 2017, Kendrick Cottage is in a luxury mews house located in Kendrick Mews, in the exclusive London borough of South Kensington, a few minutes away from Knightsbridge and the Kings Road. Carefully designed to support recovery from addiction, Kendrick Cottage offers safe and luxurious residential accommodation, recovery support and counselling. Some residents may live at Kendrick Cottage and engage with The Mews House secondary or tertiary programmes, though this is not obligatory. Other residents might use Kendrick Cottage as a safe base while they return to life in London, possibly obtaining bespoke support from external professionals as they do so.

Kendrick Cottage sits in the vibrant Start2Stop recovery community in the heart of central London, giving its residents the opportunity to plug into the Start2Stop recovery network.

All bedrooms are large doubles, for single occupancy. There is WiFi throughout, a spacious sitting-room and dining-room with large wall-mounted flat screen TV, and the modern and roomy kitchen is equipped to the highest standards. Kendrick Cottage is based in the heart of London's recovery community, with fellowship meetings just a few minutes' walk away, seven days a week.

6 Included in the Kendrick Cottage Treatment Fee

- Intake assessment by a Chartered Psychologist
- Weekly individual counselling (more frequent therapy sessions can be booked)
- Nightly support from our RAs (recovery assistants)
- Daycare programme (if recommended or required)
- Weekly urine and breathalyser testing
- Weekly Eating Disorder Support Group
- Weekly drop-in Family Programme for significant others
- Wifi & all utilities
- Weekly clean linen and towels

What we do

Residents will either have completed long-term treatment abroad or elsewhere in the UK, or be graduates of The Mews House & Start2Stop. Residents will have done excellent first stage work and no longer need too much therapeutic structure.

Eating Disorder Residents

Kendrick Cottage is sensitive to, and supportive of, people in recovery from EDs. We will do our best to help you avoid relapse, hold the process and move forward into long-lasting and sustainable freedom from an active ED.

Our Mission

Is therefore to help you hold the process and support you in building powerful recovery structures at home in London, until you are ready to move out and lead an independent life in recovery. Once you complete treatment at Start2Stop, you are warmly encouraged to attend our Aftercare programme. This is free-for-life and open to all graduates of a Start2Stop residential or outpatient programme.



Start2Stop Outpatient Programme

Traditional inpatient treatment is not always necessary or indicated

Addiction exists on a continuum, from 'not so bad' to 'highly problematic' - it is where you sit on this continuum that determines the right treatment option for you.

After hours participation

Our evening programme times mean that you do not need to stop working or live away from your family.



Recovery in the real world

We will help you to recover within the context of your life.

Long-term treatment engagement time

Because addiction is a chronic relapsing illness, the 'gold standard' of addictions treatment, associated with the best outcomes, is an intervention lasting 90 days or more. So we're not taking any chances - our commitment to you is a minimum of 100 days of help.

Specially designed Family Programme

The Start2Stop Family Programme is available, on a weekly basis, throughout the recovery process, so that the entire family system can begin to heal.

Supportive of ongoing professional treatment of co-occurring disorders

You can continue to work with your referring therapist or consultant while attending outpatient treatment.

Cost effectiveness guaranteed

Our Treatment Philosophy

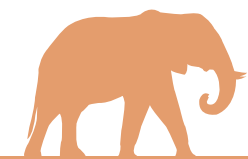
Is based on our belief that everyone has an intrinsic motivation to change and the ability to do so. However, because we understand addiction to be a chronic relapsing illness that causes multidimensional problems, we know that this will take time.

Our Job

Is therefore to provide a safe, private, and healing environment within which this change process can unfold.

Our Solutions Focus

We relentlessly focus on scaffolding our clients into recovery from addiction. We do this by providing structure, support, accountability and knowledge, all the while helping our clients develop the tools needed for long-term, sustainable, recovery.



Our 100-Day Commitment To You

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|--|--|
| <h3>Stage 1: Weeks 1-8</h3> <p>Participation is three times per week for group therapy and once a week, during normal business hours, for individual therapy.</p> <p>Tuesday evenings 18h00 - 21h00 Thursday evenings 18h00 - 21h00 Saturday mornings 11h00 - 13h30</p> | <h3>Stage 2: Weeks 9-14</h3> <p>We want to support your self-efficacy, so you only need to come in twice a week for group therapy, as well as once a week for individual therapy.</p> <p>Tuesday evenings 18h00 - 21h00 Thursday evenings 18h00 - 21h00</p> |
|--|--|

Why Outpatient Treatment

Our Programme includes:

- Assessment by a Chartered Psychologist
- Bespoke treatment planning
- Group therapy
- Individual therapy
- Educational workshops and lectures on all aspects of addiction and recovery
- Family work
- Meditation, mindfulness, art therapy, Kirtan chanting
- Regular random urine analysis and monitoring
- Referral to other professionals when appropriate
- Free Aftercare (for life)



9 Start2Stop and The Mews House Family Programme

Time: Wednesdays, 7pm - 8.30pm
Frequency: Weekly
Facilitator: Virginia Graham
Consultant: Johnny Cunningham-Reid

For: Family members whose loved one is in addiction, treatment or recovery



At Start2Stop/The Mews House, we are passionate about trying to help and support the loved ones of those in active addiction, treatment, or recovery.

Key research from the USA has consistently shown that family involvement is a key predictor of successful treatment and recovery outcomes. This shouldn't be surprising - both addiction and recovery occur within family systems. But what is surprising is that while so much help and support is available for people in addiction or recovery, relatively little professional support is available to their loved ones.

The Start2Stop/The Mews House Family Programme is intended to address this imbalance. It is aimed at individuals who may have been affected by a loved one's emotional ill health, or are now trying to adapt to their relative or partner having entered a recovery process - both of which can be equally challenging to manage.

Subjects to be covered include:

- Boundaries
- How to manage your emotional world
- Identity
- Living with recovery
- Care taking
- Co-dependency
- How to manage the addict
- Self-esteem
- Communication
- Appropriate ways to respond to lapses
- Forgiveness

The focus will be on participant contributions, and the group process will provide solutions to the challenges described - the objective is a positive one.

Group members can drop in and attend the programme at their convenience, or as and when needed. There is no need for weekly attendance.

Living With **Addiction**

Active addiction will almost certainly have caused suffering and pain to partners, children, and pretty much everyone in the family system.

Do you ever think:

'It's my fault. If I had done things differently this would not be happening.'

'It's someone else's fault. If they change then the problem will go away.'

'I should be able to fix this.'

'I should be able to do this all myself.'

'If the person stops using, everything will return to normal/ be OK.'

If you have any of the above thoughts, then you are not alone. The weekly Start2Stop/The Mews House Family Programme will offer a safe space in which to educate yourself, get support, and become empowered.

Living With **Recovery**

This can also be very confusing. You may feel full of hope at some moments, and full of fear at other times. You may feel a little lost.

Do you ever think:

'I was abandoned in their addiction, and I still feel alone now.'

'They seem like a different person, how are we going to make this relationship work?'

'I still feel really hurt and angry, but I am worried they may not be able to handle hearing how I feel.'

'I still don't trust them.'

'They have relapsed and I don't know what to do.'



Residential Extended
Secondary

Residential Tertiary

Residential Sober Living

Evening Outpatient
Programme

Family Programme



For more information visit

www.start2stop.co.uk

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info@start2stop.co.uk

020 7581 4908

No. 11, Kendrick Mews, London
SW7 3HG

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