



START2STOP
LONDON OUTPATIENT & RESIDENTIAL
ADDICTIONS TREATMENT



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 client 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 and get better.
- You have done primary rehab elsewhere in the UK, but 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.

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 to clients who have successfully completed primary or secondary rehab.

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



The Mews House for people who are serious about changing their lives

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 extra therapeutic input, they may be advised to attend the Foundations 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.

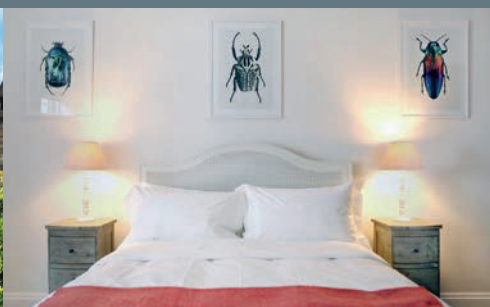
Residents who have finished treatment are encouraged to attend Aftercare, which is held on Monday nights, from 6pm - 7.30pm (free for life).

Most residents will attend our Intensive Daycare programme in their first month, for maximum scaffolding during the tricky first few weeks back in London. This runs all day Monday, Wednesday and Friday, and on Tuesday and Thursday mornings. Residents will then usually progress into our tertiary Daycare, which runs from 08h00 -12h30, Mondays to Fridays, with weekend excursions and Sunday night community suppers.

Therapeutic elements include: group therapy, individual counselling, weekly family support group (via Zoom), positive psychology, art, meditation, Kirtan chanting, step work groups and goals groups.

Included in the Treatment Fee

- Daycare Programme
- Tailored support for eating disorders provided by specialist staff
- Individual counselling
- Safe accommodation and support for residents, including those who are working
- A managed and goal-centred recovery process
- Regular drug and alcohol testing
- Weekly Family Support Group
- Facilitated 'conjoint' between clients and loved ones
- Weekly clean bed linen and towels
- WiFi
- Free weekly Aftercare service for clients who have completed treatment



Committed to helping you recover your life

Please contact **Fi Mackenzie**, the Start2Stop/Mews House practice manager, for more details.

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