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## Why choose Mount Carmel?

- **Welcoming**
- **Effective**
- **Life Changing**



If you're considering treatment for your drinking, you'll be asking yourself some questions:

- **What is Mount Carmel?**
- **Do you treat only alcohol addiction?**
- **How does Mount Carmel differ from other treatment centres?**
- **What happens when I first arrive?**
- **Tell me about your treatment programme**
- **What relationship will I have with the staff and other clients?**
- **Can you help my family?**
- **Will you help me to find housing?**
- **What Aftercare do you provide?**

In these pages we set out our answers to these questions. Everything we do is based on our experience of more than 30 years of helping people like you into long term recovery.

If you think we can help you, please contact Mount Carmel:

**Telephone:** 020 8769 7674  
**Email:** [info@mountcarmel.org.uk](mailto:info@mountcarmel.org.uk)  
**Website:** [www.mountcarmel.org.uk](http://www.mountcarmel.org.uk)

### **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.

### **Do you treat only alcohol addiction?**

We don't just treat your drinking - we also address any further addictions and related problems you may have. Many clients have more issues than alcohol, such as drugs or food. But all our clients are addicted to alcohol, so you will identify closely with them, their problems, and their recovery.

### **How do you 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, and aftercare is essential to maintaining sobriety
- not all offer the range of housing support we can provide.

## **What happens when I first arrive?**

When you arrive you will be allocated a keyworker – the member of staff who will work most closely with you.

You will also have a peer supporter – another client who will help to guide you through your early days at Mount Carmel.

Together with your keyworker, you will develop the individual treatment programme that is most appropriate for you, and start your journey to long-term 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:

- therapy groups
- one to one counselling
- the 12-Step Programme of AA, and attendance at AA meetings
- family, or support network, involvement.

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

## **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. So 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.

## **Can you help my family?**

Alcohol addiction is often called “a family illness”, so we offer help to your family as well as to you.

We hold regular family groups for your spouse or partner, where they can discuss the issues that they find most troubling.

We always make ourselves aware of any family problems that you face, and try to help to resolve these during of treatment.

## **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 a house close to Mount Carmel that some of our residents move into for a few months after 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. 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, and creative arts
- evening meals and use of laundry facilities
- informal visits
- membership of the association of Mount Carmel graduates.

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

*Recovery does not stop when you leave Mount Carmel – it is a lifetime’s journey.*