



Addictions evening treatment programme

As part of Nightingale Hospital's increasing service to our patients we are running evening group sessions to deal with the problems that alcohol, drugs, gambling, and other addictions can cause.

This evening outpatient programme is aimed at people whose condition is not severe enough to warrant an inpatient stay or day attendance, and who wish to continue working whilst undergoing treatment – and for those who have limited time availability.

The programme

It is an 8-week rolling programme, which means patients can join at any point. It is recommended that at least 8 weeks are attended to gain maximum benefit.

It runs on Monday and Thursday evenings and the programme is as follows:

Time	Activity
6.30pm - 7.30pm	Psycho education
7.30pm - 7.45pm	Break
7.45pm - 8.45pm	Process group

The programme will be held in the following location:

Room G13

Nightingale Hospital (main hospital)
11-19 Lisson Grove
London NW1 6SH

Outpatient evening programme cost

The cost per evening is £190. Private medical insurers are currently not covering this programme.

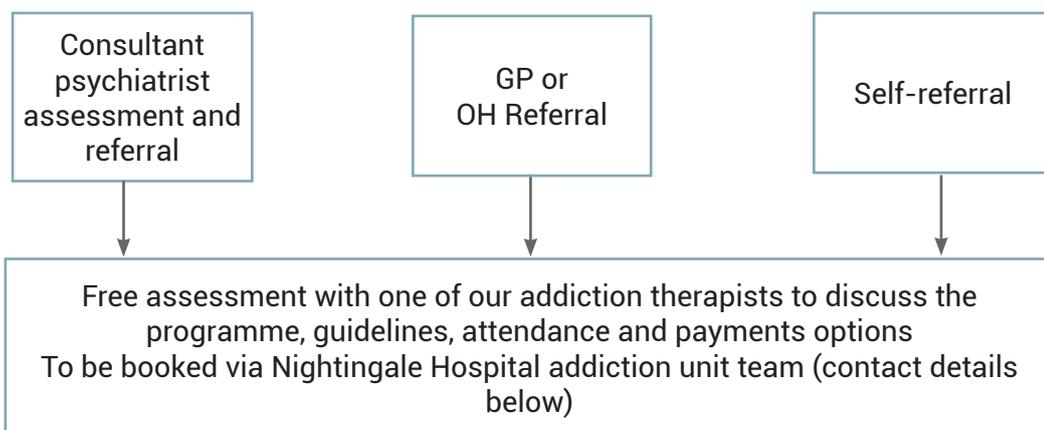
Patients will have to book each session they would like to attend. 24 hours' notice is required in the event of not being able to attend an agreed evening. Failure to do so will result in the evening being charged.

Patients can book or cancel by contacting the addictions unit on:
Maria.Garcia@nightingalehospital.co.uk or **020 7535 7762**

Criteria for referral

GPs and consultant psychiatrists can refer patients or patients can self-refer. Patients will need to attend an assessment with one of our addiction therapists before they can join the programme.

How can patients join the 8-week evening programme?



Exclusion criteria

- › Current suicidal ideation or risk to self/others
- › Significant or concerning co-morbid psychiatric conditions (DSM Axis I psychotic symptoms).
- › Signs of organic brain syndromes/cognitive impairment.
- › History of violence or threatening violence.
- › Require medically supervised assisted withdrawal and/or recent history of DT's or grand mal seizures during alcohol withdrawal.

Important information about the programme

- › Should the referrer need further input from the MDT in regards to this exclusion criteria, please contact the Addictions team.
- › Referrers to inform the Addictions team if there is a change in medication and/or physical wellbeing.
- › Recurrent non-compliance with programme guidelines could be a reason for exclusion. Referrer to be informed as soon as possible.
- › Abstinence from alcohol, drugs and gambling is highly encouraged throughout the 8-week evening programme.
- › A minimum of 24 hours abstinence from alcohol, drugs and gambling would be required to attend.