

ASHBURN ADDICTION PROGRAMME INFORMATION

ADDICTION PROGRAMME

The Ashburn Addiction Programme has two distinct phases and follows on from a medically supported detoxification for those who require this.

The first phase is a two week assessment in which suitability for the treatment phase is evaluated. This includes comprehensive psychiatric, psychosocial nursing, medical and motivational interviewing assessment.

The second phase is an eight week recovery-based programme presented as a series of workshops which include specific sessions on definition and models of addiction, its neurobiology, identifying and communicating feelings. Patients are encouraged to attend 12-step or other recovery groups in the community, and family and friends are invited to participate in meetings.

The addiction programme is embedded in the main therapeutic programme giving an opportunity to explore underlying issues related to the development of a person's addiction. It also provides an opportunity for the person to put into practice their learning about recovery, including expression of emotions and communication style.

On completion of the Addiction Programme, we offer aftercare phone contact, to support a person's transition back to their own community.

PROGRAMME FEES

Effective 1 November 2015.

Assessment (2 weeks)	\$ 7,000
1 week detoxification plus 2 week assessment	\$ 10,000
Eight week treatment phase	\$24,000

Please note – 1 week detoxification is sufficient for most substances including alcohol. However, sometimes a longer detoxification is required (e.g. from benzodiazepines) in which case a timeframe and cost will be discussed with you.

OTHER FEE INFORMATION

Fees for group therapy and GP treatment costs are included in the programme cost for each stage of the Addiction Programme.

Should at any time a patient wish to move from this specialist Addiction Programme to another of Ashburn's programmes or services, we will discuss the applicable fees and charges with you.

Please note that the fees for each stage are non-refundable and apply on admission to that stage of the programme at Ashburn. All prices include GST.

ADMISSION AND REFERRAL

Referral to Ashburn, including the Addiction Programme, is generally arranged through a health professional, often a doctor, counsellor or psychiatrist. Urgent referrals may be arranged by telephone but less urgent admissions are usually arranged by letter or email.

When planning to travel to Ashburn, we would prefer that you arrive by 10am, so that we can complete a full and detailed admission without rush on your first day.

Please make every effort to arrive no later than 10am on the day of your admission and please ensure that you have not used drugs or alcohol in the four hours before you arrive. If you do arrive late, or are affected by alcohol or substances, Ashburn may not be able to accept you for admission and you may be required to find alternative accommodation in Dunedin overnight.

We welcome your enquiries concerning any difficulties you are experiencing. When you, or someone you care about, are ready to begin the road to recovery, Ashburn is ready to help.