

**Bayberry Clinic** offers an exceptional choice of tranquil, residential recovery centres—treating alcohol addiction in Solihull, West Midlands and surrounding rural locations.

The treatment locations in comfortable and discreet surroundings.

The clinics also offer support for other types of substance misuse and offer a wide range of treatments across their clinics.

To find out more about Bayberry Clinics go to:

[Bayberry.org.uk](http://Bayberry.org.uk)



Bayberry Cottages (above), Clouds House (below)

***Your choice of addiction rehab centre can be discussed with your lead clinician, but may also be dependent on bed availability at the time of admission.***

## Contact Us

### NHS PRACTITIONER HEALTH

**Opening Hours:** Monday to Friday 8am-8pm  
Saturday: 8am-2pm


**Telephone :** 0300 030 3300

**Email:** [prac.health@nhs.net](mailto:prac.health@nhs.net)

**Website:** [www.practitionerhealth.nhs.uk](http://www.practitionerhealth.nhs.uk)

 @NHSPracHealth

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**CLINIC LOCATIONS ACROSS ENGLAND AND SCOTLAND**



## Practitioner Health

*Support for health and care workers with addictions*



## Addictions

The management of alcohol or substance misuse and other addiction problems will be according to current good practice guidelines, aiming for complete abstinence. We can sometimes offer medication assisted detoxification where this is necessary and supported locally.

We can also offer on-going case management, help around relapse prevention and access to specialist cognitive behaviour therapy.

### Alcohol/Substance Misuse

Health and care professionals who have an opiate or other addiction may be offered pharmacologically supported detoxification.

The detoxification process may be possible in the community or during an inpatient stay with one of our preferred providers.

Following detoxification you will be encouraged to rapidly engage with the British British Doctors and Dentists Group (BDDG) or equivalent abstinence oriented support group as well as attend PHS for regular reviews and/or cognitive behaviour therapy.

A number of patients present with other behavioural addictions such as internet pornography or gambling.

If you feel that any of your behaviours may constitute an addiction, please get in contact with Practitioner Health

## Treatment for Addictions

PH has the ability to admit patients to an inpatient rehabilitation and detox programme. This is a 6 week admission and we have three different sites across the country that offer this intervention. If you think this might be appropriate for you it is something that could be discussed in your initial assessment or in your case management sessions.

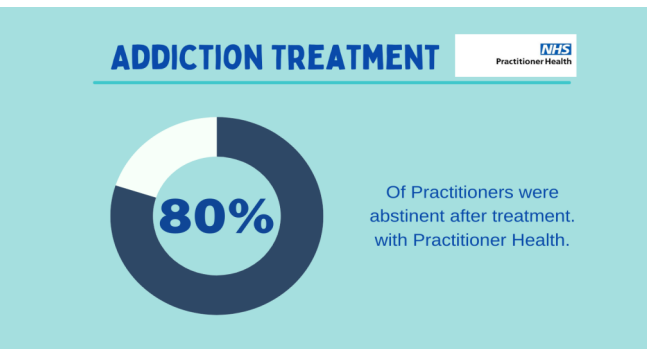
In almost all cases, your presenting problem will be dealt with by your lead clinician. Your lead clinician may want to have some brief input from other members of the team who might have a more specialist interest in that area but your lead clinician will remain constant throughout your care at PH.

Interventions that can be used for addictions include general support, guidance, working towards abstinence and in some cases interventions such as substitute prescribing.

We also run a number of facilitated addiction support groups where you can share your experiences.

### Results

PH has abstinence rates from substances after treatment of 80%. This compares to about 10-20% in the general population.



## Residential Treatment Clinics

**Castle Craig** is a residential rehab clinic in Scotland which treats people suffering from alcohol and drug addictions, many of whom have other complex conditions, such as gambling and gaming addiction, depression, anxiety, trauma, relationship issues, and eating disorders.

We are pleased to announce our partnership with Castle Craig, to provide specialist residential addiction treatment for NHS health and care professionals.

You can find out more at [castlecraig.co.uk](http://castlecraig.co.uk)



**Clouds House** in Wiltshire has been working in partnership with us for almost 15 years and have built up significant expertise in treating health and care professionals. They treat a wide variety of addictions including: alcohol, drugs (prescribed and non-prescribed), gambling, gaming, sex, internet pornography and some eating disorders.

Clouds House offers 12-step prevention fellowship groups for connectivity, prevention training, as well as an aftercare service.

Clouds House can be found at [cloudshouse.org.uk](http://cloudshouse.org.uk)