CASTLE CRAIG
HOSPITAL

Changing Lives

An Idyllic Location

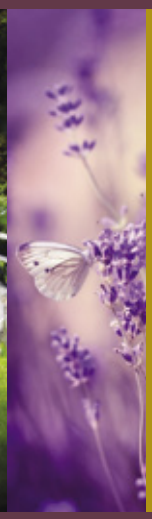
Castle Craig Hospital is one of Europe's leading drug and alcohol rehab clinics, providing inpatient treatment for people with addictive diseases. Our extensive experience and expert medical care have been helping people overcome drug and alcohol addiction for over 26 years.

Set in the beautiful hills and woodlands of the Scottish Borders, patients are blessed with a freedom and detachment from the happenings of the outside world. The air is fresh and clean, wildlife, trees and plants are everywhere and the private water supply flows out of the surrounding hills.

Over 10,000 patients have passed through our doors since 1988, and of those who completed their treatment a majority have gone on to achieve long-term abstinent recovery from their addiction.

At the core of Castle Craig's values are compassion, empathy and care. The staff are inspired and dedicated - with many having fought their own addictions and, once fully recovered, returned as trained addiction professionals to help others.

Our symbol is the butterfly - it changes as life goes on. Just like people who walk through our door. Their lives will change for the better.



There is a vast body of evidence to show that residential treatment for addictions can enable people to lead alcohol and drug-free lives.

At Castle Craig we strive to provide the highest standard of treatment and the results show that our treatment is effective.

Evidence-based Treatment

CASTLE CRAIG

CONSULTANT PSYCHIATRISTS

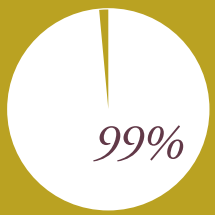
RESIDENT DOCTOR

NURSING TEAM

PSYCHOTHERAPISTS

FITNESS TRAINERS

PATIENT SATISFACTION LEVELS



Castle Craig surveyed 150 patients from primary stage care and from the extended care facility. The overall satisfaction for the service ran at 87% in the Intensive Therapy Unit with the categories of 'Nursing Care', 'Individual Counselling', 'Detoxification', 'Group Therapy', and 'Staff Attitude' all scoring 90% or more.

"The high level of satisfaction expressed by the patients in this survey indicates that the staff and management of Castle Craig Hospital continue to provide a service which is greatly appreciated by its service users and that Castle Craig Hospital continues to listen to its service users."

"Castle Craig is a phenomenon of which Scotland should be proud"

Professor Jonathan Chick, Medical Director

What makes Castle Craig patients succeed in rehabilitation?

01 OUR TREATMENT IS PROVEN TO WORK
Consistently high success rates.

02 WE OFFER MORE
Castle Craig is extensively resourced.

03 WE COST LESS
Between 20% and 50% less than other clinics.

04 PRIVACY & SECURITY
50 acres of beautiful, inspiring countryside.

05 30 YEARS OF EXPERTISE
Over 10,000 patients treated.

06 RECOGNISED BY OTHER EXPERTS

07 OVER 99% PATIENT SATISFACTION RATE

08 WE ARE FULLY MEDICALLY MANAGED
Consultant Psychiatrists and a team of doctors and nurses.

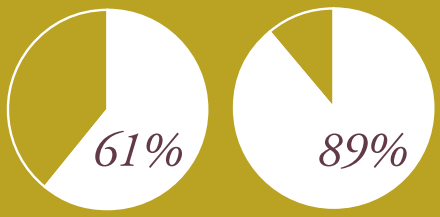
09 WE INNOVATE
We follow new evidence based treatment and we conduct our own research.

10 QUICK ASSESSMENT & ADMISSION

11 WE ARE RECOGNISED BY MAJOR INSURERS

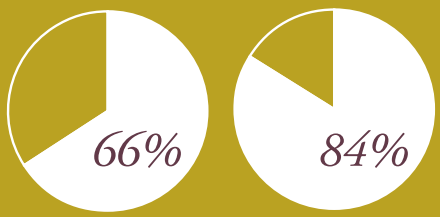
12 EACH PATIENT MATTERS TO US
Before, during and after treatment.

EFFECTIVENESS OUTCOMES 1



61% of those who completed treatment at Castle Craig were totally abstinent from all drugs or alcohol at follow-up (after 67 weeks). 89% of those questioned living with reduced alcohol or drug use.

EFFECTIVENESS OUTCOMES 2



66% of those who completed treatment at Castle Craig were totally abstinent from all drugs or alcohol at follow-up (after 3-5 years). 84% of those questioned living with reduced alcohol or drug use.

"Castle Craig Hospital appears to be providing a service for very dysfunctional cocaine dependent people with complications from lack of support, poor health, psychological problems, and lack of occupation. However good outcomes are achieved despite these high levels of dysfunction at intake."

G. Christo, BSc, PhD, PsychD., AFBPsS, CPsychol. 2007

Range of Services

Key service benefits:

Intensive treatment unit - with detox ward

Extended care unit for longer term treatment

Rapid screening and admission

Full and ongoing medical assessment upon admission

24 hour specialist nursing team

24 hour doctor on-site

Full time consultant cover

Accredited addiction counsellors

Multidisciplinary team

Consultant-led detoxification

Excellence in clinical governance (ISO 9001)

60-70% achieve long term abstinence following treatment completion

86% successfully complete first stage of care

Excellent inspection results

Treatment features:

Intensive treatment and supervision

Individualised treatment plans

Core 12 Step treatment plans

Services for dual diagnosis & complex disorders – *PTSD, eating disorders, mood disorders, patients with a history of relapse*

One to one counselling

Range of therapies
– cognitive behavioural therapy, reality therapy, motivational enhancement therapy

Accredited trauma counsellors

Psycho-educational programme of lectures and workshops

Family therapy and Family workshops

Complementary therapies
– acupuncture, aromatherapy, drumming, yoga, hyperbaric oxygen therapy

Continuing care
– Two-year continuing care plans, online therapy, annual reunion.

Group & specialised therapies:

Grief group therapy

Parenting, family and relationship therapy

Relapse prevention therapy

Separate men's and women's groups

Life skills training

Cross addiction therapy

Mindfulness and relaxation therapy

Stress and anxiety therapy

Trauma therapy

Eating disorders therapy

Therapeutic art group

Drumming therapy

AA, NA and GA groups

Pastoral support

Other features:

Physical fitness and gym
– *including yoga, jogging, fitness instructors*

Quality catered meals

On-site laundry facilities

Programme of staff training

Publication of outcome studies

Patient participation agenda

Recognised by major medical insurers

Due to Covid-19 restrictions, some experiential therapies are unavailable

Personalised Treatment

At the core of our treatment approach is the understanding that addiction is a chronic and relapsing illness which is progressive, destructive and often fatal. It is, however, a treatable illness. Recovery is achievable and our goal is to prepare people for a life of abstinence from drugs and alcohol.

Each patient's needs are taken care of at Castle Craig. Research confirms that effective treatment must attend to the multiple needs of each person not just to the alcohol or drug use. An individualised treatment plan addressing these needs is created by a team of doctors, nurses and therapists. Our Medical Director specialising in addictions, supervises the medical and clinical care of patients.

Castle Craig promotes the highest levels of quality by ensuring that its treatment is under constant specialist medical management. For many years Castle Craig has had the ISO 9001 quality assurance system in place. This covers all the medical, nursing and administrative procedures.

These procedures are regularly audited and updated. Castle Craig Hospital is registered with and inspected by Healthcare Improvement Scotland, is a contractor to the National Health Service, and is recognised by major medical insurers in the UK and abroad.

Admission & Detoxification

Detoxification is the first step in treating the symptoms of withdrawal from alcohol or drugs.

At Castle Craig, careful assessment and protocols ensure safe and comfortable detoxification. Our doctors and nurses are trained and experienced in safely managing the symptoms of withdrawal. This initial period for patients can be daunting but these early stages of treatment are some of the most crucial on the path to recovery and every effort is made to strongly support the patient at this point.

When patients first arrive at Castle Craig, they are greeted by members of the nursing staff.

The resident medical officer then carries out a full medical assessment and, along with the nurses and consultant psychiatrist, individual detoxification requirements will be assessed and a care plan will be developed. New arrivals will also meet their own therapist who, under the direction of the consultant, will develop an individual treatment plan.

Family members, and significant others, are encouraged to participate in the treatment programme, starting at the pre-admission stage if possible.

"Castle Craig Hospital strives to set and achieve high standards of care through adherence to quality assurance principles and practice. We value our patients and those who use our services. By working in partnership we can continuously improve our quality of care."

Dr. Margaret Ann McCann, MB BCh, BAO, Co-founder of Castle Craig

Words from a mother:

"I'd like to thank you so much for all the help you have given Jordan. He has come out of the Castle a much calmer, clearer & more self-assured person. He now believes he has a future and is very positive about the direction he wants to go in! I'm very hopeful and extremely grateful to you for the wonderful work you do!!"

Consultant Care

During assessment and admission Castle Craig's consultant psychiatrists will assess patients for any associated mental health issues.

These issues include: anxiety states, depression, attention deficit disorder and post traumatic stress disorder. Screening and assessment is also directed towards identifying other addictive and compulsive behaviours including eating disorders, compulsive gambling or compulsive relationships.

Addiction and depression commonly occur together. Depression, for example, is three times more common among alcoholics than in the general population. While depressive symptoms may often be as a result of the addiction, some patients who are suffering from a separate depressive illness may not fully improve following detoxification and abstinence.

Our consultants will ensure that an Integrated Care Approach is adopted in such cases in order to achieve optimal recovery from both depression and addiction. Treatment and discharge care will also be undertaken in partnership with other key professionals, family and significant others.

Some of the most useful therapies that we offer for those with a mental health issue include:

- Trauma therapy group work
- Eye movement desensitisation reprocessing (EMDR)
- Mindfulness group therapy
- Tailored cognitive behavioural therapy programme
- Dialectical behavioural therapy (DBT)

Therapies at Castle Craig

Detox and management of physical ill health is only the first step in recovery but we know that it is never sufficient to simply stop drinking or using drugs.

Following safe detoxification it is necessary to address the underlying causes of addiction, to assist individuals to manage craving and address the psychological and emotional changes that accompany long periods of alcohol or drug use. At Castle Craig, current evidence-based therapies that we employ include Twelve Step Facilitation and Cognitive Behavioural Therapy.

INDIVIDUAL THERAPY

Each patient is assigned a focal therapist who will conduct regular individual psychotherapy sessions. These sessions enable the patient to explore the impact of addiction on themselves and their family and offer the opportunity for the therapist to regularly review and guide the patient through the treatment plan.

GROUP THERAPY

The community spirit at Castle Craig, with its positive peer influences, helps individuals to become aware of their feelings, share and compare their experiences, solve problems and deal with the process of change.
Patients will notice these influences throughout their daily routine. Group Therapy sessions are held twice a day for some weeks in order to maximise these benefits. The groups usually include around 10 people and are led by a therapist whose role is to facilitate and, where appropriate, to gently probe. Shared experiences and openness among the group members creates a renewed sense of empowerment and a regaining of hope and self esteem.

Psycho-Educational Therapy

Through a series of daily talks and discussions delivered by staff, patients are helped to understand the disease of addiction and the challenges for change. Visiting speakers also provide inspirational talks on personal stories of recovery.

Denial is a core symptom of addiction. Often the full extent of the problems caused by addiction has not been appreciated. Our education series provides the fundamental knowledge and direction necessary to acquire a deep understanding of this illness.

There are approximately 50 therapeutic lectures in a six week phase of treatment covering a broad range of topics, including:

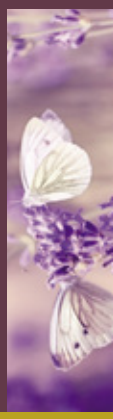
- The illness of addiction
- Relapse prevention
- Social skills adaptation
- The specific medical complications of addiction to alcohol and other drugs
- The Twelve Steps

Holistic Treatment

Addiction is a disease which affects the person's physical, mental, social and spiritual well being. The holistic treatment approach at Castle Craig includes a focus on the growth of spirituality. This focus addresses an individual's renewed search for meaning and purpose in life which often arises as they embark on the journey of recovery. The term spirituality is very broad and not limited in any way.

The serene and uplifting beauty of the countryside and many of our therapies such as mindfulness therapy and drumming therapy facilitate this deepening awareness of mind and spirit.

Pastoral support is also available at Castle Craig. There is a small chapel and a quiet room where people can meditate and reflect. The philosophy of Alcoholics Anonymous is incorporated into the programme at Castle Craig and individuals are encouraged to use the Twelve-Step principles in their recovery. Twelve-Step meetings are held at Castle Craig and patients are also able to attend local meetings.



"Castle Craig has literally been a life-saver for my clients.

The quality of therapeutic care is both extremely high and individualised to the client's needs. The team is second-to-none and I will, without doubt, continue to refer my clients for treatment there."

Charlie Birch-Reynardson, Interventionist, London.

"Years of alcohol or drug abuse can leave the vital organs such as the brain and the liver in a damaged state. Yet our bodies have a remarkable ability to heal over time. The exercise facilities and healthy diet of Castle Craig's programme all assist in this process."

Dr. Michael G McCann MD, MA, DIH, MFOM, Director

Fitness Programme

At Castle Craig exercise is an integral and valued component of the treatment programme.

We believe that a 'healthy body helps to build a healthy mind'. Your focal therapist and fitness instructor will tailor and adjust this aspect of the programme to meet your assessed needs.

There is a well-equipped gym as well as aerobics and yoga classes.

Outdoor activities include jogging, hiking, football, volleyball and swimming. An accredited fitness trainer is always present during gym sessions.

With its three wholesome meals a day, the dietary regime at Castle Craig ensures that patients receive a balanced diet with optimum minerals and vitamins. Healthy snacks and fruit are available throughout the day.

Our gym contains:

- Power Plates
- Treadmills & exercise bikes
- Rowing machines
- Exercise balls and a variety of weights

Complementary Therapies

Castle Craig provides a number of holistic therapies which complement the main treatment programme. These complementary therapies have proved to be of great benefit and include "therapeutic art".

Our drum therapy uses rhythm to promote healing, well being and self-expression. Drumming has been shown to boost the immune system and to have calming effects for those recovering from addiction and those with a history of trauma and anxiety. Some participants have commented that they "have experienced a greater high from drumming than from cocaine".

Acupuncture has assisted many of our patients who are undergoing detoxification, helping to reduce anxiety and to promote sleep.

Aromatherapy, with essential oils, assists the body's natural ability to balance and regulate itself, something we have found to be helpful in treating those with chronic pain.

These complementary therapies can help balance the body and many creative therapies such as drumming promote community-building and self-expression. Our aim is for patients to leave us in optimum mental, physical and spiritual health without feeling the need for mood altering drugs.

Due to Covid-19 restrictions, some experiential therapies are unavailable

Family Therapy

Our treatment model recognises the importance of helping family understand the disease of addiction and how it affects the dynamics of their relationships.

At Castle Craig we believe that family members can play a key role in promoting recovery and their involvement during treatment can be crucial in ensuring a strong foundation.

Following admission the patient's focal therapist will contact family or significant others, with the patient's permission, to arrange for counselling sessions at a mutually convenient time. We recommend that the family members attend at least two such sessions with a therapist. During counselling we explore the specific impact of the addiction on the people involved and help both patient and family member discover more adaptive strategies.

Throughout the year a 'residential family programme' is facilitated by our lead family therapist. This programme, which we have experience of running now for over 25 years, offers a particular opportunity for family members to focus on their own needs.

Sunday afternoons at Castle Craig also provide an opportunity for family members to visit and attend some of the self-help groups which take place on that day.

Continuing Care & Reunion

Discharge from treatment at Castle Craig only marks the beginning of a life long journey of recovery. Our continuing care programme assists graduates in applying the new knowledge they have gained.

An individualised aftercare plan is developed by the focal therapist in conjunction with the patient, other members of the team and, where appropriate, referring practitioners and the family. Patients will also be referred back to their medical practitioner. Essential support networks include Alcoholics Anonymous (AA) and other 12 Step fellowships, and contacts within these fellowships will be arranged.

Aftercare counselling provides emotional support in early recovery through the building of supportive networks and relationships with others.

This follow-up also helps the person to consolidate new life skills. We offer a two year aftercare programme of outpatient group therapy in Scotland and abroad.

Bearing testament to the success of Castle Craig's treatment methods over the years is our annual reunion held each summer which attracts hundreds of our former patients who come to celebrate, commemorate and share their new way of life in recovery. Former patients can also join our alumni network - *"The Friends of Castle Craig"* which provides a closer link back to Castle Craig including access to renewal workshops.

"Thank you for looking after Lewis during his time with you at Castle Craig.

"The day I dropped him off you promised that you would look after my son - and you certainly did that. After many years I now have Lewis back and I can't tell you just how amazing that is!

"Lewis continues to do well and is a joy to be around. The work you do is incredible and really does save lives."

Mother of a former patient of Castle Craig.

Frequently Asked Questions

Q: What is the admission process?

A: For admission information please contact the admissions team through the main switchboard on +44 (0)1721 722 763. We can answer your call and begin to process your enquiry 24 hours a day and 7 days a week. Professionals wishing to make a referral can arrange to speak with one of our consultant psychiatrists between Monday and Friday, 9am to 5pm. To proceed with an admission we will request relevant medical information, which we usually obtain from the patient's GP. Pre-admission assessments are conducted by our consultants.

Q: How do I pay for treatment?

A: Payment for treatment will either be covered by an individual's health insurance, otherwise patients and their families, or employers will arrange to pay privately. Our admissions staff are available to give you advice about your options. Patients may also be funded through the NHS or social services.

Q: How can my privacy and anonymity be ensured?

A: Castle Craig has a unique location set amongst 50 acres of parkland in the beautiful Scottish Borders countryside allowing for security and privacy. We place a strong emphasis on anonymity and confidentiality including data protection.

Q: What is the average day like?

A: A day at Castle Craig could involve two group therapy session, a daily lecture, one-to-one counselling, therapeutic assignments from your therapist, recovery meetings, exercise therapy, mealtimes and personal free time. Other daily treatments or activities are arranged through the medical or therapeutic staff.

Q: Who will help me throughout my treatment at Castle Craig?

A: Many people will help you along your way. You are greeted upon arrival by a nurse who will orientate you and help you settle comfortably. Within a short time of your arrival you will see the consultant psychiatrist and the medical officer for a psychiatric and medical assessment and to assess your detoxification needs. Our nursing staff will help you during your first few days and monitor your physical condition. Your allocated therapist will greet you on your arrival and begin your orientation and assessment. Your therapist will co-ordinate your care, answer your questions, monitor your progress and support you throughout treatment. Night and day there are nurses and a doctor continually on duty.

Q: What are the qualifications of the therapists?

A: All Castle Craig therapy staff have received thorough training. Our counsellors hold accreditation with COSCA (Confederation of Scottish Counselling Agencies), BACP (British Association for Counselling and Psychotherapy), and have university degrees or diplomas in counselling as well as an international accreditation in addiction counselling (IC&RC). The therapists are members of the clinical team and their practice is under the direction of the consultant psychiatrists and medical director.

Frequently Asked Questions

Q: Is Castle Craig Hospital committed to quality care?

A: Castle Craig Hospital is registered and inspected by Healthcare Improvement Scotland. We have a record of excellent inspection results. Castle Craig Hospital holds ISO 9001 accreditation for all medical, nursing, treatment, and administrative procedures. These procedures include the management and training and supervision of staff. Castle Craig Hospital is also a member of the Scottish Independent Hospitals Association. Our health care governance arrangements ensure an ongoing commitment to the highest quality.

Q: What services are available for family members?

A: For many years Castle Craig Hospital has run a successful residential family programme. This programme explores the effects of addiction on the family members and the relationship issues that are common among families who live with or care about chemically dependent persons. An educational programme for family members is also available on Sundays and family therapy sessions will be organised with each patient's therapist.

Q: How long will I be at Castle Craig?

A: The length of time you spend in treatment at Castle Craig depends upon your individual needs. Detoxification usually requires from five to ten days and the duration of your subsequent care in the first stage of treatment will be assessed with your consultant.
If extended care is required this next phase of treatment will take place at another unit located nearby in the grounds of the hospital.

Q: What clothes should I bring?

A: We ask all patients to dress according to a 'smart casual' dress code. Casual wear and trainers are recommended for use during fitness sessions and sensible footwear is needed for walking in the grounds. Towels are provided. Please bring night wear and toiletries for your stay.

Q: Can my family visit or call? Can I receive mail?

A: Normal visiting hours are on Sundays from 1.30pm to 6.00pm, although in certain circumstances other arrangements can be made. Patients may make and receive phone calls throughout the day and pay phones are available for outgoing calls. We do not advise any telephone calls for the first week of treatment to allow patients time to settle into the programme without any outside pressures. Enquiries can always be made to the nurse on duty or a patient's therapist. Patients may also send and receive mail; although packages must be opened in the presence of a nurse for safety reasons.

Q: What is the accommodation and environment like?

A: We aim to make Castle Craig feel more like a country house than a hospital. The features and furnishings in the rooms are designed to create a warm and comfortable environment. We have a range of rooms including single en-suite accommodation.

At our extended care unit, patients live in separate houses and share kitchen facilities and living spaces, but the majority of bedrooms are single and en-suite.

"We have always believed there is a great need in Scotland, Britain, and around the world, for the highest quality of residential rehabilitation centres. We want to take people out of their chaotic and unmanageable lives, and put them in a healing environment where doctors, nurses and therapists form a team to support and nurture their road to recovery.
We have dedicated our lives to this."

Peter and Dr. Margaret Ann McCann
Co-Founders of Castle Craig

"The Castle is an amazing place. Before I went there I was an alcoholic and an addict in despair. Without getting the fantastic care from all the staff I would still be a wreck. Castle Craig saved my life and for that I will be eternally grateful."

Davina, former patient

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Recognised by the Major Medical Insurers for the Treatment of Addictive Disease.

Contractors to the National Health Service.

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.