



CASTLE CRAIG

est. 1988

Part of the Castle Health Group

World-Renowned Rehab

Castle Craig Hospital is a world-leading drug and alcohol rehab clinic, providing inpatient detox and treatment for people with addiction. Our extensive experience and expert medical care has been helping people overcome drug and alcohol addiction since 1988.

Thousands of people from all over the UK and the world have turned to Castle Craig for quality treatment, extensive services, expertly delivered therapies and dedicated family support.

Each person who comes through our doors has the chance to renew their lives. At Castle Craig, we help patients forge fulfilled lives with the therapeutic tools they need to stay in recovery.

An Idyllic Location

Set in the beautiful hills of the Scottish Borders, amid 50 acres of private woodland, Castle Craig is a sanctuary for recovery.

Our residents are blessed with freedom and detachment from the pressures of the outside world. The air is fresh and clean, wildlife, trees and plants are abundant and the private water supply flows out of the surrounding hills.

Family-Run

Founded by Peter and Dr Margaret McCann in 1988, we are a family-run organisation, continuing the original vision of compassion, empathy and care at the centre of what we do. Our staff are inspired and dedicated - many are in recovery themselves.



What We Treat



Primary Addictions

Alcohol

Drugs

Prescription
Medication

Gambling

Dual Diagnosis

- Trauma
- Chronic Pain
- Grief
- Anxiety
- Depression
- ADHD
- Mood Disorders
- Phobias
- Other mental health conditions

Co-occurring Addictions

- Gaming
- Work
- Porn
- Day Trading
- Internet
- Social Media
- Shopping
- Sex



Elements of our Programme

Treatment length

- 4 - 12 weeks inpatient treatment
- 24 week outpatient continuing care

Detoxification

- Medically managed detoxification
- 24/7 medical team
- Rapid assessment and admission
- Medical assessments and blood tests
- Psychiatrist case reviews

Therapy

- Full biopsychosocial assessment
- Personalised treatment plans
- 12 Step therapy programme
- Individual therapy
- Group therapy
- Cognitive behavioural therapy (CBT)
- Motivational enhancement therapy
- Dialectical behavioural therapy (DBT)
- Reality therapy
- Trauma therapy
- EMDR
- Grief therapy
- Psychoeducational lectures and workshops
- Chronic pain therapy
- Inspirational guest speakers
- Men's and women's group
- LGBTQ+ aware
- Adult children of alcoholics therapy
- Family Therapy and Family Workshops
- Sleep hygiene techniques
- Life skills

Complementary Therapies

- Fitness training and yoga sessions
- Acupuncture
- Aromatherapy massage
- Equine (horse) therapy
- Mindfulness meditation
- Music and drumming therapy
- Hyperbaric oxygen therapy
- Creative writing therapy
- Alpaca walking

Continuing Care Programme

- 24 week outpatient programme
- Alumni group meetings
- Free use of 'Ray' the Recovery chat app
- 2 year free continuing care plans
- Annual reunion

Multidisciplinary Team

- Consultant Psychiatrists
- Hospital Manager
- 24/7 Resident Doctors
- 24/7 Nursing Team
- Specialist Psychotherapists
- Recovery advocates
- Fitness trainers
- Recovery coaches
- Sober companions

Accreditations

- Rated EXCEPTIONAL by regulatory body Healthcare Improvement Scotland (HIS)
- Quality Assurance: ISO 9001:2015
- Therapists: BACP and COSCA

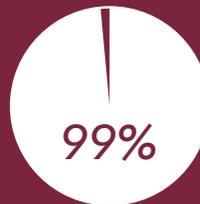
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Evidence-based Treatment



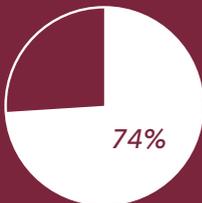
There is a vast body of evidence to show that residential treatment for addictions can enable people to lead alcohol and drug-free lives. At Castle Craig we provide the highest standard of treatment and the results show that our treatment is effective.



99% of our patients are satisfied

In a recent survey 99% of patients said they would recommend Castle Craig.

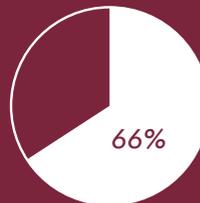
Outcome study 1 (1 year)



74% of those who completed treatment at Castle Craig were totally abstinent from all drugs or alcohol at follow-up (after 67 weeks).

92% of those questioned living with reduced alcohol or drug use.

Outcome study 2 (3-5 years)



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.



Our Approach

Our holistic and patient-centered treatment approach includes a focus on your renewed search for meaning and purpose in life which often arises as you embark on the journey of recovery and leave alcohol or drugs behind.

The 12 Steps guides our model of recovery which is proven to deliver results. With the right support, addiction is a treatable illness and our goal for recovery is to prepare you for a life of abstinence from drugs and alcohol.

Our programme is evidence-based and developed with decades of experience in addiction treatment.

Our Programmes

Foundation

- Detox, 4-6 weeks of treatment programme and intense therapies.

Advanced

- 6+ weeks of further therapy and life skills for those with dual diagnosis.

Continuing Care

- 24 weeks of individual therapy and recovery coaching to maintain sobriety.

Personalised Treatment

Research confirms that effective treatment must target the multiple needs of each person, not just the alcohol or drug misuse. We create comprehensive personalised addiction treatment plans that begin with a full assessment, individualised detoxification, and therapies targeting dual diagnosis.

Psychiatrist-Led Medical Care

Our addictions psychiatrists are highly specialised and knowledgeable about all forms of addiction treatment and general psychiatry.

Our Medical Director specialising in addictions, supervises and reviews the medical and clinical care of patients.

During assessment and admission Castle Craig's Consultant Psychiatrists review patient assessments and advise on complex cases.





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!!”



Detoxification

The aim of drug and alcohol detox is to:

- Remove all traces of harmful and addictive substances from your body.
- Safely reduce any physical symptoms you may experience during withdrawal with medications and complementary therapies such as acupuncture.

Castle Craig has a specialist detox medical unit, with a 24/7 medical centre, bedside call buttons and medical examination rooms. The bedrooms are private and en-suite to provide maximum comfort and privacy.

Castle Craig's experienced team of psychiatrists, doctors and nurses work together to oversee every individual.

24/7 Onsite Doctor

The initial withdrawal period can feel daunting, but with 24/7 round-the-clock care, our compassionate staff of medical experts support and encourage you through this process.

Castle Craig is one of the only addiction rehabs to have a doctor onsite, 24/7.

Covid-19 Precautions

Patients are tested for Covid-19 in our detox unit and isolate for a short period.

We provide iPads and wifi access so they can begin assessments, take part in initial therapy sessions, and stay in touch with family.

For full details contact our Admissions Team.



Therapy

Our therapy programme is delivered by experienced, qualified therapists. Therapy addresses the underlying causes and contributing factors to the addiction. Patients leave with a 'toolbox' of therapeutic strategies to use in their daily lives.

Group Therapy

Group therapy enhances self-awareness and insight through the shared experiences and openness of other group members. It is one of our most powerful tools and creates a sense of empowerment and renewed hope and self-esteem.

Individual therapy

Each patient is assigned a focal therapist who will conduct twice-weekly individual psychotherapy sessions.

These sessions enable you to explore the impact of addiction on yourself and your family and give you the tools and tactics you need to face challenges in recovery.

We offer the chance to book additional one-to-one sessions as an extra.

Trauma Therapy

Our programme is trauma-informed and the majority of our therapists are accredited EMDR practitioners. We take a multi-pronged approach to treating trauma and addiction, knowing that it often takes a strategic combination of therapies to provide the best possible treatment and results for our patients.

Family Therapy & Couples' Therapy

Helping partners and family understand the disease of addiction is critical to lasting recovery. Individual family therapy and our weekend-long Family Workshop empowers family members with the knowledge and strategies they need to address co-dependency and play a key role in their loved one's recovery.

Therapist Qualifications

Our therapists hold accreditation with BACP (British Association for Counselling and Psychotherapy); COSCA (Confederation of Scottish Counselling Agencies), and have university degrees or diplomas in counselling as well as an international accreditation in addiction counselling (IC&RC).

Types of therapies we offer

- 12 Step Facilitation
- CBT (Cognitive Behavioural Therapy)
- DBT (Dialectical Behavioural Therapy)
- EMDR (Eye Movement Desensitisation Reprocessing)
- Motivational Enhancement Therapy
- Reality Therapy





“ 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 will, without doubt, continue to refer my clients for treatment there.”

Charlie Birch-Reynardson, Interventionist, London



Complementary Therapies

We offer a number of holistic therapies which help balance the body and promote self-expression.

- Mindfulness Meditation - reduces anxiety, promotes well-being, reduces pain, cognitive benefits.
- Music and Drumming - self-expression, calms anxiety.
- Acupuncture - relaxes and reduces side-effects of detoxification.
- Aromatherapy massage - assists the body's natural ability to balance and regulate itself, something we have found to be helpful in treating those with chronic pain.
- Craniosacral therapy - using light touch on the body to support balance, and healing and reduce stress.
- Creative writing - helps self-expression and exploration of feelings.
- Equine therapy - provided by an EAGALA trained equine therapist. Promotes self-awareness and problem solving.
- Pet therapy - Patients have the chance to get to know the alpacas, dogs, horses, pigs and Hebridean sheep that live on or visit the grounds. Pet therapy brings multiple benefits for anxiety.
- Art - enables expression of inner feelings and trauma.

Fitness

Our personal trainers manage our onsite gym and provide classes in pilates, aerobics, yoga and weights.

Patients are invited to make use of our beautiful private 50 acre estate for jogging, guided hill walking, football and volleyball.

Healthy Food

Our catering team prepare nutritious, freshly cooked meals in our own kitchens using freshly sourced ingredients. We provide three healthy meals a day to ensure that patients receive a balanced diet with optimum minerals and vitamins.

Snacks and refreshments are also available throughout the day.

Recovery Shop

Castle Craig is the only UK rehab that has an extensive recovery bookshop and sells snacks, toiletries, cards and clothing.



Accommodation

At Castle Craig, we believe that a residential rehab clinic should be a comfortable, restful environment with a hotel feel.

The Georgian era ambiance at Castle Craig, a building with many original features such as oak paneling in the library, the original drawing room, the Georgian fireplaces and beautiful stonework, make Castle Craig truly unique.

All of our bedrooms have ensuite bathrooms, a bed, a desk and a wardrobe.

We offer the following accommodation options:

- Executive Rooms
- Private Rooms
- Twin Rooms
- Shared Rooms (3 occupants)

Continuing Care

Leaving Castle Craig marks the beginning of a life-long journey in recovery. Continuing Care helps you sustain the gains you have made in rehab and ensures a smooth transition to a stable and meaningful sober life.

We provide:

- 2-year personalised aftercare plan
- 24 weeks of continuing care therapy, delivered online by therapists and recovery coaches.
- 'Ray' the Recovery chatbot app on your phone.
- Alumni support group.
- Family support group.
- Case manager support.
- Annual reunion.



Extra Services

Intervention

Most people suffering from addiction are in denial of their illness and, despite pleas from family, many resist seeking help.

Our accredited interventionists can help your loved one come to terms with their addiction and accept the need for professional help.

Sober Companionship

Some people need intensive support when they return home.

To ensure their safety and wellbeing, we can arrange for a Sober Companion to live-in with the patient for a specified time period and provide one-on-one assistance.

Sober Transport

Many people benefit from a Sober Transport Companion to safely accompany them on their journey to rehab. Our Sober Transport Companions are fully insured and trained to take care of you throughout the journey.

Our Network

Castle Craig is part of the Castle Health Group which includes Smarmore Castle residential rehab clinic in Ireland, and outpatient clinics CATCH Recovery London, Stockholms beroendeklinik in Sweden, and Castle Craig Nederland.



Your Recovery Journey Starts Here

We know that reaching out for help can be difficult and you might be feeling vulnerable or scared and unsure what to do next.

We are here to listen to your story, and help open the door to recovery for you or your loved one.

Admissions

Our team of admissions staff are here to support you through the process, from your very first call, to the moment you step through our doors.

Payment

You can pay for treatment at Castle Craig privately, or through medical insurance, and some patients receive funding through their national health service.

Please call us for our prices and to arrange your free assessment.

Q: How do you ensure my privacy and confidentiality?

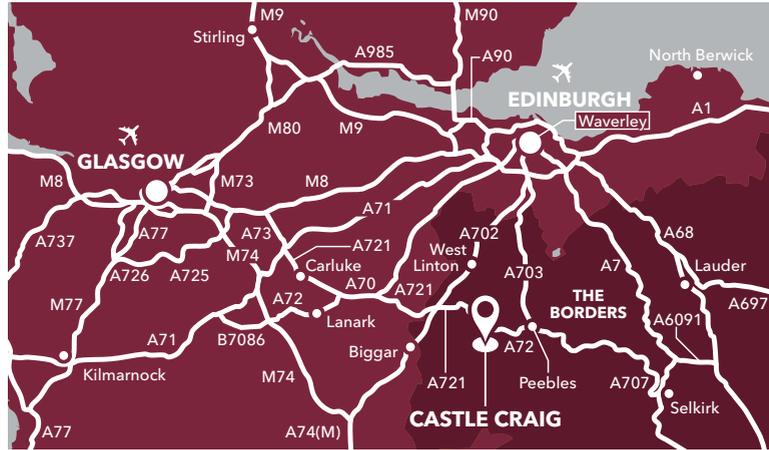
A: Castle Craig has a unique location set amongst 50 acres of parkland allowing for extra privacy. We place a strong emphasis on anonymity and confidentiality, including data protection. All of our patient records are stored electronically on a HIPAA-compliant system.

Q: How do you assure 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. Our comprehensive governance procedures ensure an ongoing commitment to the highest quality treatment.





Call Us Today

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