



SMARMORE CASTLE
PRIVATE CLINIC

A Place of Change

Smarmore Castle Private Clinic

Smarmore Castle is an inpatient clinic for the treatment of addiction, providing high quality medical and therapeutic care for those suffering from alcohol, drug and gambling addictions.

Smarmore Castle was established by Peter and Dr Margaret McCann, the founders of Castle Craig Hospital in Scotland, one of Europe's leading addiction clinics.

Dating back to 1320, Smarmore Castle is steeped in history and charm. The ancient tower and 18th century extensions have been fully adapted for clinical and therapeutic use. Our 15 acres of gardens is a tranquil environment providing privacy and inspiration during recovery.

We are located close to the town of Ardee, in County Louth, about 45 minutes north of Dublin.

Our Treatment Programme

The Smarmore Castle model of care is aligned with the very successful Castle Craig treatment model, which follows the 12 Step approach to recovery.

We recognise addiction to alcohol and drugs as a physical, emotional, mental and spiritual illness. Our multi-disciplinary team approach enables us to develop an individualised care plan for each patient to address these needs, combining evidence-based therapies with 12 Step principles to promote lasting wellness.

It is our aim to enable people to find healing and spiritual recovery and an enhanced quality of life. Our treatment programme provides patients with the knowledge and tools they need to equip them for a life of abstinence.



*Changing lives,
one day at a time.*



ADDICTION IS A TREATABLE ILLNESS
AND THERE IS A WEALTH OF
EVIDENCE TO SUPPORT THIS.

AT SMARMORE CASTLE WE HELP
PEOPLE TO ACHIEVE ABSTINENCE
AND TO BEGIN A NEW LIFE WITHOUT
DRUGS OR ALCOHOL.



OUR TYPICAL INTENSIVE PROGRAMME LASTS FOR 6 WEEKS.

RANGE OF SINGLE AND SHARED BEDROOMS AVAILABLE.

MULTI-DISCIPLINARY TEAM:

- CONSULTANT PSYCHIATRIST
- NURSING TEAM
- MEDICAL DOCTOR
- PSYCHOTHERAPISTS
- ADDICTION COUNSELLORS
- FITNESS TRAINER
- EQUINE THERAPIST

“There are different paths to recovery. The approach that has evolved at Smarmore Castle attends not only to biological aspects but also deals with harmful thinking patterns, impaired emotional coping strategies, and disrupted relations with others.

Smarmore Castle has adopted methods that, over the years, have produced research-validated results.”

– Prof. Jonathan Chick, MA (Cantab),
MPhil, MBChB, DSc, FRCPsych, FRCPE,
Medical Director of Castle Craig Hospital and
Advisor to Smarmore Castle Private Clinic

01 OUR TREATMENT IS BASED ON A HIGHLY SUCCESSFUL MODEL

Consistently high success rates.

02 WE INNOVATE *We follow new evidence-based treatment and seek out improvements.*

03 PRIVACY & SECURITY *15 acres of beautiful private gardens.*

04 WE ARE MEDICALLY MANAGED *Consultant psychiatrist and a team of doctors and nurses.*

05 QUICK ASSESSMENT & ADMISSION

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

07 HIGH PATIENT SATISFACTION RECORD

08 RECOGNISED BY MAJOR HEALTH INSURERS



*“This place has **magic** in its walls and I look forward to a **long affiliation.**”*

*“I know the road ahead is going to be bumpy, but I now have the **strength** to follow it.”*

*“I’m leaving stronger and ready for a **new and better life.**”*

*“I now feel equipped to go forward and **travel** a new journey, being **healthy** and positive, and of course **having fun!**”*

*“I cannot thank you enough for the **experience** I endured here. You’ve made this such a **wonderful experience** and words could not describe how **grateful** I am.”*

Range of Services

KEY SERVICE FEATURES

- 24 hour helpline;
 - Consultant-led detoxification;
 - Intensive therapy;
 - Rapid screening and admission;
 - Full medical assessment upon admission;
 - 24 hour specialist nursing team;
 - 24 hour medical cover;
 - Consultant Psychiatrist;
 - Accredited addiction counsellors;
 - Referral to specialist centres for continued care.
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TREATMENT FEATURES

- Intensive treatment and supervision;
 - Individualised treatment plans;
 - Core 12 Step treatment programme;
 - Assessment for dual diagnosis & complex disorders;
 - One to one counselling;
 - Range of therapies – *cognitive behavioural therapy, including reality and solutions-focussed therapy, dialectical behavioural therapy, emotional self-regulation;*
 - Psycho-educational programme of lectures and workshops;
 - Family counselling;
 - Intensive introduction to self-help groups;
 - Complementary therapies;
 - Reintegration and discharge planning;
 - Aftercare groups & teletherapy.
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OTHER FEATURES

- 22 metre heated swimming pool;
- Yoga classes and pilates;
- Aqua aerobics, sauna, steam room;
- Spacious gym;
- Quality catered meals;
- A selection of single and shared bedrooms;
- Executive programme package;
- On-site laundry service;
- Programme of staff training;
- Patient participation agenda.



Personalised Treatment

We know that intensive, personalised treatment increases the chances of a long-lasting recovery.

We treat each patient who comes for alcohol or drug rehab as a unique person and design an individualised addiction treatment plan, tailored to their needs.

Admission

When patients first arrive at Smarmore Castle our doctor carries out a full medical assessment and develops the individual detoxification and treatment plan.

New arrivals meet their focal therapist who, within a multi-disciplinary team, develops an individual treatment plan. We hold an orientation to introduce new patients to our treatment programme and assign a 'buddy' to ease them into the community.

Detoxification and Medical Care

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

Our nurses and doctors ensure a safe and comfortable detoxification. Our Medical Director, specialising in addictions, supervises the medical and clinical care of patients. Our doctors and nurses are trained and experienced in safely managing the symptoms of drug and alcohol withdrawal. Our experienced nursing staff are sensitive to the needs of patients during this time and we provide 24/7 round-the-clock care, support and encouragement.



“When a condition such as depression, anxiety, an eating disorder, or post-traumatic stress disorder co-exists with an addiction, these conditions – although distinct – will interact with one another, and can certainly contribute to the potential for relapse if left untreated.”

– Dr Florian Kaplick, PhD, Consultant Psychiatrist, Castle Craig Hospital



Dual Diagnosis

During assessment and admission Smarmore Castle's specialist GP or Consultant Psychiatrist screens and assesses patients for any co-occurring conditions, such as associated mental health issues and other compulsive disorders.

- Compulsive gambling,
- Eating disorders,
- Compulsive relationships,
- Anxiety states,
- Depression,
- Attention deficit disorder (ADHD),
- Post-traumatic stress disorder (PTSD).

We ensure that an Integrated Care Approach is adopted in such cases, bringing together the different elements of care that a person needs in order to achieve optimal recovery.



Therapies at Smarmore Castle

Our comprehensive range of group and individual therapies addresses the underlying causes of the addiction and targets obstacles that may prevent recovery.

INDIVIDUAL THERAPY

The focal therapist conducts regular private psychotherapy sessions, using a number of different therapeutic approaches to change problematic thought patterns and develop coping skills.

GROUP THERAPY

Group therapy is held daily and under the expert guidance of a trained therapist.

The community spirit at Smarmore Castle, 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.

Specialist Therapies

Our staff are widely trained in evidence-based therapies including:

- Cognitive behavioural therapy (CBT)
- Reality Therapy
- Grief therapy
- Gambling therapy
- Trauma therapy
- Motivational interviewing
- Relapse prevention
- Men's and Women's group therapy.

Psycho-Educational Therapy

We provide a series of daily lectures and workshops to help patients to understand the disease of addiction and the challenges they will face during their recovery, and equip them with tools to avoid relapse.



Our Philosophy

A focus on abstinence, lifelong recovery and relapse prevention are hallmarks of the 12 Step programme. The 12 Steps help patients look deeply at their addiction and honestly examine how it has affected all aspects of their lives.

We introduce our patients to the 12 Steps from the beginning of treatment through group therapy, educational lectures and study materials. Our programme combines the 12 Steps with medically managed treatment, cognitive behavioural therapy (CBT) and other evidence-based therapies.

Holistic Approach

Our holistic approach addresses a person's renewed search for meaning and purpose in life. We look at issues of mind, body, emotion and spirit – all of which are integral to the recovery and wellness of the whole person.

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.

12 Step Walk

Within our grounds we provide an interactive experience of the 12 Step recovery journey through our 12 Step Walk – a series of signs representing the 12 Steps, around a pathway. Patients can walk themselves and with their therapist around each step to discuss and reflect on their journey.



“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 Smarmore Castle's programme all assist in this process.”

– Dr Michael G McCann MD, MA, DIH, MFOM,
Director, Castle Craig Hospital

Fitness Programme

Exercise releases feel-good endorphins which reduce depression and anxiety and increase positivity and self-esteem.

Smarmore Castle boasts its own private fitness centre containing a 22 metre indoor swimming pool, sauna, steam room and large gym with aerobic machines and weights. Our fitness instructor provides yoga and aqua-aerobic classes for clients. Our 15 acres of gardens are ideal for leisurely walks.

Swimming and Sauna

The buoyancy and resistance of water provides an ideal environment for patients to strengthen their muscles without the risk of straining joints, increasing cardiovascular endurance, improve motor coordination and enhance well-being. Hydrostatic pressure increases circulation throughout the body, increasing oxygen delivery to the cells.

After a sustained period of alcohol or substance abuse, patients may be in a weak physical condition. The nature of water allows patients to take their time, and become gradually fitter over the days and weeks they are with us.

Heat treatment through saunas and steam rooms can improve circulation, reduce blood pressure, relieve muscle stress, eliminate toxins and relax the mind.

Mealtimes

Our chefs prepare wholesome and varied meals, three times a day, including soup and a fresh salad bar and desserts. We can cater for special and cultural dietary requirements.





Complementary Therapies

We provide access to a number of practical, sensory and creative complementary therapies which balance the body, promote self-expression and optimise the spiritual health of our patients.

MINDFULNESS MEDITATION

– helps patients become skilled in recognising and detaching from negative feelings and cravings. It helps to treat stress, anxiety, depression and compulsive behaviours.

DRUMMING THERAPY

– uses rhythm to promote well being and self-expression. It has calming effects for those with trauma and anxiety.

EQUINE ASSISTED THERAPY

– a hands-on approach involving horses and guided by a trained equine therapist. It is of particular benefit to those with emotional trauma, low-self esteem, anxiety and depression.

AROMATHERAPY

– calms the mind, alleviates stress, reduces anxiety and insomnia, and also restores feelings of wellbeing.

MUSIC THERAPY

– recovery-themed songs provide self-expression and emotional release.

ART GROUP

– a useful channel for non-verbal self-expression and improved self-esteem.

Family Therapy

The stronger the support from family and partners after recovery, the lower risk of relapse for the patient.

Addiction can have a damaging and traumatic effect on the whole family. Family counselling offers education, guidance and support for spouses, parents, children and significant others. We explore the impact of the addiction on the family, help them to share their feelings and enable both patient and family member to rebuild their relationship.

Sunday afternoons at Smarmore Castle also provide an opportunity for family members to visit and participate.

Continuing Care

Discharge from treatment marks the beginning of a lifelong journey in recovery.

Aftercare is essential to reduce the risk of relapse after our patients have returned to their homes and that is why we ensure they are equipped with a personalised, two year aftercare plan. The aftercare plan is developed by the focal therapist in conjunction with the patient, and, where appropriate, our clinicians, external referring practitioners and the family.

We arrange for a contact within local AA/NA fellowship groups to act as a 'sponsor' and help introduce patients to these essential support networks. We organise weekly continuing care group therapy sessions at Smarmore Castle for people to attend.

Teletherapy

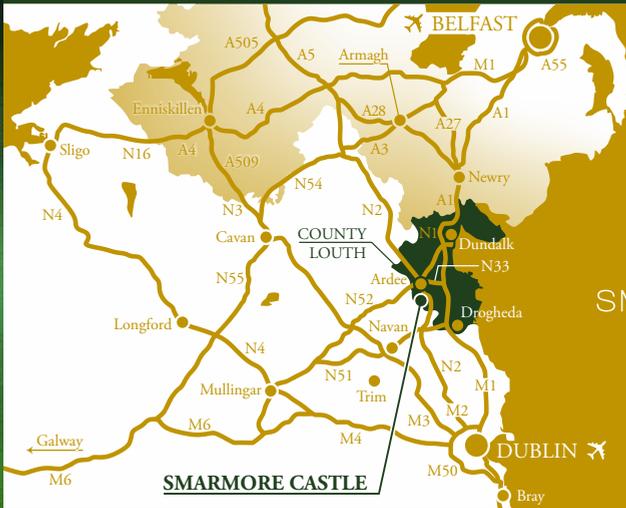
We offer continuing care via online video conferencing with an addictions counsellor, via a secure link, from the comfort of your own home.

“The first six to twelve months following a period of intensive treatment are critical. There is strong research evidence to indicate that continued involvement in aftercare maximises the chances of sustained recovery and ensures improved outcomes.”

– Dr Margaret McCann, MB BCH, BAO,
Founder and Managing Director of
Smarmore Castle Private Clinic



*Have the courage to
change the things you can*



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