



Action on Addiction

Clouds House residential treatment

First-stage residential treatment
in the beautiful Wiltshire countryside



Welcome to Clouds House

Sarah

“I had a trendy beautiful flat and a great job. I could smile and be friendly. It was my problem and I could control it. Now, in recovery from alcoholism I can see that was the biggest lie I told myself.”

Clouds House has been helping men and women from all over the world with drug- and alcohol-related problems for over 30 years. Set in the naturally therapeutic environment of peaceful Wiltshire countryside, the 38-bed centre is registered by the Care Quality Commission for residential treatment for those with substance misuse problems.

Clouds House is registered with the Care Quality Commission as a substance misuse centre and has enhanced registration for the treatment of disease, disorder and injury.

The treatment journey

Treatment and recovery is a process with identifiable places to be visited and challenges to be faced along the way. The role of Clouds House is to manage a key stage of that journey which includes the following:

Stabilising health

People are often quite unwell when they come to Clouds House. Our first job is to ensure their wellbeing and safety.



Withdrawal

Withdrawal is a physical and psychological process. Our specialist medical team has the expertise to manage withdrawal from all kinds and combinations of drugs and/or alcohol. We do not wait for detoxification to be completed before involving clients in the psychological therapy as our programme is a fully integrated one.

Adjustment

Even while they are becoming drug- or alcohol-free, people are helped to adjust to a whole new approach to life. This positive shift is more easily achieved in the 24-hour culture of recovery found at Clouds House.

Understanding

The treatment programme offers clients the opportunity to understand how to disarm their addiction. They also learn how to make sense of their personal vulnerability, how to sustain recovery and how to prevent relapse.

Making changes

Change is possible. Clouds House is a place where people can try out new ways of thinking, behaving and relating to others in a safe and contained environment. The support – and challenges – contributed by other clients are crucial to this process.

Daily reinforcement

The more people practice recovery, the better they get at it. This strengthens their resources to prevent relapse and is one of the key lessons to take beyond treatment.

The treatment programme

A structured programme has been carefully designed to help each person make progress towards recovery. It also prepares them to engage with the 12-Step anonymous fellowships, a free world-wide network of support.

The following will form part of the core programme:

- **Group therapy** (including separate groups for men and women)
- **Individual counselling sessions**
- **Education** and information on addiction, recovery and health promotion
- **Workshops** for developing life skills and relapse prevention strategies
- **Therapeutic** reading and writing assignments
- **Living and working** with others engaged in the same process
- **Family support** from specialist counsellors
- **Aftercare planning.**



The leaflet 'Your questions answered' provides detailed information about all aspects of Clouds House.

Other activities

We take a holistic approach to treatment, so there are many other optional activities and therapies to complement the core programme including:

Zumba, reflexology, Indian head massage, aromatherapy foot massage, and relaxation classes.

Creative workshops for writing and art therapy.

We encourage people to take part in relaxing activities including croquet, table tennis, badminton and boules.

We also organise a weekly visit to a sports centre.

Families

We recognise personal relationships play a very important part in recovery. We also recognise that families are often in distress and deserve help and support in their own right. Our For Families team is available to offer this support.

Employers

We work closely with employers to achieve the best outcome from employees referred to treatment or family support.

Our staff

Our multi-disciplinary team are dedicated and passionate and are themselves supported and specifically trained to be as effective as possible.

The treatment environment

Everything at the treatment centre is organised with great care to give recovery the best possible chance. For instance our team of chefs will readily respond to individual needs based on religious, cultural, dietary or medical considerations.



Clouds House provides respite from the consuming chaos of addiction and the everyday pressures and challenges that often make recovery seem out of reach. The supportive environment of Clouds House allows people to take the steps necessary to realising their full potential.

Clouds House is part of Action on Addiction. We take action to disarm addiction. We do this through research, treatment, family support, advocacy, education and training.

Contact us

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The
**CHARITIES
FORUM**

Founded by
The Duke and Duchess of Cambridge
and Prince Harry

