



Action on Addiction

Recovery Management programme

Post-treatment help to navigate the challenging journey of recovery



Recovery Management programme

The Recovery Management programme is designed to help you navigate the challenging journey of recovery from drug and alcohol addiction. It primarily supports people returning to London from treatment at Clouds House. From our consulting room in West London we provide a post-treatment aftercare plan to help you maintain your recovery. Depending on your individual needs, this will usually be a combination of group, individual and family work.

The Recovery Management programme helps keep you connected to your treatment experience and in touch with others in a similar position. Spending time talking to other people with a shared objective in a therapeutic setting will help you build what we call your 'recovery capital'.

We also offer pre-treatment meetings for individuals (and/or their family and friends) considering the option of a residential programme at Clouds House. We will explain clearly how our treatment programme works by exploring the timetable in detail

and answering all your questions. We can provide you with practical advice as well as emotional support to help you make your decision.

Every Tuesday we hold a Group Therapy session from 8.30 - 10.00am (£35 per session).

Between 10.30am and 1.30pm we offer one-to-one sessions. These are either pre-treatment consultations, individual counselling sessions or family meetings (£50 per session).

James

"I have been attending group therapy sessions and everyone has been very welcoming and supportive, helping me to consolidate what I learnt at Clouds House and continue to change for the better."



Claire Clarke, Referrals Consultant

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The Recovery Management programme 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

For more information about the Recovery Management programme or any of our other services:

Visit www.actiononaddiction.org.uk

Call us on 0300 330 0659

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Action on Addiction

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