

# THE STAYING IN PROGRAMME

AN HOLISTIC APPROACH TO RECOVERY



## WHY THE STAYING STOPPED PROGRAMME

Our programmes were first developed by our Chairman, Tony Adams, through his Sporting Chance Clinic. Clients may begin their recovery journey either in the community or with residential care and detox through our trusted partners.



Photos from residential partners - Clouds House



## HOW IT WORKS

Clouds House - our partner in the Staying In Programme - specialises in treating people with drug and alcohol addiction, as well as related behavioural addictions. It has been running since the 1980s and is recognised as one of the leading residential rehab facilities in the country.

- The programme combines clinical detox (if needed), individual counselling, group therapy, and education about addiction and recovery.
- It follows an abstinence-based model, often incorporating the 12-step approach and provides a structured residential setting.
- After leaving Clouds House for a 10-day period, we offer 90 days support from a mentor, counselling, peer support, access to our online community and meetings.

The intimacy of this connected group, one-to-one therapy and any lengths sobriety, together with the social connection from fellowship groups are the real foundation of our programme.

[www.sixmha.org/staystopped](http://www.sixmha.org/staystopped)

- Entrance and Exit Assessment.
- Only Requirement is an honest desire to Stay Stopped.
- Stay in the appropriate residential facility.
- Abstinence based and detoxed if necessary.
- Drop off and pick service.
- One-to-One therapy sessions with a hand-picked BACP registered specialist with lived experience.
- Recovery Coach/Mentor to introduce you to fellowship.
- 12-week Staying Stopped Programme begins on exit.
- Access to Six's Addiction Recovery Meeting.
- Access to Six's Safe Spaces community group.
- Drop off & Pick up Service.
- Full aftercare plan and support.

## COST

£8,000

*10 day stay, followed by 12 weeks of therapy and mentorship, with access to all of Six's lived experience professionals and services.*

**We are a private and confidential external organisation.**



CONTACT US

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