



PROMIS

CLINICS



WEEKEND ASSESSMENT PROGRAMME
(WAP)

The PROMIS WAP provides a comprehensive evaluation that will focus on the specific needs of the individual as a whole, under one warm, comfortable and safe setting.



OUR OBJECTIVE

To initiate a process of recovery and healing for continuous well-being.



THE PROMIS WAP IS DESIGNED FOR INDIVIDUALS WHO:

Are not sure whether their alcohol or substance use have reached a level of serious concern.

Suffer from strenuous stress including trauma, PTSD, grief and loss and would like to explore treatment options.

Are considering treatment but are not sure about the level of support they require.

Suffer from addiction or other behavioural disorders and feel they have not benefited from past treatments or are currently not progressing in therapy.

Need a second opinion after a previous consultation or diagnosis.

Following an intervention would like to receive a thorough, no-strings attached evaluation without making further commitments.

Have high-profile careers, professions or pressing responsibilities, requiring a discreet, one-stop assessment and a customised action plan.

Feel out of balance and that something is not quite right in their lives but do not know where to start.

THE ASSESSMENT TEAM

The WAP assessment team is primarily made up of the resident PROMIS Clinical Team, which include highly trained, licenced and vastly experienced specialists in the fields of chemical dependency, eating disorders, behavioural disorders, trauma and grief, sexual issues, nutrition and fitness. Many of our clinicians are in recovery themselves and can offer valuable first-hand insight and experience of recovery from addictions and mood disorders.

The PROMIS assessment team partners consist of a multidisciplinary group of psychiatrists, psychologists, medical doctors and psychiatric nurses.

Our team of dedicated individuals will cordially liaise with any other health-care professionals that the participants wish to include in their assessments.

The Weekend Assessment Programme

Includes:

- ▶ Pre-admissions screening and consultation to determine appropriateness.
- ▶ Full-board catering.
- ▶ Accommodation in a single room.
- ▶ Bio-psychosocial history and assessment.
- ▶ History & physical assessment, including labs and blood work, if necessary.
- ▶ Psychiatric evaluation.
- ▶ Identification of any co-occurring disorders.
- ▶ One-to-one session.
- ▶ Comprehensive suite of psychological testing.
- ▶ Chemical and behavioral compulsive tendencies assessment.
- ▶ Trauma, Grief and Loss Consultation.
- ▶ Nutritional assessment, body composition analysis and mindful eating plan.
- ▶ Therapeutic fitness assessment.
- ▶ Mental health and fitness assessment.
- ▶ Access to a team of addiction specialists and therapists.
- ▶ Report of findings and discussion about strengths, weaknesses, triggers, and optimal treatment solutions.



Optional Add-ons:

- ▶ Pick-up services.
- ▶ Complementary treatments and massage therapies.
- ▶ Extra overnight stay.
- ▶ Individualised detox plan.
- ▶ Stress management session.
- ▶ Recommendations for follow-up care.
- ▶ Extended stay on the residential programme.
- ▶ Personal Recovery planning.
- ▶ Life Coaching session.
- ▶ Introduction to Meditation workshop.
- ▶ Educational sessions, presentations and lectures.
- ▶ Couples/Family meeting and lunch.

With our optional services, you can customise your Weekend Assessment Programme to be the first step towards your healing and get the most out of your time with us whilst we take care of everything for you.



PROGRAMME DETAILS

The PROMIS WAP can take place in the tranquil countryside of our Kent, Hay Farm Clinic to allow participants to experience our residential facilities or within a totally discreet environment in Central London with comfort and flexibility.

Each participant is assigned a focal therapist that they can choose from our team of therapists at PROMIS in order to provide a personalised experience.

Check-in period into the programme is between 12p.m to 6p.m on Fridays.

Check-out is on Sundays at 6pm.



ADMISSIONS

Advanced bookings are recommended to ensure availability and due preparations.

The cost of the PROMIS Weekend Assessment Programme is 2.000 GBP, payable upon arrival.

BOOKINGS

For bookings please email enquiries@promisclinics.com with your preferred dates and your phone number so we can call you back to confirm.

For more information on our Weekend Assessment Programme please visit, <http://www.promis.co.uk/assessment-programme/>



PROMIS REHABILITATION CLINICS

0845 053 1785

<http://www.promis.co.uk>