



# Mark Jay Alcohol Detox

**Discreet - Affordable - Expert - Ethical - Effective - Personalised - Flexible**

**Private treatment of alcohol problems in your home**

## Are you looking for help to stop drinking?

If you want help with an alcohol problem, I can give you the treatment you need, when you need it, without you having to admit yourself to a clinic or talk in a group. Unlike many private services, I don't use the 12-step programme used in Alcoholics Anonymous.

## Clinical services

### Home Alcohol Detox

My home alcohol detox service is available across all of England & Wales. Medication, monitoring, psychological help, support and aftercare planning are all included. I provide all services personally, and never use agency staff.

My detox - which is based on the most up-to-date national guidelines - is a realistic and affordable alternative to residential rehab, private alcohol clinics and NHS services.

You can read more about detox on page 2, and find out how much it's likely to cost on pages 8

### Stopping Drinking Without Detox

I also help many people who aren't drinking so heavily that they need a detox, but who want advice on how they can plan to stop drinking alcohol, and stay stopped. Sometimes this is a one-off appointment with some email, telephone or Skype follow-up, sometimes it's a number of sessions. I usually use my consulting room in Exeter for these

appointments, and people travel from all over the country to see me.

## Not sure what you need?

If you don't know what to do, it may be useful to book a one-off assessment & planning session with me. I often do these appointments with the client and their partner, other family members or a friend. We can talk through all aspects of your drinking, and come up with a range of different options and possible ways forward. At the end you'll have a much clearer idea of the next steps you can take, which may or may not involve further help from me.

If you can visit me in my consulting room in Exeter, the fee for this is £120. Alternatively, you can invite me to visit you at home: I'll agree a fee for this with you on the telephone.

## Who am I?

I've been a specialist nurse in drug & alcohol dependence since 1994. I trained as a psychiatric nurse in 1989 after graduating in psychology. In 2007 I started my own single-handed private practice specialising in treating clients with alcohol dependence. Read more on page 5.

## IMPORTANT - PLEASE NOTE

Please check my website for the most up to date information on my services and fees.

You'll also find much more advice and guidance, including an online guide to stopping drinking.

# HOME ALCOHOL DETOX

I provide customised home detox programmes for clients in all parts of England & Wales. In summary, my service includes:

- Prescriptions for medication with verbal and written instructions
- Home visits by me (not agency staff) to monitor your safety and comfort
- Telephone support throughout the detox
- Structured follow-up for 3 months
- Ad-hoc follow-up for 1 year

## Why detox?

A medicated detoxification from alcohol is needed when your physical dependence is severe enough that you have to drink to stop withdrawal symptoms like shaking, sweating, nausea or retching, anxiety, irritability & difficulty sleeping

Withdrawal can become dangerous or even life-threatening, so it may be unsafe to stop drinking without medication. For mildly dependent drinkers, it can be uncomfortable but not always dangerous to stop drinking suddenly. However detoxification could still be the best way of stopping.

## Safety

Most people can detoxify at home, but some with a history of significant health problems, will need to detox in a hospital or private clinic. When we first talk about your drinking we will discuss any risks. I can even discuss them with your GP with your permission. If I don't think home detox is right for you I will advise you on the safest alternatives.

## How detox works

In alcohol detox drink is replaced with a drug that stops withdrawal symptoms. This is Chlordiazepoxide (sometimes called Librium®). As detox progresses the dose reduces over 7 to 10 days, giving your body a chance to get back to normal.

## Preparing for detox at home

You'll need to make a few preparations. There is more about this in my step by step guide to the home detox overleaf, but generally it involves making sure you don't have any commitments for the duration of detox, and arranging for someone you trust to be with you. Most detoxes are uncomplicated, but it's best to have company, and someone to check you're safe and well.

## Advice and support to help you dry out

Whilst medication is important, the support and psychological help you receive is just as important. People who get specialist professional treatment find detox easier, and are more successful than those who don't. I am always available on the phone and make frequent visits. We'll talk about the changes you need to make to keep you sober, looking ahead and making plans to ensure future success.

All detoxes come with 3 months of structured follow up in person, by phone, by email or on Skype. Any of my detox clients can access ad-hoc telephone support for 12 months post-detox. Many of my clients appreciate being able to keep in touch to check out their progress with someone that knows them.

# MORE ABOUT DETOX

## Assessment

If you experience withdrawal symptoms when you don't drink, then you probably need a detox.

Before we can decide if a home detox is the right thing, I will need to ask you some questions about your drinking, your health and your personal circumstances. I need to know whether it's safe to provide you with a detox.

## Before Detox

Once we've decided on detox, we can set a date to start, and decide who's going to be with you during detox. I'll give everyone detailed written instructions on detoxification. I'll prescribe your detox medication, which can be picked up from any pharmacy. You stop drinking the night before your first day of detox, not before. You'll need to make plans for any work or child care commitments for the duration of the detox, and arranged who will be around you to help you (and who you need to keep away from you).

## During Detox

On day one you take your first dose of medication first thing in the morning. You then carry on taking doses four times a day. Each day's total dose will be slightly less than the previous day. I usually visit for the first three days, making sure that the amount I've prescribed for you is safe and effective. I'll also show how you can minimise any discomfort or cravings. A medication chart is included in your detox pack, which outlines clearly how much of which medication to take, and when. The medication will reduce to zero over 7 to 10 days.

By day four you should be over the worst. Once you're in this second part of the detox, it's a good time to think again about how you can change things so that once you've completed your detox you can stay sober. I'll still visit to help you do this. I'll also check everything's OK with your health.

At all times I'll provide telephone support and may breathalyse you when I visit to make sure you haven't been drinking. This support is very important. People who have specialist support do much better both during and after detox than those who don't.

## After detox

I always offer follow-up appointments as well as some telephone support for three months. This will include lots of advice on how to plan things so that you succeed in the long term. You can always continue seeing me for as long as you want, but there's no obligation.

In my experience, one of the most common reason for relapse is that people underestimate the importance of aftercare - something structured that helps keep you focussed, supports you, and prevents you from becoming complacent. I have a written programme to guide you, but everything will be structured around your needs.

# ALCOHOL COUNSELLING

## Getting expert help with your drinking problem

From many years of helping people who have problems with alcohol, I have learned that the most positive approach is to focus on what's really important – the present and the future.

Of course there may be reasons why you drink, so it is always useful to start there. Once we know a bit more about why you are drinking we can then begin to build a recovery programme that suits you and your circumstances. Not all people with drinking problems are the same and you are no different, so whilst I can tell you what has worked best for other people, we can discuss a variety of techniques and find what plan will work best for you and will give the best chance of success.

I offer alcohol counselling in a number of set packages which you can choose from, depending on the amount of time you feel you need to rebuild a life without alcohol.

## What to expect from counselling

I offer only sensible advice based on years of experience, and can suggest specific strategies and skills that have worked for others to keep you alcohol free. I can provide you with information on how regular heavy drinking can cause a variety of physical and psychological symptoms, and the best ways of resolving them. My clinical experience also means I can give you sound advice on what is medically safe to do.

I will concentrate on building a rapport with you, finding out why alcohol has become a problem and planning how to stop drinking and stay stopped. I aim to build confidence in your new alcohol-free lifestyle so that you feel safe from relapse and can identify your strengths and use them to your advantage.

We also look at the thoughts and feelings that trigger drinking and identify high risk situations and how to avoid them. Should you relapse we can discuss the reasons behind it and how to avoid it happening again.

Finally it's important to know that you don't have to have counselling if you have a detox from me and vice versa. It's your decision.

# ABOUT MARK JAY

## Clinical Background

I'm a Clinical Nurse Specialist in addiction, with a background of 23 years in NHS work, as well as private consultation. I'm also qualified as an Independent Nurse Prescriber. Mark Jay Alcohol Detox is my single-handed private practice, where I'm delighted to be able to offer my clients a tailor-made service that suits their individual requirements.

I have many years of experience in the medical and psychological aspects of treating alcohol dependence and withdrawals, and have been working exclusively in the addiction field since 1994

## Professional Registration

You can check my professional registration with the Nursing and Midwifery Council here:

<http://www.nmc-uk.org/Search-the-register/>

## Ethics

I only work with clients when both parties are satisfied that it's the best option at the time. I will always point people to another service if I think it would be better for them. I always give people as much verbal and written information about treatment as I can before they make a choice.

## Effectiveness

All of the treatments I use are based on the most up to date evidence. I keep up to date on all reputable sources of research. The main sources I base my practice on are the NHS 'Review of the effectiveness of treatment for alcohol problems', and the NICE 'Guidelines on the diagnosis, assessment and management of harmful drinking and alcohol dependence, which are currently in draft form.

## Why people choose my service

I can give anyone looking for help with their alcohol problem a more flexible and personalised service than your local NHS services or residential rehab centres can offer.

I've found that my clients appreciate having one point of contact with a trustworthy, experienced clinician, rather than being confused by being passed around different people and services.

I provide all treatment myself; I don't have any employees or use any agency staff.

Many - although not all - of my clients choose to see me because I can help them without the '12 steps' of Alcoholics Anonymous that the vast majority all private services use.

## Qualifications

BSc (Hons) Psychology (Lancaster University, 1985)

Registered Nurse (1992)

Community Psychiatric Nursing (ENB 992, 1997)

Diploma in Addiction Studies (Leeds University, 1998)

Non-medical Prescribing (Plymouth University, 2007)

## Experience

1983-1988 Volunteer counselling, including substance abuse

1992-1994 NHS Staff Nurse

1994-2000 NHS Community Psychiatric Nurse (Drugs & Alcohol)

2000-2003 NHS Clinical Manager (Substance Misuse)

2003-2009 NHS Clinical Nurse Specialist (Addiction)

2007-2011 NHS Non-medical prescriber (Part time)

2007-2011 Private Alcohol Practice (previously working as 'Devon Home Detox')

# POST-DETOX MEDICATION

## **Disulfiram - or Antabuse - is a drug which makes you ill if you drink alcohol**

It prevents alcohol being properly metabolised, so that you get an unpleasant reaction if you drink.

Indeed, you need to avoid anything with alcohol when taking it - like mouthwash, perfume or aftershave.

Make no mistake, you can be very ill indeed if you drink on Antabuse.

It can help to fix your motivation. If you take it every morning, you're making a real commitment and 'fixing' your motivation for the rest of the day.

Some people take it in front of their partner. Other people just take it when they know they'll be at extra risk - when going to a wedding or a party, for example.

People also report that when they know they haven't got the choice of drinking, then it makes their cravings reduce dramatically.

I am happy to issue private prescriptions free of charge for people who see me regularly (at least monthly). Please note that the chemist will charge you for the cost of the drug and a small dispensing fee.

## **Acamprosate - or Campral - is a drug which reduces cravings for alcohol after detoxification.**

It works on neurotransmitters in your brain that are involved with addiction and cravings.

It is safe to take with alcohol - unlike Antabuse.

It doesn't affect your state of consciousness (i.e. doesn't make you drowsy, or make you feel different).

It should always be combined with some psychological or social treatments - like relapse prevention counselling.

Various studies have shown that amongst alcohol dependent individuals, those taking Acamprosate versus those taking a placebo fare as follows:

- Rates of continuous abstinence at 6 months: 36% v 23%
- More likely to be abstinent at the end of treatment: 35% v 19%
- Are less likely to relapse: 45% v 25%

According to studies like these, you're dramatically increasing your chances of success.

In practice, I've noticed that some people say it works really well for them; others don't notice any difference.

It's certainly worth trying to see if it makes things easier for you.

I am happy to issue private prescriptions free of charge for people who see me regularly (at least monthly). Please note that the chemist will charge you for the cost of the drug and a small dispensing fee.

### *Sources*

<http://www.medicouncilalcol.demon.co.uk/acamp.htm>

<http://emc.medicines.org.uk/emc/assets/c/html/displayDocPrinterFriendly.asp?documentid=1042>

# FEES

## Initial Telephone Consultation

Free

## Home Alcohol Detoxification

Detox treatments are individual to each client, so I can't quote an exact fee until after full assessment, and agreement about what you'll need.

As a guide, detox - with a full course of medication - is likely to be between **£1500 - £2900**.

The fee depends on the length and intensity of support you'll need, and where you live.

Find more specific guides to home alcohol detox costs by region on the map overleaf

## Assessment & Planning Appointment

A one-off assessment, counselling & planning session for you (and your partner / family / friend), which usually takes about 2 hours, is from **£120** depending on where you live.

This is often useful to look at what you can do now, what you need to do next, and what kind of help or treatment will be useful.

This isn't an opportunity for me to sell my services - I'll outline what I can offer, but I'll also tell you what free or paid treatment alternatives are open to you.

This is **£120** if you come to see me in consulting rooms in Exeter.

Prices to see you at home will vary depending on where you live. Please ring to discuss details.

## Post-detox aftercare

Structured aftercare appointments can either be done by telephone or in my Exeter clinic. **£90** per session.

## Counselling

Regular counselling sessions in your home are usually only feasible for clients in the South West, although you're welcome to visit me in consulting rooms in Exeter, which will be **£90** per hour. Sessions are usually about 1 hour.

## Private Prescriptions

There is no fee for private prescriptions, as long as you are already paying to see me at least monthly. Please note that you will need to pay the pharmacist for the medication, plus a small dispensing fee.

## VAT

VAT is not payable on any fees

## Terms

Assessment: payment on the day

Hourly sessions: payment on the day or by invoice

Detoxification: whole fee payable in advance

Cancellation: whole fee payable unless at least 24 hours notice given

Payment is by cheque, cash, or bank transfer

# HOME DETOX FEES BY REGION

Please note these are guide prices only. After telephone assessment I will give you an exact fee and schedule



Region 1: £1500

Region 2: £1900

Region 3: £2500

Region 4: £2900