



for up to date information,
please check
markjayalcoholdetox.co.uk

Welcome to Mark Jay Alcohol Detox

I provide one-to-one counselling & home alcohol detox for people who have reached a point where they need professional help with their drinking.

Are you worried about your drinking?

If you are worried that you have a problem, or feel anxious about seeking help, don't worry. I can give you the help you need, when you need it, in your own home. This could be through a personalised, private alcohol detox programme, or simply by talking about your drinking – with your partner or family if you like.

Many of my clients find that just one or two sessions can be enough to help them stop drinking. Many don't even need alcohol detox. Of course, if I think that someone else would be better suited to help you, I will say so. The most important thing is to get you the right kind of treatment.

Talking through the benefits of private alcohol treatment

Now that you have chosen to look for help, the next thing to do is decide what treatment you need. We can do this by having an informal chat on the phone. This can last as long as you need at a time that suits you and won't cost a penny. All you have to do is call me.

Once we have had a chance to chat we can then arrange a consultation. This is usually in your own home. Find out more about what happens.

Not sure if you need treatment for alcohol?

Sometimes it's not easy to seek help. That's why you may find it useful to try my self assessment questionnaires before you call me. By answering as honestly as possible you will be able to determine whether or not you have a serious problem with alcohol and the severity of your alcohol dependence.

Involving family

A client who involves their partner, family or friends in helping them has a greater chance of success.

With the client's consent, I'm always happy to offer help and support to those around them.

I often see couples where one partner's drinking has been putting a strain on the relationship. It helps to be seen together during treatment to discuss the best ways of rebuilding trust and repairing any damage done.

If you're **worried about someone else's drinking:** whilst I can't treat someone who doesn't want help, it is still possible for you to improve your life, whether they decide to change their drinking or not.

If you want to talk things through, it might be helpful to do so with someone experienced in working with alcohol problems.

Home Alcohol Detox

Home alcohol detox is a realistic alternative to rehab or NHS treatment. Many of my clients choose it because it is discreet and flexible.

Once you have decided to seek help it is important that you understand what home detox entails and how it works. But first it's a good idea to determine exactly the severity of your alcohol dependence. You can do this by chatting it through with me or, if you prefer, you can get a good idea from completing my self assessment questionnaires here. You can find more information about treatment here.

Getting treatment for alcohol dependence

Depending on the severity of your alcohol dependence you will experience withdrawal symptoms if you stop suddenly. These can include shaking, sweating, nausea, anxiety and difficulty sleeping. You may find that the only way to stop the symptoms is to drink. 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.

Making sure a home detox programme is right for you

Most people can have home detox but some, particularly those with a history of health problems, will need to detox in a hospital or private clinic. When we first chat about your alcoholism 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

Alcohol detox replaces drink with a drug that stops withdrawal symptoms. This is Chlordiazepoxide (sometimes called Librium®). As detox progresses I decrease the dosage gradually. This normally takes between 7 and 10 days and gives your body a chance to get back to normal. Find out more about how detox works, and what to expect during detox

Care 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 professional care find it easier than those who don't. I am always available on the phone and make daily, if not twice daily visits. We'll talk about making changes to keep you sober, looking ahead and making plans to ensure future success.

As part of my home detox programme I also provide unlimited telephone support for three months as well as follow up visits. Many of my clients appreciate being able to keep in touch to check out their progress with someone that knows them.

Alcohol counselling

Getting expert help with your drinking problem

From many years of counselling 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 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 an alcohol counselling package

Many of my clients prefer to know what to expect and how long it will take. I have found this often works better than a flexible approach. That way we can agree goals for you to achieve as you make progress.

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.

Whichever package you choose 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 & 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.

Counselling Plans are as follows:

- PLAN A: One-off assessment, counselling & planning session for you (and your partner) - usually about 2 - 3 hours.
- PLAN B: One-off assessment, counselling & planning session as above, plus email & telephone follow-up.
- PLAN C: Assessment, counselling & planning session as above, with 4 follow up / monitoring appointments & email & telephone follow-up.
- PLAN D: 6 sessions counselling. Can be extended in 6 session blocks. Discounted rates if paid for in advance.
- PLAN E: 'Pay-as-you-go', taking things session by session
- PLAN F: If you have received a detox from me, then we can agree a follow-up package that suits you at discounted rates.

Don't worry if you're confused by these different packages, or if you're not sure what's best for you - we can clarify things if you ring me for a no obligation chat.

Step by step guide to detox and counselling

What happens?

For some people, not knowing what to expect from my services can stop them from taking the leap. It's the fear of the unknown. That's why I like to be as open as possible with all my clients. I'll let you know exactly what to expect & when to expect it.

Get in touch

The first step is to ring me. My number is 0800 954 0677. This is free, confidential and places you under no obligation. At this point I can offer you general advice, direct you to the most appropriate services for you and, if it's the right thing to do, arrange for me to come to your home (or somewhere suitable) for a full assessment.

Your first assessment

I'll visit you at home and we'll discuss what you need and want. If you'd like someone to be there to offer you support that's OK. Friends or family members are welcome to join us. Once we've met I will provide you with a written summary of your options as we've discussed. This will include the services I can provide you with and how much this will cost.

If we decide to opt for detox...

We'll decide a date to start as soon as you like. This can often be within days. We'll also decide what plans we need to make after your detox. We'll think about your future. Then I'll prescribe your detox medication. You will stop drinking the night before your first day of detox, not before.

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'll visit once or twice a day for the first three days, making sure that the amount I've prescribed for you is safe. I'll also show how you can minimise any discomfort or cravings. I'll give you a medication chart.

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 will 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 your detox

I always offer follow-up appointments as well as unlimited 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.

If you feel it will help we can also discuss using medication like Antabuse or Campral® (Acamprosate) to help you.

If you opt for counselling...



My counselling packages are designed to help you get exactly what you need from my services.

The sessions will help you to plan the best way for you to stop drinking and stay stopped. They also offer ongoing support to help you avoid alcohol and to help you should you relapse.

If you're ready, then call me now on 0800 954 0677

About Mark Jay

I'm a Clinical Nurse Specialist in addiction, with many years experience of helping problem and dependent drinkers. I'm also qualified as an Independent Prescriber. This is my single-handed private practice.

The ethic of my private clinical work is to only take on clients when we are both 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 never use a selling technique, and I always give people as much information as they can before they make a choice.

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 have years of experience in the medical and psychological aspects of treating alcohol dependence and withdrawals. I can also prescribe any medication you might need.

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, or paying lots of money for being looked after by inexperienced agency staff in 5-star surroundings.

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)

2007-2010 Private Alcohol Practice (previously working as Devon Home Detox)

Why choose Mark Jay Alcohol Detox?

- **AFFORDABLE** - Considerably cheaper than going to a residential clinic or rehab
- **DISCREET** - You're seen in your home
- **EXPERT** - Years of experience as a specialist clinician in alcohol dependence
- **EFFECTIVE** - Everything is based on up-to-date, proven treatments
- **ETHICAL** - Only the treatment you want and need
- **PERSONALISED & FLEXIBLE** - No fixed program, no long-term tie-in

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 (ie 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

Please check my website for up to date fees. In particular, look for special discounts that I sometimes put in place.

Initial Telephone Consultation

Free

Home 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.

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

As a guide, detox - with a full course of medication - is likely to be between £1100 - £2900.

Counselling

A one-off assessment, counselling & planning session for you (and your partner), which usually takes about 2 - 3 hours, is from £120 depending on where you live. It will be £120 if you come to see me in consulting rooms in Devon.

Regular counselling sessions are only feasible for clients in the South West, although you're welcome to visit me in consulting rooms in Devon, which will be £60 per hour. Depending on how far I have to travel to see you, counselling sessions in your home will be between £70 and £120. 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

Alcoholics & Alcoholism

I thought it was worth talking about a few words you don't see much on my website - and why I think it's entirely up to you what you call yourself, or what you call your problem.

I don't tend to use the words Alcoholic, or Alcoholism. Firstly, calling someone an Alcoholic has always seemed to me to imply that everyone with a drinking problem is the same. Its also used so loosely in general conversation and in the media, and usually in a very negative and judgemental way. I'd rather see everyone as an individual, and work out with each person why they might have developed a drink problem, and how they might be able to resolve it.

Secondly, if you think you've got a disease, you might say to yourself: "Oh poor me, there's nothing I can do unless someone cures me." I'd rather think that drinking is a choice - a bad choice made by a sometimes overwhelming compulsion. The good news about this is that you can take your life in your own hands and change things for the better, without waiting for a 'cure'.

However, if you want to call yourself an Alcoholic, that's absolutely fine with me - you're in charge - and I'd be happy to work with you.

Alcoholics Anonymous & The Twelve Steps

In my experience, AA divides people like Marmite does - people seem to love it or hate it.

I've had clients and indeed friends who owe their recovery and their life to AA - and I take my hat off to them for the work they've put into it, and to the simply terrific people in the Fellowship. I know a lot of other people have tried AA but just don't like it. For some people, its the 'Higher Power' that puts them off, others find it just a little too strange.

If things have got to the point where you're seeking help with a drink problem though - I'd strongly recommend you try AA with an open mind before you reject it. Even if there's just one idea you can take out of a meeting, it might be enough to tip you into successfully stopping and staying stopped.

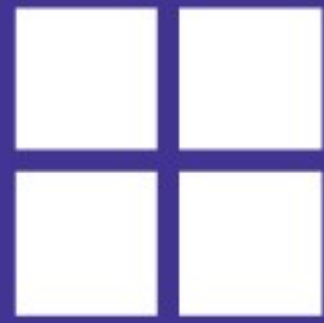
AA also gives you something that no professional can - 24 hour a day contact and support from people who've 'been there'.

I don't use the twelve steps much in my treatment - it's not what I've been trained in. However, I think a lot of the principles of AA are enormously helpful,

and are based in very sound cognitive-behavioural principles. In all my preparation and aftercare sessions, I cover the same ground.

So if you like AA - fantastic, I'd be happy to work alongside the twelve steps to aid you in your recovery.

And if you really can't stand AA, that's fine too - I won't accuse you of being in denial, or badger you into joining up.



**MARK JAY
ALCOHOL DETOX**

**SPECIALIST TREATMENT
IN YOUR HOME
0800 954 0677**

markjayalcoholdetox.co.uk