



Mark Jay Alcohol Detox

Discreet - Expert - Ethical - Effective - Not 12 Step, Not AA based

Private treatment of alcohol problems in your home

Friendly, sensible, expert treatment

If you want help with an alcohol problem, I offer one-to-one treatment in your home, on the telephone or via Skype. You don't have to admit yourself to a clinic or talk in a group.

Professional help that isn't 12-Step

Unlike many private services, I don't use the 12-step programme used in Alcoholics Anonymous.

Home Alcohol Detoxification Programmes

My home alcohol detox services are available across all of England & Wales. Prescriptions for medication, monitoring, psychological help, family support and 3 months of structured aftercare planning are all included, using my structured sensible programme. I provide all services personally, and never use agency staff.

1: Fully medicated detox

For people who drink all day, and who suffer from withdrawals like sweating and shaking if they try to stop.

From £1500 to £2900 depending on area.

Read more on page 2

2: Short medicated detox

For clients less severely dependent on alcohol, who drink daily, but not all day.

From £900 depending on area.

Read more on page 3

3: Stopping drinking without medication

A special programme for those who aren't physically dependent, or who can tolerate some mild symptoms. From £500. Read more on page 4

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. 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.

This service includes a printed copy of my self-help guide; a written summary of my advice; a follow-up phone call.

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. Or thirdly we can consult via Skype.

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.

FULLY MEDICATED HOME ALCOHOL DETOX

Who this service is for

A fully medicated detoxification from alcohol is needed when you have to drink to stop withdrawal symptoms like shaking, sweating & retching. Because of this, most moderate to severely dependent drinkers drink steadily all day, 'topping up' their alcohol levels, and not always appearing at all drunk.

Withdrawals can be uncomfortable enough to prevent you from stopping drinking. Sometimes they can become dangerous or even life-threatening, so it may be unsafe to stop drinking without detox.

What I Provide

I perform customised home detox programmes for clients in all parts of England & Wales. My service includes:

Detox

Prescriptions for 10 days of medication with verbal and written instructions, and contact from me (not agency staff) throughout to monitor your safety and comfort.

Aftercare

3 months of structured aftercare, based on my sensible and practical programme. This is done by a combination of face-to-face contacts, telephone, Skype, emails or text. We can devise a way of keeping in touch that suits you best. Typically these sessions go gradually from daily, to twice weekly, weekly and then fortnightly, but with ad hoc contact throughout as needed.

Open-ended ad hoc follow-up contact - my clients often stay in touch indefinitely.

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.

Fees

Between £1500 and £2900 depending on where you live

See page 6 for a rough guide to fees by region.

PLEASE CHECK MY WEBSITE FOR UP TO DATE INFORMATION ON FEES

SHORT MEDICATED HOME ALCOHOL DETOX

Who this service is for

A short medicated detoxification from alcohol is designed for people with mild to moderate withdrawal symptoms. I see many people who don't drink all day, but are used to drinking a lot in the afternoons or evenings, often after they finish work.

For these people it can be uncomfortable but not always dangerous to stop drinking suddenly. Whilst you may not have severe withdrawals, sometimes the 'rebound' symptoms like irritability, anxiety, insomnia and intense cravings for alcohol make stopping really difficult.

In these cases, a short customised regimen of prescribed detox medication, with some structured preparation and support, can make enough difference to help you succeed.

What I Provide

Detox

Prescriptions for 5 days of medication with verbal and written instructions, and contact from me (not agency staff) throughout to monitor your safety and comfort.

Aftercare

3 months of structured aftercare, based on my sensible and practical programme. This is done by a combination of face-to-face contacts, telephone, Skype, emails or text. We can devise a way of keeping in touch that suits you best. Typically these sessions go gradually from daily, to twice weekly, weekly and then fortnightly, but with ad hoc contact throughout as needed.

Open-ended ad hoc follow-up contact - my clients often stay in touch indefinitely.

How detox works

In alcohol detox, drink is replaced with a drug that stops both withdrawal symptoms (like shaking, sweating and nausea) and rebound symptoms (like anxiety, irritability and cravings) . This medication is Chlordiazepoxide (sometimes called Librium®). You might initially take a dose in the morning, or at the time you would normally start drinking. As detox progresses the dose reduces over about 5 days, giving your body a chance to get back to normal. If necessary I can also prescribe a sleeping tablet like Zopiclone or Zimovane for the duration of the detox, and for occasional use afterwards.

Fee

£900

Based on one initial assessment and one review appointment in Exeter (all other contacts are by telephone, Skype, email or text).

You can book me to see you at home, or add more face-to-face contacts, for an extra fee.

All detox programmes are customised based on your particular circumstances, which may, rarely, affect the cost. I can discuss this either over the phone or at assessment.

I give each client a quote, with details of exact programme details, following telephone or face-to-face assessment.

STOPPING DRINKING WITHOUT MEDICATION

Who This Service is For

I advise many people who are worried about their drinking, but who aren't physically dependent on alcohol. It's a service for people who score as not dependent or mildly dependent, and don't suffer withdrawal symptoms like severe shaking or sweating when they try to stop. More commonly people experience strong cravings, irritability, low mood and insomnia if they try to stop.

What I Provide

Assessment and planning

An initial session usually lasts between 1 and 2 hours, which we can do either in my consulting room in Exeter, by Skype, or by telephone. This gives us plenty of time to work out how and when you can stop drinking.

Stopping Drinking

3 months of structured aftercare, based on my sensible and practical programme. This is done by a combination of face-to-face contacts, telephone, Skype, emails or text. We can devise a way of keeping in touch that suits you best. Typically these sessions go gradually from daily, to twice weekly, weekly and then fortnightly, but with ad hoc contact throughout as needed.

Open-ended ad hoc follow-up contact - my clients often stay in touch indefinitely.

National & International Availability

Since this programme doesn't have to rely on face-to-face contact, it is available anywhere.

Fee

£500

Based on the initial assessment & planning session taking place either in my Exeter consulting room, via Skype, or by telephone; subsequent contacts all by telephone, Skype, email or text.

You can book me to see you at home, or add extra face-to-face contacts, for an extra fee.

Safety

It's important to note that this service is not safe or appropriate for heavily dependent drinkers.

PLEASE CHECK MY WEBSITE FOR UP TO DATE INFORMATION ON FEES

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/>

I am also registered by the Care Quality Commission under the Health and Social Care Act 2008

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

1992-1994 NHS Staff Nurse

1994-2000 NHS Community Nurse (Drugs & Alcohol)

2000-2003 NHS Clinical Manager (Substance Misuse)

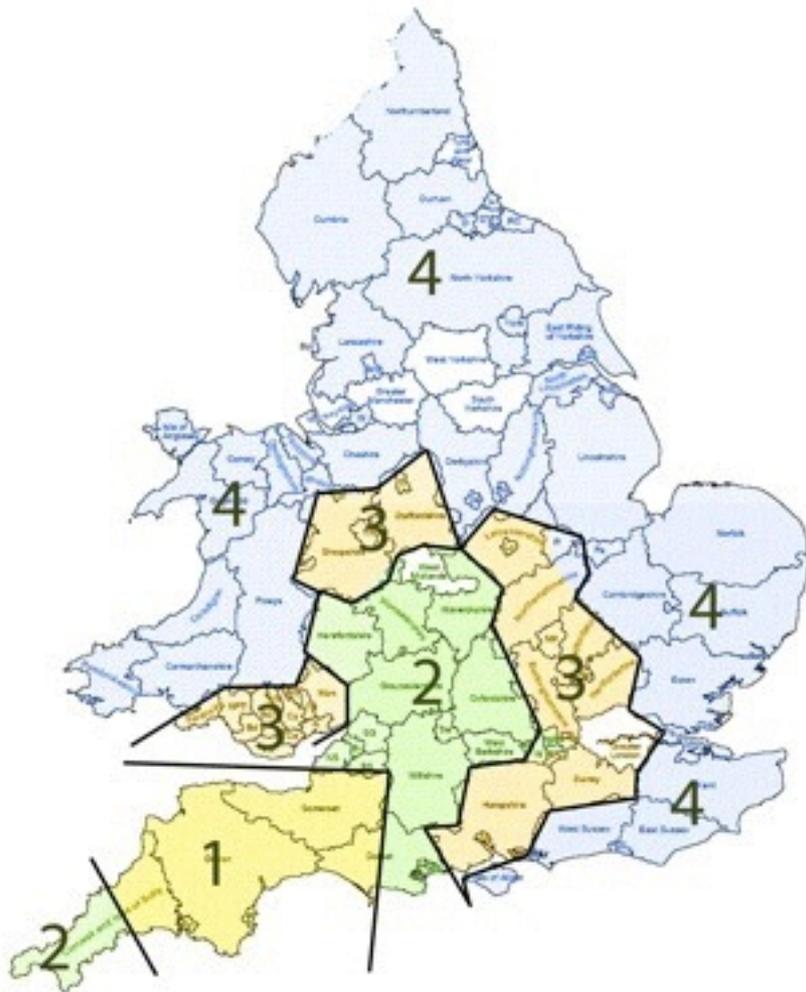
2003-2009 NHS Clinical Nurse Specialist (Addiction)

2007-2014 NHS Non-medical prescriber (Part time)

2007-2014 Private Alcohol Practice

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

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