



MEDIA RELEASE

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AUSTRALIANS SEEK REFUGE OFF-SHORE FOR DRUG & ALCOHOL ADDICTION

The Cabin Chiang Mai offers world-class drug and alcohol rehabilitation - affordably and in anonymity - to Australians seeking effective treatment

Over one-third of the patients treated at a leading rehabilitation facility in Thailand for drug and alcohol addiction are Australian, part of a growing trend of people taking advantage of the \$60 billion medical tourism industry, who are looking for solutions as a result of Australia's troubling addiction problem.

The Cabin Chiang Mai, Thailand, is a pioneering treatment centre that has helped many Australians overcome their addictions to alcohol and drugs, which is not an insignificant problem, given Australia has the second largest methamphetamine addiction rate in the world¹, and one in five people drink at levels that can cause serious harm².

Furthermore, The Cabin's Australian clientele demonstrates that drug and alcohol addiction doesn't discriminate when it comes to a person's age or socio-economic status, according to one of The Cabin's psychologists and evidence-based researcher, Cameron Brown.

"Our patients represent a diverse range of backgrounds including accountants, dentists, property developers, models, lawyers and housewives, to name a few," Brown said.

While Thailand's reputation is upheld as a party destination by many Australians, facilities like The Cabin are set to bring about a shift in how the region is perceived; offering ailing Australians premier health services a short flight away.

"The Cabin offers many advantages over Australian clinics, firstly because of its location - Thailand is close to Australia, but far enough away to provide anonymity and remove our clients from their usual setting, routine and addiction triggers, which can dramatically improve their chances of recovery," said Brown.

"Secondly, it allows us to offer leading experts, innovative treatments, and resort-standard comfort, at a third of the price of Australian rehabilitation clinics, due to the low operating costs of the region.

"This means that many Australians who are committed to addiction recovery, can afford the support of our multidisciplinary team of internationally qualified and accredited Western-trained doctors, clinical psychiatrists and psychologists," Brown concluded.

¹"Chapter 8: Australia, Africa and South America" *The ECSTASY and AMPHETAMINES Global Survey 2003*, United Nations, New York, 2003, page 29.

²Foundation for Alcohol Research & Education (FARE) 2012, *Annual Alcohol Poll*, 2012



With a staggering 1.7 million Australians drinking alcohol to excess³, and almost 15 per cent of Australians over 14 years of age using illicit drugs⁴, drug and alcohol addiction is a growing problem in Australia with potentially devastating effects.

Each year, drug and alcohol abuse costs the Australian economy almost \$24 billion, and over-consumption is linked to a range of problems, from health issues and lower life expectancy, to reduced workplace productivity, accidents, drink driving and violence⁵.

When it comes to Australians' dependencies, over half of patients treated at The Cabin are addicted to alcohol (55%), followed by methamphetamines (30%), cocaine (5%), heroin (5%), and prescription drugs (5%), with many patients users of multiple drugs.

Peter*, is a 34 year old company director from Sydney who has joined the ranks of the one million⁶ medical tourists who visit Thailand each year. He checked into The Cabin earlier this year to reclaim his health, his career and his life.

"My addictions started with gambling when I was 15, followed by heavy cocaine use, and by the time I went to university my addictions had progressed to heroin. This continued for 14 years, during which time I dropped out of university, alienated my family, and spent much of my time travelling and partying," said Peter.

"But in the past ten years I also entered over 20 rehabilitation centres all over the world. After The Cabin Chiang Mai was recommended to me, I arrived there with the expectation that it would be the same as all the other treatment centres I've been to. However, from the energy and warmth I felt the minute I arrived, I knew I was wrong.

"I found The Cabin Chiang Mai's program to be the most comprehensive in my first steps to recovery. Their illustrative mind maps and their application of Cognitive Behaviour Therapy (CBT) played a huge role in helping me to finally begin overcoming my addictions.

"With many of The Cabin's staff in recovery themselves, their ability to draw on their own experiences really helped me to benefit, and I also found their success inspirational. My time at The Cabin is by far the most enjoyable and beneficial experience I've had in any treatment centre in the world. There is no other treatment centre that I have stayed longer than six weeks, and I've now completed five months in The Cabin's program, which is something I thought I could never do," Peter concluded.

**Name changed to protect privacy.*

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³Foundation for Alcohol Research and Education *Annual Alcohol Poll: Attitudes and Behaviours*, 2012.

⁴Australian Institute of Health and Welfare *2010 National Drug Strategy Household Survey report*, 2010.

⁵National Drug Strategy, Department of Health and Ageing, Federal Government of Australia *The costs of tobacco, alcohol and illicit drug abuse to Australian society in 2004/05*, updated 2008.

⁶Deloitte *Medical Tourism: Consumers in Search of Value*, 2008.



About the Cabin

The Cabin Chiang Mai is Asia's most respected Drug and Alcohol treatment centre, with two facilities and a secondary treatment Sober House located in Chiang Mai. Since 2009 the Cabin has treated over 300 men and women from around the world with a programme completion rate of 96% and a recovery rate amongst the highest in the world.

The unique programme at The Cabin combines CBT, the 12 Steps, mind mapping, mindfulness therapy and physical exercise therapy. A fully inclusive 28 day programme at The Cabin Chiang Mai costs \$12,000, about a third of the cost of private rehabs in Australia.

Cameron Brown is the aftercare provider and evidence based researcher of The Cabin Chiang Mai. He is a registered Psychologist with the Psychology Board of Australia and an Associate Member of the Australian Psychological Society. Having served on site as The Cabin's psychologist, he is now based on the Gold Coast Australia, where he offers ongoing psychological support to reformed addicts returning from The Cabin.

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