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## **As The Nation Mourns The Loss of Amy Winehouse, Substance Abuse in the UK is Recorded at An All Time High**

Recent reports show that within the last 12 months, 220,000 people in the UK have been within a structured drug addiction treatment programme. Of these, less than 4% were free of drugs at discharge from the Centre. Rehabilitation Centre, The Cabin Chiang Mai, has seen an influx of bookings and have just opened up their second drug and alcohol rehab centre in response to this demand.

The recent loss of Amy Winehouse has highlighted the tragic effects of addiction on the addict and his/her loved one. On the day that her sad demise filtered through across the world, The Cabin had a constant stream of enquiries with regard to people joining their programme.

### **Alastar Mordey, Addictions Counsellor at The Cabin commented:**

"Sunday is usually a very quiet day for new enquiries but this day it was 10-15 times as busy as usual. I am sure that as those suffering from addiction and the families and friends of addicts saw the news, this tragic loss acted as a wake up call as to the potential dangers. Whilst we don't wish to benefit from the death of Amy Winehouse, her death has provided the catalyst for a number of people all over the world, not just in the UK, to examine their addictions, acknowledge they have a problem and seek help".

### **UK Government "Targets" Short-Sighted**

In the UK, the government set targets to the rehab industry to get a certain number of people in treatment and to get those patients to stay for 12 weeks. However, no target is set as to getting people clean or staying clean! The targets the government sets give more incentive to keep people comfortable in rehab with substitution drug therapy rather than challenge and treat them.

### **Intensive Holistic Programmes The Future**

The Cabin's facilities actually aim to get people clean in the shortest possible time, offering a really intensive programme solely based on success. All their clients leave free of drugs at the end of treatment and the majority remain clean. Many UK rehabs hold the mantra that 'you can't get clean in less than 6 months of treatment', that is not the case, an intensive, holistic programme with the right team can achieve recovery in shorter periods and the Centre has the testimonials to prove this.

### **Alastair Mordey concludes:**

"The Cabin's tremendous success in its first year of operation has triggered the need for expansion to meet demand. We attribute this success to our unique treatment approach. In particular the use of our progressive CBT-based techniques, which are incorporated into a modernised secular 12 Steps framework, continues to be highly successful and the introduction of psycho-educational training to raise our clients' awareness of co-dependency, cross addictions, self esteem, anger management, understanding emotions and other issues has increased the effectiveness of our programme."

## EDITORS NOTES

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