



MEDIA RELEASE

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The Cabin Chiang Mai Rehab Centre Outlines Powerful Ways to Support an Addict's New Year Resolution to Get Clean

The New Year typically signals an opportune time to make life changes for many and drug addicts and alcoholics are no exception. The Cabin Chiang Mai, Asia's leading drug and alcohol rehab treatment centre located in Thailand, usually sees enquiries and admission jump by a dramatic 30% every January. According to Programme Director Alastair Mordey, some clients check themselves in while others are brought in by their family, or at least it is a relative who makes initial contact with the newly expanded 50 bed facility.

"Quitting an addiction is similar to getting treatment for any major disease – moral support plays a crucial role in the person's ability to recover. While one can't take responsibility for a loved one's recovery – after all, it's only the addict who can take full control of their addiction – family members and close friends can definitely do a few things to help them succeed. In my experience, more than three quarters of our clients who are successful in recovery have a strong and active support network back home," he explained.

To underline how important it is for an addict's loved ones to support them when they want to end their struggle with addiction, Alastair has written a blog "**New Year's Resolutions: Supporting a loved one who resolves to end addiction**" that outlines how to be "effectively" supportive. Recommendations include:

- **Being actively supportive** - Help them to research and [choose the right rehab](#), offer to drive them to their support meetings, ask about their goals and achievements thus far with genuine interest, but most importantly – be there for them when they tell you they need support.
- **Taking part** - It's important for your loved one to engage in new, stimulating activities to keep their mind off their desire for substance use. Give them the extra courage to get involved by getting involved with them. Sign up for a yoga class together once a week, or simply set up a time each week that you will get together and go for a walk, have coffee – whatever you both feel like doing. Not only does it show them you care, but knowing they have to see you at the same time each week makes them accountable for their actions.

To read more about how you can aid your addicted loved one achieve recovery [click here](#)

The Cabin Chiang Mai treats both chemical and process (or behavioural) addictions, using a unique treatment model that incorporates a secularized version of the 12 Steps that is culturally friendly along with a combination of evidence-based psychological techniques such as CBT and 3 Circles – the programme is enhanced by exercise and Mindfulness therapies. This unique treatment approach draws clients from around the globe with a 96% programme completion rate.

ENDS



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About The Cabin

The Cabin Chiang Mai is Asia's leading 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 600 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, 12 Step techniques, mind mapping, mindfulness therapy and physical exercise therapy. A fully inclusive 28 day programme at The Cabin Chiang Mai costs \$12,900, about a third of the cost of similar world-class rehab facilities in the West.