



MEDIA RELEASE

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Cocaine – the expat drug of choice in Hong Kong says The Cabin Hong Kong

The increasingly easy availability of cocaine in Hong Kong since the mid 2000s has made it the preferred drug of abuse amongst foreigners working at the executive level in the alpha city according to The Cabin Hong Kong – a full-option outpatient addiction treatment centre opened this 2015. The centre is run by the world renowned Cabin Addiction Services Group, which is based out of Southeast Asia.

On The Cabin Hong Kong's official blog, which is posted on its website, the centre discusses how factors like work place culture, the type of personnel sent out by the multinational companies to man their Hong Kong offices; and drug accessibility often combine to form a recipe for substance abuse and, in some cases, eventually addiction.

The blog describes how: *"In Hong Kong, one of the busiest cities in the world; the work week sees an average of 49 hours per week, and many workers find themselves logging over 60 hours. White-collar workers such as accountants, stock-brokers, recruiters and bankers work long hours, earn high salaries – and are put under a lot of stress! It is these long working hours along with the high levels of stress that often lead to substance abuse.*

"A typical Hong Kong expat earns a relatively high salary, and 75% of all expats earn substantially more than they would back home, leaving them with an excess of disposable income. Thus, they'll work long hours during the week, and then join the drug-fuelled party scene on the weekends.... And, since cocaine in Hong Kong has recently become very easy to access, it is being abused more and more frequently each day. Some workers have been known to spend HK\$30,000 (\$3,800 USD) each weekend."

To read the full article click here: <http://www.thecabinhongkong.com.hk/cocaine-in-hong-kong/>

The Cabin Hong Kong, which is conveniently located in the city's business district of Central, caters primarily to these expats and English-speaking locals by offering its addiction treatment programme in English and holding treatment sessions at flexible hours, including evenings. This allows clients to keep their work and family commitments while receiving treatment.

Staffed by highly qualified and experienced addiction treatment specialists, The Cabin Hong Kong treats both substance (alcohol and drugs) and process (sex, gambling, internet) addictions with an intensive six or 12 week programme called Recovery Zones.

Both programmes utilise The Cabin's highly successful *Recovery Zones* treatment model – a combination of the best known addiction treatment methods – namely Cognitive Behavioural Therapy (CBT), 12 Steps and Mindfulness Meditation – which have been fine-tuned and integrated to combat addiction even more effectively than traditional methods.

Apart from its *Recovery Zones programmes*, the centre also offers one-on-one counselling, group therapy, a family programme, as well as psychiatric assessment & medication review. If need be, clients are also fast-tracked for admission to the centre's reputed sister facility – The Cabin Chiang Mai residential rehab.

To find out more about us, please visit www.thecabinhongkong.com.hk



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*For more information please contact The Cabin Chiang Mai or their PR representative **Edelman Healthcare** at:*

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About The Cabin HK

The Cabin Hong Kong is a full-service outpatient addiction treatment centre that specialises in both substance and process addictions. Its gold standard treatment programme uses a model called *Recovery Zones*, which combines the best evidence-based addiction treatment methods into an innovative yet highly effective recovery programme. Located conveniently in the Central district, The Cabin HK also offers a range of other treatment options to match the work and lifestyle commitments of its clients.

The *Recovery Zones six and 12 week programmes* cost US\$6,000 and US\$10,000 respectively. The Cabin Hong Kong belongs to The Cabin Addiction Services Group – a world leader in addiction treatment and owner of the highly successful residential rehab, The Cabin Chiang Mai in Thailand.