

HELP ME STOP

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helpmestop.org.uk

**Dayhab goes online:
lockdowns and now**

Help Me Stop

Date: 30th June 2022

**Rehab.
In the real world.**

The UK's number 1
alternative to
residential addiction
treatment.

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Help Me Stop mission

To deliver a breakthrough in addiction treatment by making it effective, accessible and affordable for all

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'Our objective was to create something different in addiction treatment. We're opening up to many thousands of people who otherwise wouldn't be able to get clean and sober.'

Tim Smith,
Chief Executive Officer
Help Me Stop

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Help Me Stop Dayhabs: London and Winchester

Non-residential, intensive, affordable treatment for addiction

- 6-week face-to-face programme: £3,600 (inc VAT) – free assessment and fast admission
 - Integrative psychotherapy: 136 treatment hours of group therapy and one-to-one counselling
 - 4 weeks of 5-day attendance (Mon to Fri, 5 hours per day) + 2 weeks of 3-day attendance
 - Family programme
 - 12 weeks' aftercare (on completion)
- Great transport links – accessible across London and surrounds, and right across Hampshire
- Evening programme launching July 2022 in central London for full-time working people

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Help Me Stop Online Rehab



Our Online Rehab launched on day 1 of Covid lockdown 1

- March 2020, we moved our face-to-face Dayhab online, as a response to the pandemic
- Vital service, due to impacts of service restrictions and social isolation
- Demand for Online Rehab continues today, post-pandemic

The most affordable, accessible, intensive treatment for addiction

- 6-week intensive programme (73.5 treatment hours): £2400 (inc VAT)
 - Daily group therapy (Monday to Friday: 9.15am to 11.30am or 6.15pm to 8.30pm)
 - One-to-one counselling (weekly)
 - Family programme
 - 12 weeks' aftercare (on completion)
 - Free assessment and fast admission
 - Accessible worldwide with a computer and wifi
 - No commuting and minimal disruption to life
 - The treatment choice for professionals, parents and carers

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“ I reached out to Help Me Stop in the thick of Covid. We were in a lockdown. My addiction had become quite aggressive. My loved ones urged me to seek help. ”

Christianna, Online Rehab & Onsite Rehab client

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Efficacy of intensive Dayhab treatment for alcohol and drug addiction

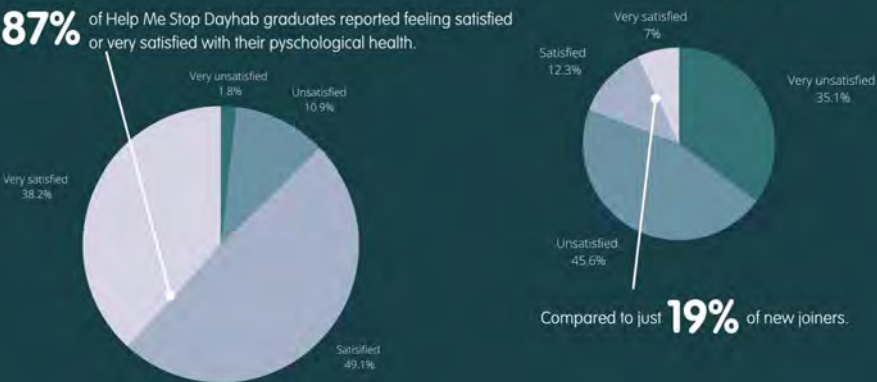
- **640 clients treated since 2019**
 - 62% face-to-face Dayhab; 38% Online Rehab
- **Highly effective**
 - 85% treatment completion rates (2020-21) – compared to 50% national average (2020-21) for treatment completions free from dependence*
 - We also measure pre- and post-treatment health and wellbeing outcomes AND large scale follow-up survey underway
- **Rehab in the real world**
 - Clients learn to deal with day-to-day triggers and challenges whilst in primary treatment phase (unlike residential)
- **Intensive and structured**
 - Clients gain in-depth understanding of the nature of addiction, what recovery is, and how to maintain recovery
- **Tailored recovery plans, including:**
 - We encourage attendance at 12 step fellowship meetings while with us, to ensure peer support system is in place
 - 12 weeks' of aftercare (upon completion)
 - Option to extend treatment, continue with one-to-one counselling (HMS therapist or referral to external therapist)

*https://www.gov.uk/government/statistics/substance-misuse-treatment-for-adults-statistics-2020-to-2021/adult-substance-misuse-treatment-statistics-2020-to-2021-report

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"I feel satisfied with my psychological health"

87% of Help Me Stop Dayhab graduates reported feeling satisfied or very satisfied with their psychological health.



Category	Very satisfied	Satisfied	Unsatisfied	Very unsatisfied
Dayhab Graduates	38.2%	49.1%	10.9%	1.8%
New Joiners	7%	12.3%	45.6%	35.1%

Compared to just **19%** of new joiners.

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'It was comforting to speak and listen to people who were in the same boat as me. It was a relief to meet people who finally got me.'


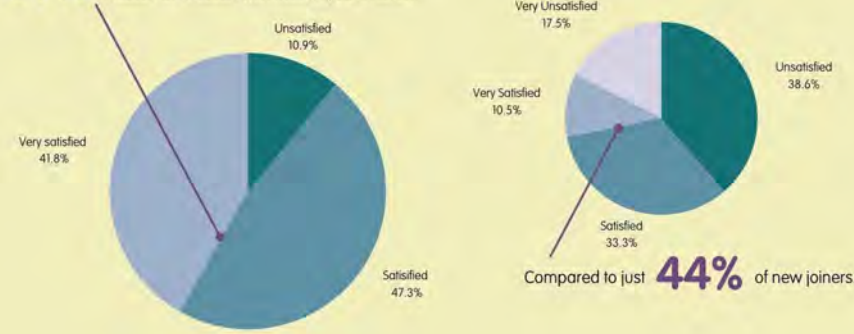
Jessica, Online Rehab client



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"I feel satisfied with my physical health"

89% of Help Me Stop Dayhab graduates feel very satisfied or satisfied with their physical health.


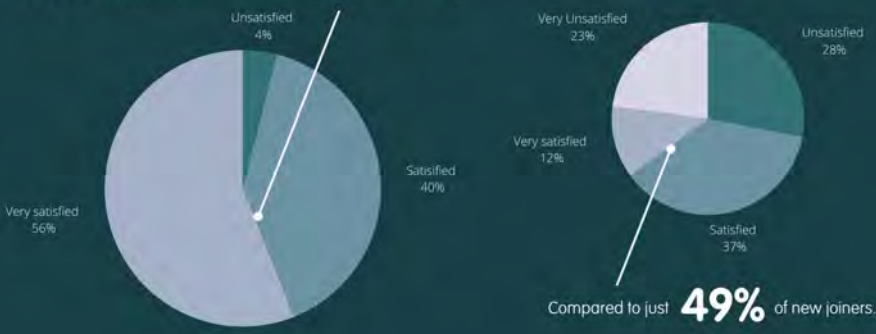
Satisfaction Level	Percentage
Very Satisfied	41.8%
Satisfied	47.3%
Very Unsatisfied	10.9%
Unsatisfied	38.6%

Compared to just **44%** of new joiners.

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"I feel satisfied with my relationships with family"

96% of Help Me Stop Dayhab graduates reported feeling satisfied or very satisfied with their relationship with their family.

Satisfaction Level	Percentage
Very Satisfied	56%
Satisfied	40%
Very Unsatisfied	23%
Unsatisfied	28%

Compared to just **49%** of new joiners.

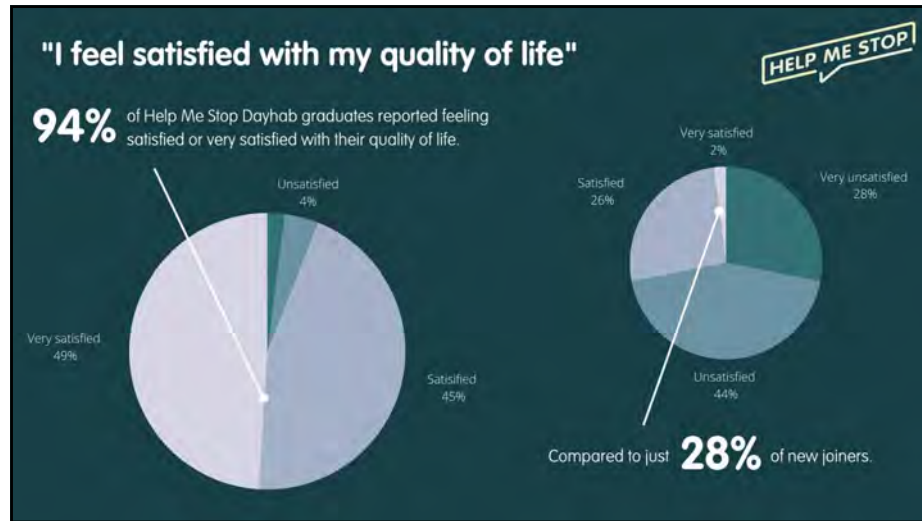
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'I'm now truly present for my kids and my relationship with them is so special. I'm grateful for every day alive without drinking and using.'

Louise, Online Rehab client



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How Dayhab reduces barriers to treatment

- **Affordable and accessible**
 - **Face-to-face Dayhab and Online Rehab are one fifth to one tenth of average residential rehab prices** – we've removed prohibitive costs, including accommodation, 24/7 staffing, catering, etc.
 - **Geographical** – No commuting and worldwide access to Online Rehab from home or private office; face-to-face Dayhabs in London and Winchester have excellent transport links
 - **For parents and carers** – Online Rehab works well around school hours for children; face-to-face Dayhab possible with some childcare in place
 - **For working people** – Online Rehab allows full-time work to continue; face-to-face Dayhab allows flexible part-time working (new evening programme in London for full-time working people)
 - **Discreet service** – for some clients, the safety of their own home is the only environment they will enter into treatment; our face-to-face services have a welcoming, non-clinical feel, making it easier to walk through the door

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Function as a treatment modality - including client suitability



Therapeutic effectiveness

- Supportive peer bonding in group therapy, including in Online Rehab
- No difference in treatment completion rates – online v. face-to-face
- Ongoing one-to-one support is beneficial post-treatment – we refer on to trusted therapists (leave your details here or at the Help Me Stop stand)

Client suitability – Online Rehab v face-to-face Dayhab

- Effective and thorough admissions process is essential
- Particularly for Online Rehab, clients need a stable home environment, so they can fully engage in the process.
- If employed, work needs to be bounded, to enable punctual and full attendance - if necessary, employers need to be informed.
- Face-to-face programme is available for those not suited to Online Rehab
- We refer to trusted residential treatment centres/ detox providers for detox and complex rehab needs.

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Client safeguarding online

Specific processes in place to safeguard online clients – for example:

- Thorough assessment processes, to identify any safeguarding risks to clients or dependents
 - For example, complex mental health conditions, suicide risk, childcare issues, or other risks to group cohesion
- Confidentiality boundary is contracted and rigorously maintained
 - Private room is required, with no-one else in the room throughout the session
 - Cameras remain on at all times
 - No recording
 - No sharing personal information outside of the session
- Procedures in place to manage risk
 - For example, if client does not turn up, drops off mid-session, or therapist identifies risk of harm to themselves or others
 - Next of kin, onward referral, reporting to emergency services, etc
- Remote drug and alcohol testing available

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Two-way referrals

Utilise Help Me Stop as a referral source where client needs are complex, and as an extended-care service after rehab

- We treat people with a primary addiction to alcohol and/ or drugs
- We refer to trusted therapists and treatment providers for a primary behavioural addiction (e.g. food addictions, gambling, co-dependence or sex addiction without substance use, etc)
- For clients with complex needs including a dual diagnosis, detox and complex rehab requirements, we refer to trusted residential partners
- We accept referrals for clients who need intensive treatment for alcohol and drugs, but do not clinically require a residential stay
- We accept referrals from private therapists, if your client needs a short, intensive period of alcohol or drug rehab, to engage in meaningful one-to-one counselling
- We believe strongly in offering clients what they need – for example, ongoing one-to-one support with a Help Me Stop or external therapist
- We are an affordable extended-care programme for clients leaving residential rehab, who need community-based support

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“

Right now, I am feeling like I can do this. Before I came to Help Me Stop, I felt really quite lonely. I didn't know it would be such a connected experience.

Jake, Onsite Rehab Client

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The gift of peace of mind in addiction recovery

Matt completed our free-to-see Dayhab programme in our central London hub in the summer of 2021.

“So, the three words for treatment here are: peace, acceptance and unlearning.” Matt says. The biggest thing that’s been more than anything else, actually, which I want to say, was that because we’re all here in this together, and that they get it, the therapists get it because they’ve been there, that makes a massive difference for me – rather than someone who is trained to be a therapist but hasn’t actually had any firsthand experience.”

[Read More](#)

[Watch on YouTube](#)

[Watch on YouTube](#)

[Watch on YouTube](#)

Becoming a mum in addiction recovery

We hope you take something for you from this story about one of our clients, who made the video clip in her 17th month of addiction recovery.

At the time of making this video, she is seven months pregnant. Watch her story to hear how she is feeling about the extraordinary changes that are happening in her life.

[Read More](#)

[Watch on YouTube](#)

A lovely story about fatherhood in alcohol recovery

Steve came to Help Me Stop Dayhab in June 2021 for alcohol treatment. In this video clip, he speaks about the extraordinary impact of alcohol recovery on his relationship, particularly with his 7-year-old daughter.

“I think one of the greatest gifts, in my opinion, of Help Me Stop was to switch the film on, give up and to be able to see me... not to see me in the drinks tent, or the tables I was going to get to, or even worse, not to be here at all. For that, I’m grateful.”

[Read More](#)

[Watch on YouTube](#)

[Watch on YouTube](#)

Lucy, alcohol, treatment, my family and me

Lucy came to Help Me Stop for alcohol treatment in our Online Hub.

“My relationship with alcohol had become very destructive. It was all-consuming. Although I had boundaries, a 6pm start, I was obsessed with it getting to 8 or 9 o’clock, obsessed with making sure there was wine in the fridge and another bottle to follow. And it was quite isolating because as soon as I took that first drink, I wanted to go and sit on my own, and have peace and quiet, and be left alone just drink. I didn’t want to interact with anybody.”

[Read More](#)

[Watch on YouTube](#)

[Watch on YouTube](#)

Erick logs on to Digital Dayhab from South Africa for help with addiction

One of the most amazing things that I did with the programme is the fact that I’ve been accessing the programme all the way from Johannesburg, South Africa, which is a programme based in London that labelled online, but it was one of the best experiences ever. I felt like I was there, I felt connected.

I couldn’t imagine that I could get the help or overcome addiction through an online programme that I would attend from miles away in South Africa, and receiving help from London and it was the changing because I still felt involved. Though it was online, it still gave me all the care and things that I needed. And I’m a brand new person today because of it.”

[Read More](#)

[Watch on YouTube](#)

[Watch on YouTube](#)

<https://helpmestop.org.uk/dayhab-london/our-recovery-stories/>

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Recovery is possible, and it's okay to ask for help.

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