



SMARMORE  
CASTLE

Part of the Castle Health Group



## A Leading Rehab

Smarmore Castle is a leading drug and alcohol rehab clinic in Ireland, providing inpatient detox and treatment for people with addiction. Our extensive experience and expert medical care have been helping people overcome drug and alcohol addiction since 2015.

Thousands of people from all over Ireland, the UK and further afield have turned to Smarmore Castle for quality treatment, expertly delivered therapies and dedicated family support.

Each person who comes through our doors has the chance to renew their life. We work tirelessly towards offering people freedom from addiction, with recovery front and centre of everything that we do.

## An Idyllic Location

Set in the beautiful hills of the Co. Louth countryside, amid a private parkland estate, one hour north of Dublin, 1.5 hours from Belfast, Smarmore Castle is a sanctuary for recovery. Our residents are blessed with freedom and detachment from the pressures of the outside world. The air is fresh and clean; wildlife, trees and plants are abundant.

## Family Run

Founded by Peter and Dr Margaret McCann in 2015, we are a family-run organisation, continuing the original vision of compassion, empathy and care at the centre of what we do. Our staff are inspired and dedicated – many are in recovery themselves.



# What We Treat



Primary Addictions			
Alcohol	Drugs	Prescription Medication	Gambling

Mental Health Support
<ul style="list-style-type: none"><li>✓ Trauma / PTSD</li><li>✓ Chronic Pain</li><li>✓ Grief</li><li>✓ Anxiety</li><li>✓ Depression</li><li>✓ Mood Disorders</li><li>✓ Other mental health conditions</li></ul>

Co-occurring Addictions
<ul style="list-style-type: none"><li>✓ Gaming</li><li>✓ Work</li><li>✓ Day Trading</li><li>✓ Internet</li><li>✓ Social media</li><li>✓ Shopping</li></ul>

# Programme Elements

## Treatment length

4 – 12 weeks inpatient treatment

## Detoxification

Consultant Psychiatrist-led care  
Medically managed detoxification  
24/7 nursing team  
Medical assessments and blood tests  
Psychiatrist case reviews

## Therapy

Full therapeutic assessment  
Personalised treatment plans  
12 Step therapy programme  
Individual and group therapy  
Cognitive behavioural therapy (CBT)  
Motivational interviewing therapy  
Family therapy  
Reality therapy  
Trauma-informed support  
Sensorimotor psychotherapy  
Psychodynamic therapy  
Psychoeducational lectures and workshops  
Emotion-focussed therapy  
LGBTQ+ aware  
Sleep hygiene techniques

## Specialist Groups

Gambling group  
Men's and women's group  
Grief group  
Adult children of alcoholics group  
Anger Management  
Catering Workshops  
Horticulture Workshops

## Complementary Therapies

Aqua therapy  
Art therapy  
Equine (horse) therapy  
Mindfulness meditation  
Music and drumming therapy  
Creative writing

## Multidisciplinary Team

Consultant Psychiatrist  
Clinic Manager  
24/7 Nursing Team  
Specialist Addiction Psychotherapists  
Healthcare Assistants  
Recovery Advocates  
Fitness Trainer

## Accreditations

Accredited by CHKS  
Quality Assurance: Intertek ISO 9001  
Therapists: ACI, IACP, BACP, IAHIP accredited  
Doctors: Irish Medical Council  
Nurses: INMB or equivalent

## Continuing Care Programme

*(Available at an additional cost)*  
Up to 2 years' continuing care group.  
Family support group.  
One-to-one therapy.  
Annual reunion.







“

I now feel equipped to go forward  
and travel a new journey, being  
healthy and positive.  
I'm leaving stronger and ready for  
a new and better life.”

”

## Our Approach

Our patient-centered treatment approach includes a focus on your renewed search for meaning and purpose in life, which often arises as you embark on the journey of recovery and leave alcohol or drugs behind.

The 12 Steps guides our model of recovery which is proven to deliver results. With the right support, addiction is a treatable illness and our goal is to prepare you for a life of abstinence from drugs and alcohol.

Our programme is evidence-based and developed by our founders who have over 40 years of experience in addiction treatment.

## Privacy & Confidentiality

Smarmore Castle has a unique location set amongst 16 acres of land allowing for extra privacy. We place a strong emphasis on anonymity and confidentiality, including data protection.

## Personalised Treatment

Research confirms that effective treatment must target the multiple needs of each person, not just the alcohol or drug misuse.

We develop comprehensive personalised addiction treatment plans that begin with a comprehensive biopsychosocial assessment, individualised detoxification, and therapies addressing mental health conditions such as grief therapy, trauma therapy and anger management therapy.

## Our Programme

Our addiction treatment programme includes detoxification, followed by 4-12 weeks of intense therapies.

### Continuing Care

Up to 2 years of therapist-led groups and family support groups at an extra cost.





# Medical Care at Smarmore Castle

## Detoxification

Withdrawal from drugs and alcohol can feel daunting, but with round-the-clock care, our compassionate medical experts support and encourage you through this process.

Smarmore Castle is one of the only addiction treatment centres in Ireland to provide onsite detoxification from drugs and alcohol. With a 24/7 medical centre our nurses and doctors ensure a safe and comfortable detox.

We safely reduce any physical symptoms you may experience during detox with medications and complementary therapies.

## Psychiatrist-led Care

Our Consultant Psychiatrist, Dr Orlagh McCambridge who specialises in addiction leads the medical team.

Their role is to review admission assessments and personalised treatment plans, supervise the medical and clinical care of patients and prescribe medications.

## 24/7 Clinical Care

Smarmore Castle has nurses and healthcare assistants working on-site 24/7 and doctors on-call 24/7.



# Psychotherapy at Smarmore Castle

Our therapy programme is delivered by experienced, accredited therapists. Therapy addresses the underlying issues contributing to the addiction. Our patients leave with a 'toolbox' of therapeutic strategies to use in their daily lives.

## Group Therapy

Group therapy, based on the 12 Step model, enhances self-awareness and self-esteem through sharing experiences with other group members. It creates a sense of empowerment and renewed hope that recovery is possible.

## Individual Therapy

Each patient meets a therapist for twice-weekly private psychotherapy sessions. These use a number of different therapeutic approaches to change problematic thought patterns and develop coping skills.

## Family Therapy

We help partners and family understand the disease of addiction and address co-dependency, which is crucial to recovery. We hold weekly educational Zoom lectures and discussions for family members.

## Trauma Therapy

Our addiction programme is trauma-informed and we use a strategic combination of therapies including one-to-one and trauma group.

## Therapist Qualifications

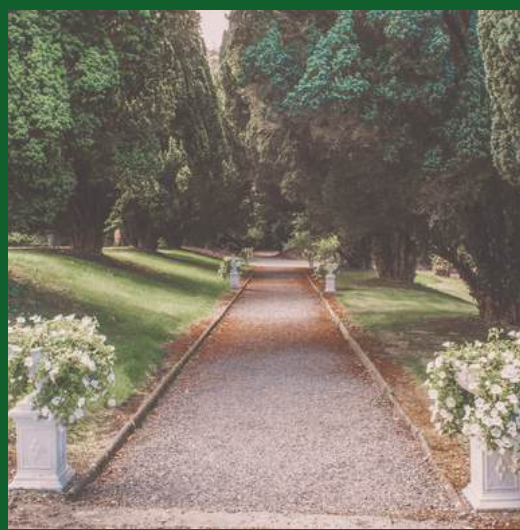
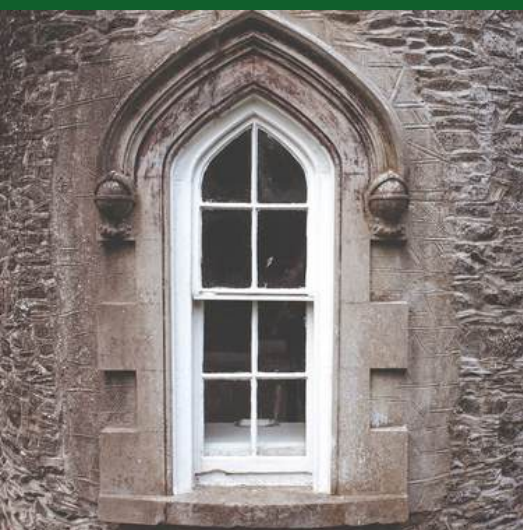
- ACI (Addiction Counsellors of Ireland)
- IACP (Irish Association for Counselling & Psychotherapy)
- BACP (British Association for Counselling and Psychotherapy)
- IAHIP (Irish Association of Humanistic and Integrative Psychotherapy)
- University degrees or diplomas in counselling

## Types of therapies we offer

- 12 Step Facilitation
- CBT (Cognitive Behavioural Therapy)
- Sensorimotor Psychotherapy
- Motivational Interviewing Therapy
- Reality Therapy
- Psychodynamic Therapy
- Emotion-focussed Therapy







“

I was at Smarmore for 5 weeks. It was an eye-opening experience that has changed our family forever. I was in no doubt about the caring and authentic passion of the staff at Smarmore. They teach families to be healthy in relationships, communication and support, it was a game changer for my wife and son. This experience couldn't have been more positive for me. I have my life back!

Samuel B, 2022

”



## Complementary Therapies

We offer several holistic therapies which help balance the body, reduce anxiety and increase overall wellness.

**Art Therapy** - enables the expression of inner feelings and trauma.

**Mindfulness Meditation** - learn how to connect to the here and now.

**Aqua Therapy** - light exercises in our swimming pool help balance the body.

**Equine Therapy** - provided by an EAGALA-trained equine therapist. Promotes self-awareness and problem-solving.

**Music Sessions or Drumming** - self-expression, calms anxiety.

**Creative Writing** - assists with focus, reflection and self-expression.

## Swimming & Gym

- 24-meter swimming pool,
- Sauna, steam room
- Qualified personal trainer
- Fitness centre and gym
- Classes in pilates, aerobics, yoga and weights.

Smarmore Castle boasts a large swimming pool where water aerobics take place.

Our private gardens allow for volleyball sessions, football and contemplative walks among the trees and flowers.

## Healthy Food

Our catering team prepare three nutritious, freshly cooked meals in our kitchens every day. Snacks and refreshments are also available throughout the day.





# Accommodation and Facilities

At Smarmore Castle we maintain a welcoming, comfortable and restful environment.

According to official Irish records, Smarmore Castle is a classical piece of architecture with the main castle-keep built in 1320 by William Taaffe; later in 1720 and 1760 two extensions were added to both sides of the main building.

Smarmore Castle retains many original features including a castle turret, Gothic-style windows, elegant stonework and fireplaces, a panelled library, Georgian interiors, a listed walled garden and a large courtyard. It is a truly unique place for recovery to begin.

We offer the following accommodation options:

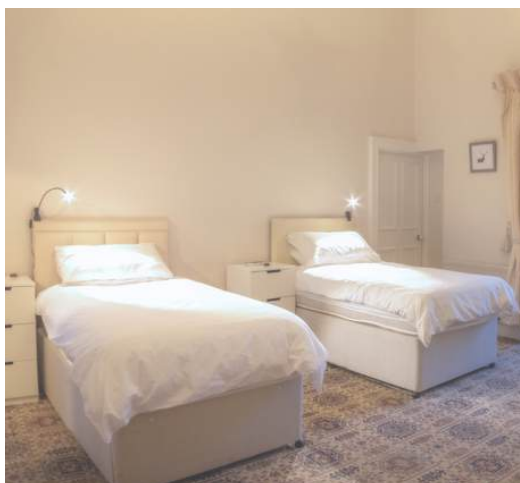
- Unshared Rooms
- Shared Rooms (2-4 occupants)

Our bedrooms are ensuite and have a bed, a desk, a wardrobe and locker. All patients have access to a personal safe while they stay with us.

## Continuing Care

Leaving Smarmore Castle marks the beginning of a life-long journey in recovery. We offer ongoing support to help you sustain the gains you have made in rehab and supports your transition back into your home and work environment.

All patients leave Smarmore Castle with a personalised continuing care plan. We offer up to two years of weekly aftercare groups in Dublin, at Smarmore Castle, and online. If relapse does occur, we host a 6-week 're-entry group' programme to help you work through the situation. Some of the aftercare options are not included in our treatment costs.



# Taking the First Step

We know that reaching out for help can be daunting when you don't know what to expect. That's why we are here to listen to you and help open the door to recovery for you or your loved one.

## Admissions

Our team are here to support you through the enquiry and admissions process, from your very first call, to the moment you step through our doors.

## Payment

You can pay for treatment at Smarmore Castle privately, or through medical insurance such as VHI Insurance, St Paul's Garda Medical Aid, Prison Officers Medical Aid, Medical Provident Fund and the GPA and HSE funding. We advise patients to contact their provider in relation to excess on their insurance policy.

Please call us for our prices and to arrange your free screening assessment.

## Getting to Smarmore Castle

Smarmore Castle is located just one hour's drive from Dublin and 1.5 hours from Belfast international airport.

## Help with Transport

We can arrange a driver to collect you from the airport and bring you straight to our door. We can also arrange a 'sober transport' service with a trusted driver, from anywhere else in Ireland or Northern Ireland, both services are offered at an additional cost.

## Quality Assurance

Our comprehensive governance procedures ensure an ongoing commitment to high-quality treatment. Smarmore Castle is registered and inspected by CHKS and Intertek ISO 9001. We have a record of high patient satisfaction and standards across all departments.

## Smarmore Castle Insurers



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service







## Contact Us Today



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## Part of the Castle Health Group

Smarmore Castle is part of the Castle Health Group, founded in 1988, which includes Castle Craig residential rehab clinic in Scotland, and outpatient clinics CATCH Recovery, Stockholms beroendeklinik in Sweden, and Castle Craig Nederland.