

Cassiobury Court Rehabilitation

CareQuality Commission
Good

Cassiobury Court Rehabilitation

Residential Drug and Alcohol Treatment | Watford

About Cassiobury Court Rehabilitation

Located alongside the beautiful Cassiobury Park in a peaceful area of Watford, Cassiobury Court is a specialist CQC registered residential drug and alcohol treatment centre for adults aged 18 and over. We provide evidence-based care within a safe, therapeutic environment, combining medically managed detoxification, personalised psychological therapies and compassionate multidisciplinary support to help individuals achieve lasting recovery and improved wellbeing.

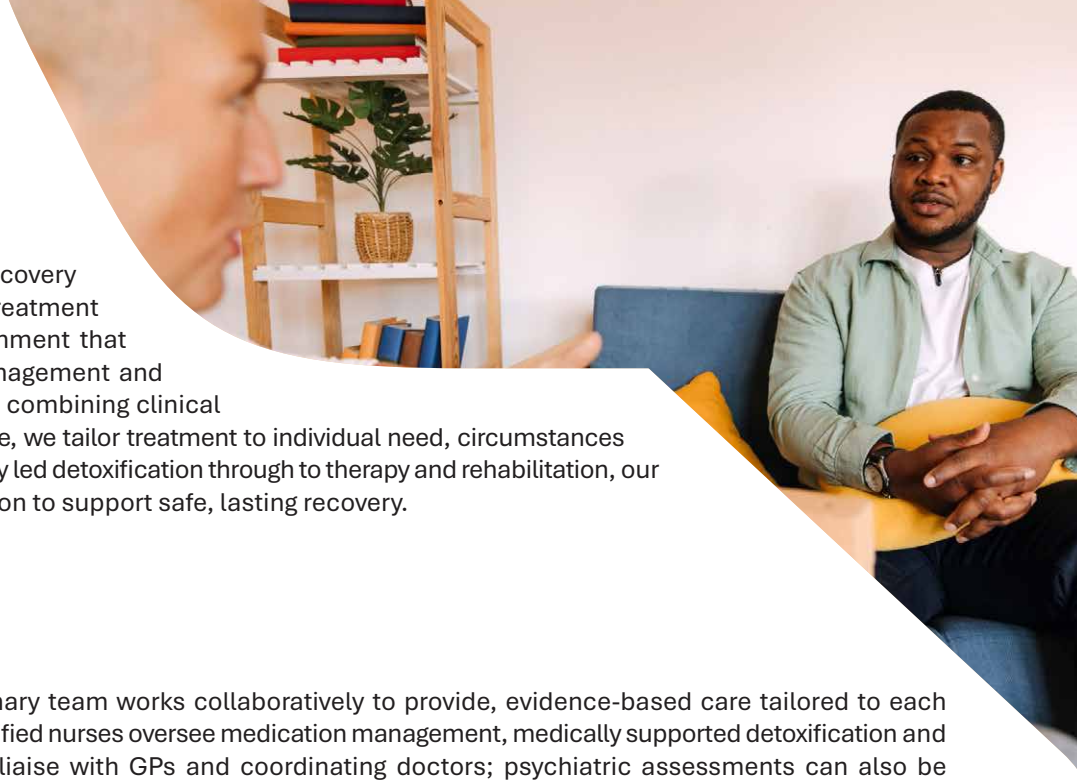
Situated within easy reach of London and the wider UK transport network, Cassiobury Court is readily accessible for both private and statutory admissions, while offering a peaceful setting that supports recovery.



Enquiries & Referrals:

NHS, Local Authority,
Professional Referrals: **0330 236 8231**
Private Referrals: **0330 159 6158**

referrals@ihcm.co.uk



Care and Support

At Cassiobury, we provide recovery focused substance misuse treatment within a safe, supportive environment that promotes safe, positive risk management and support sustainable recovery. By combining clinical expertise with person-centred care, we tailor treatment to individual need, circumstances and recovery goals. From medically led detoxification through to therapy and rehabilitation, our team works alongside every person to support safe, lasting recovery.

The Team

At Cassiobury, our multidisciplinary team works collaboratively to provide, evidence-based care tailored to each individual's recovery journey. Qualified nurses oversee medication management, medically supported detoxification and repeat prescriptions. They also liaise with GPs and coordinating doctors; psychiatric assessments can also be arranged according to individual clinical needs. Many of our colleagues also bring valuable lived experience of recovery, offering a unique level of understanding, empathy and hope. Their insight helps build trust, inspire confidence and demonstrate that lasting recovery is possible, providing encouragement and practical support every step of the way.

Therapies and Approaches

For some people, treatment starts with a medically managed detox to support withdrawal safely and as comfortably as possible.

After this stage, individuals begin a therapeutic CBT-based programme designed around their needs and longer-term recovery aims. Built into this is therapy which helps people understand and change unhelpful patterns of thinking, feeling and behaving that may be affecting your relationships, wellbeing and recovery.

Our therapeutic approaches may include:

- Trauma-Informed Care
- Motivational Enhancement
- Relapse Prevention
- Coping Skills Development
- Meaningful Daily Activities
- Psychoeducation
- Recovery Planning
- Discharge Planning



Building Recovery Beyond Treatment

Recovery continues long after leaving Cassiobury, which is why we actively support individuals to engage with mutual aid and fellowship groups during their stay. Our team encourages and facilitates attendance at organisations such as Alcoholics Anonymous (AA), Cocaine Anonymous (CA) and Narcotics Anonymous (NA), helping people become familiar with these supportive recovery communities before they leave treatment. Introducing individuals to fellowship groups while they are still in a safe, structured environment helps build confidence, reduce anxiety and establish meaningful recovery connections. By becoming comfortable attending meetings and developing supportive peer networks during treatment, individuals are better prepared to continue accessing these groups as an important part of their ongoing recovery journey after discharge.

This approach helps strengthen long-term recovery by ensuring people leave Cassiobury with not only the skills and strategies to maintain their recovery, but also a supportive community they can continue to rely on. Aftercare meetings for people who have completed the programme and their families are held weekly.

Facilities



- Private therapy rooms
- Dining and communal lounge area
- 24 beds, mix of ensuite and shared bathrooms
- Activity and group room
- Courtyard and outdoor seating area
- Nutritious, freshly prepared meals

Family and Community Involvement

We recognise that family members, carers, and wider support networks can make a valuable contribution to recovery. When appropriate, we welcome their involvement through open communication, practical support, and an inclusive environment during treatment.

We are committed to helping every individual achieve lasting recovery and maintain progress long after leaving our service. Our weekly Family Support Group, held every Saturday, offers a welcoming and supportive environment where family members and loved ones can openly discuss their experiences, ask questions, and receive support. We recognise that addiction impacts the entire family, and we believe that involving and supporting loved ones is an important part of achieving sustainable recovery.







Admissions and Assessment

Our admissions process is designed to be supportive and person-centred, ensuring each individual receives the right care from the moment they arrive. We take time to review each person's needs, risks, and recovery goals so treatment can begin safely and with the right level of support.

This includes:

- Screening assessment
- Assessment of substance use severity and any detox requirements
- A personalised care plan developed within 24-48 hours of admission

We accept both funded and private pay clients.

Contact Us

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Cassiobury Court Rehabilitation

Part of Integrated Health Care Management Group

Integrated Health Care Management (IHCM) is a UK-based health and social care management group. IHCM has oversight of a network of hospitals, residential care and nursing homes and supported living services, providing governance, clinical oversight and strategic leadership.

ihcm.co.uk

Cassiobury Court

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