



YOUTH PROGRAMME AT THE HILLS

The Hills Rehab Centre, set in beautiful northern Thailand specializes in treating all mental health issues, such as anxiety, depression, and trauma. Give yourself the time and space to improve both your mental and physical health. Our world-class centre, with private villas and a dedicated team of professionals, will transform you back to enjoying the life you so long wish and hope for.

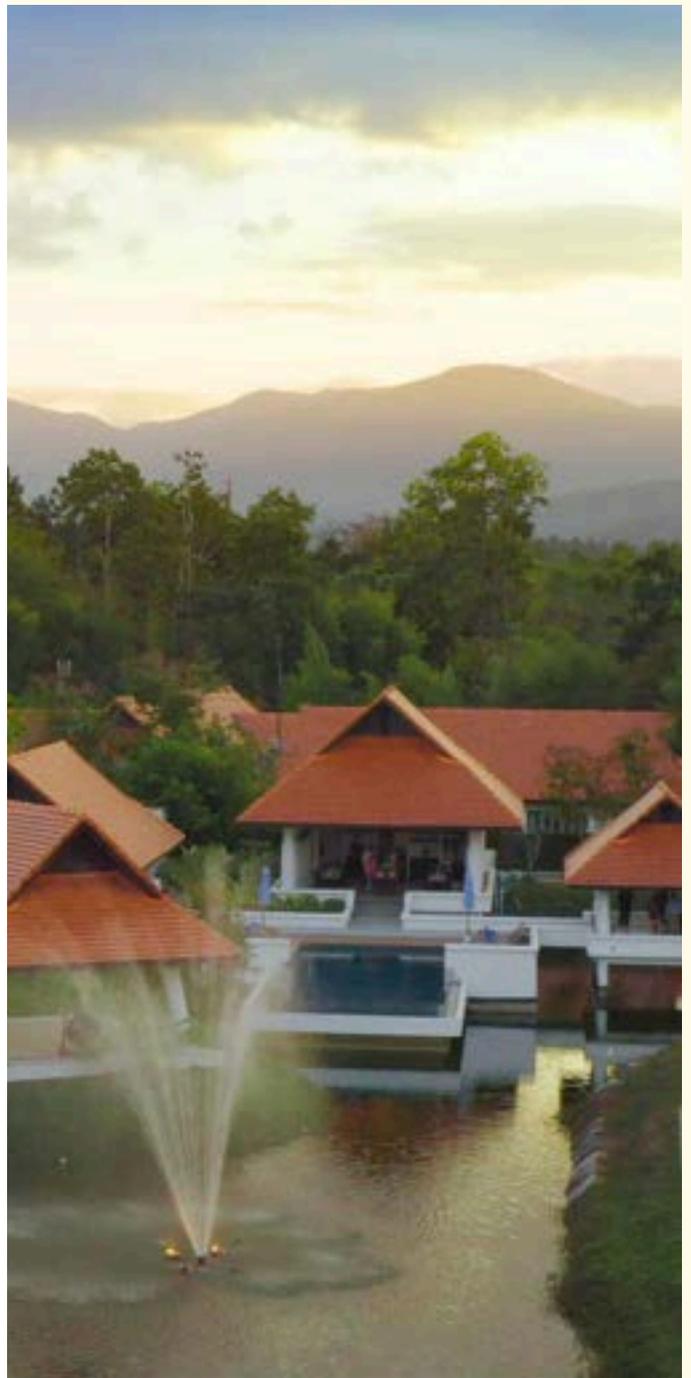
The Hills Rehab

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The Most Reputable Luxury Rehab in Thailand

Are addiction, trauma, or mental health issues hindering your desired life? Do these challenges affect your family, relationships, or career?

At The Hills, our treatment approach comprises of modern, intelligent, physical, and holistic programs. No quick fixes—our single-minded purpose is addressing the core issues, restoring a sound mind and body, facilitating deep healing, emotional repair, and a dynamic personal transformation that results in lifelong recovery.



Reach out for help

admission@thehillsrehabchiangmai.com

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What We Treat | Our Levels of Care



At The Hills, our commitment to the next generation is unparalleled.

Our specialized programmes for drug and alcohol rehabilitation stand out, offering an effective approach to getting clean. What sets us apart is our dedicated Licensed Doctor and psychiatrist, ensuring round-the-clock care and attention. Your well-being is our top priority, and we're here to help you on the path to lasting recovery.



Recover with Our Expert Team

- Licensed Psychiatrist
- Full-time Clinical Psychologist
- 24-hour onsite medical clinic for medically supervised detox
- English, French and Thai speaking Western-certified counselors
- Purpose-built treatment center on 14 acres of land with private luxurious villas



Youth Programme

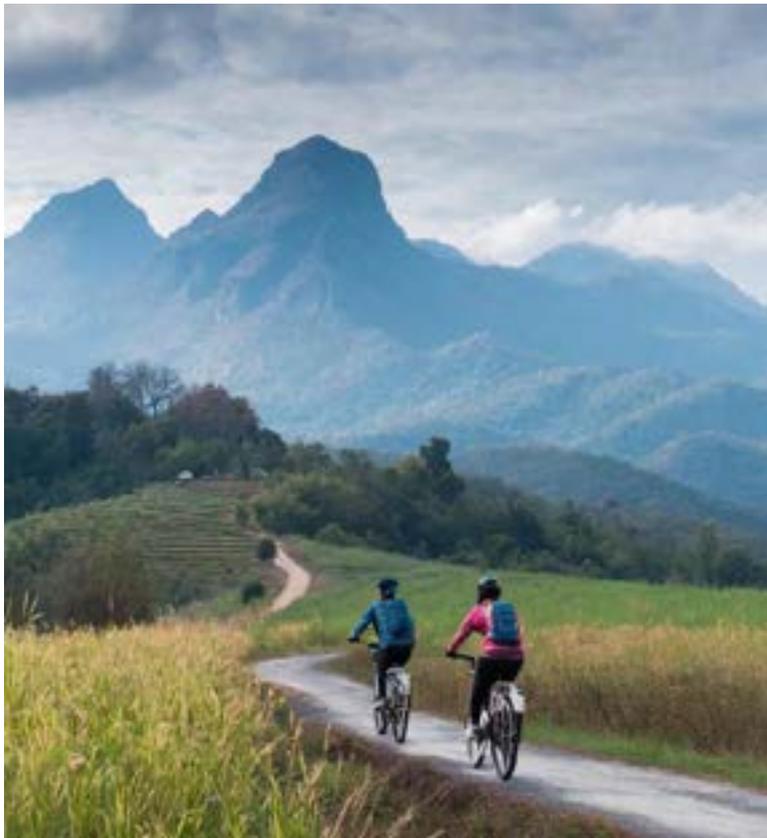
The Hills youth programme has been specifically designed to treat adolescents, 16+ years old, with their addiction to gaming, social media and behavioural issues.

ENRICHING ACTIVITIES FOR PERSONAL GROWTH AT THE HILLS

After the stabilisation period, our clients are encouraged to explore new interests, regain a sense of self, learn new ways to communicate and respond to conflict and develop meaningful and healthier friendships. Our programme includes various recreational activities such as Thai boxing, swimming, hiking, cycling and various other sports.

Our inpatient addiction treatment uses a holistic approach that covers:

- Internet gaming
- Mobile phone and social media
- Maladaptive behaviours
- Self-growth
- Family dynamics
- Depression
- Social anxiety



Our programme includes regular mental health assessments performed by our team of qualified clinical professionals, individual and group therapy sessions, peer lead groups, balanced diet and nutrition, recreational activities, holistic sessions, an intensive physical health routine guided by a team of personal trainers, positive socialisation, family sessions, and supervised access to outside group meetings. We believe in promoting change in youths approach to life, attitudes, values, beliefs, and behaviours that will develop into an increase in their self-esteem and decision-making skills.





THESE ARE EXAMPLES OF SIGNS YOU MAY BE CONCERNED ABOUT

- “Failure to launch” - (do not wait for rock bottom to happen)
- Mood changes - (anger, depression, anxiety, isolation)
- Changes in appearance, friends, personality, and routine
- Loss of interest in hobbies, sports, school, and family activities
- Decreased productivity and responsibility
- Low sense of self
- Poor self-care
- Self-harm
- Increased need for money
- Increase in high-risk behavior
- Impaired concentration, judgment, and long-term thinking

YOUTH PROGRAMME CURRICULUM

- Psycho Educational lectures
- Introduction to the ABC model of CBT followed by presentations each week on fear/shame/anger. (clients are then asked to do a presentation on each of these topics)
- Masks and personas: the purpose of this so clients can begin practicing safely, unmasking while in treatment. Self-harm
- Mind Mapping group presentation: the purpose of this group is to give the clients a deeper understanding of their powerlessness and unmanageability over their addiction. Clients present their mind mapping assignments to their peers and counselors for feedback.
- Goal setting in recovery: this lecture (which concludes with a practical assignment) teaches clients SMART goals.
- Art Therapy: this group is intended to allow clients a forum to express their emotions through the medium of art.
- Cooking lessons: This part of life skills training that are taught as part of The Edge program - clients learn how to prepare and cook six basic meals. They are provided with a recipe book to help prepare these meals.
- Mindfulness: to educate clients as to the efficacy of mindfulness and how it can be used to enhance the recovery process.
- Daily journals: Every client is required to complete and submit a daily journal entry articulating his treatment experience.





THE STRUCTURE

MORNING CHECK-IN GROUP

This portion of the day is where clients meet for accountability, daily preparation (read and discuss a daily reading, share core feelings and submit their daily journals.)

PROCESS GROUP

The purpose of this group is to share how we are feeling in the here and now and to allow clients to give feedback to their peers. We begin each session with having it's members share with the group some "core feelings", such as, are you feeling happy, lonely, sad, grateful, proud, fearful, hopeful, hurt, guilty, ashamed, angry etc...

COMMUNITY GROUP

The function of this group is to strengthen the community and in doing so, to assist individual members in their personal recovery. Both experience and research proves that the group is the strongest agent for their recovery. Therefore, maintaining a strong group is in the best interest of all clients.

EVENING CHECK-OUT

This is the last required meeting of the day, where clients meet with staff to discuss the day's activities and report any problems they may have experienced.

MUAY THAI BOXING

This is an offsite function designed to engage clients in the art of muay Thai boxing to provoke a positive behavioral change and improve their physical health. This is a form of experiential therapy designed to take clients out of their comfort zone and face their fears and insecurities.

SUNDAY EXCURSIONS

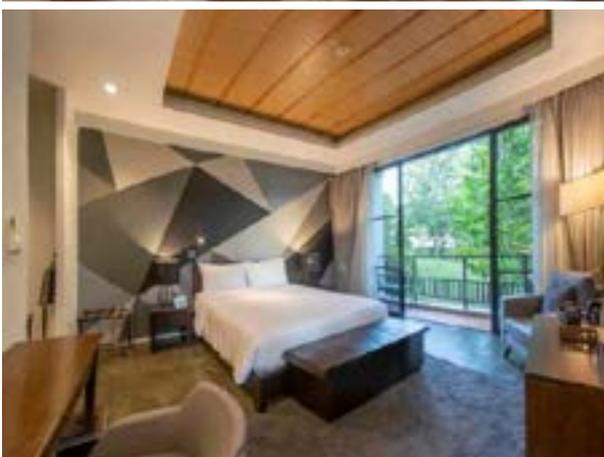
There are a variety of excursions designed to teach clients that it is possible to have fun and enjoy themselves without gaming. Some of these excursions may include kayaking, whitewater rafting, bicycling, hiking, ziplining and visiting the Elephant park.



The Basics of Inpatient Treatment

- Inpatient program completed on site in Chiang Mai, Thailand.
- Distraction-free experience for focused recovery.
- Dynamic programs addressing addiction, mental health struggles, trauma, gambling, sex addiction, love addiction/love avoidance.
- 24/7 onsite nursing support, medical oversight, and medication management.
- Exclusive holistic therapies: yoga, tension release exercise, sound healing, mindfulness, Reiki, and weekly resiliency-building excursions.
- Immersive focus on personal transformation and recovery skills for post-treatment life.
- Seamless referral into our outpatient network for sustained recovery.





Our Treatment

At The Hills, we understand that addiction and trauma are damaging, especially when people are discouraged from seeking help. Our programme combines highly effective Western clinical counselling and Eastern holistic therapies designed to work across both the mind and body.

Individual and group counseling sessions use evidence-based techniques, including:

- Group Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization Therapy (EMDR)
- Brainspotting
- Mindfulness, Expressive Art Therapy
- Physical Fitness Training
- Holistic Programme



Our Location

Stunning Mountain Views in The Heart of Northern Thailand

Chiang Mai offers beautiful mountains, far from big city noise. Mountain views inspire success in recovery, encouraging an 'anything is possible' mindset. Top-notch amenities include private villas, a world-class gym, multiple swimming pools, and fine dining cuisine.



Comfortable Recovery at The Hills

Rehab takes hard work, focus, and energy. At The Hills, we make sure everything is taken care of for your comfort and relaxation.

Your recovery depends on it.

Learn more about our accommodation, facilities and services below:



Accommodation

At The Hills, you'll have your own villa equipped with:

- Comfortable queen size bed
- Mini fridge
- Bathroom with rain shower
- Full air conditioning
- Flat-screen TV with Netflix
- Daily Laundry service
- Daily room cleaning



Facilities

The Hills offers comforts and luxuries of a 5-star resort:

- Multiple swimming pools with gorgeous views
- Relaxation areas
- World-class fully equipped Gym
- Spa & Reiki services
- Meditation & Yoga pavilion
- Open-air gourmet restaurant
- Fresh smoothie and juice bar
- Sports court for basketball, badminton, and football



Services

To ensure you're well taken care of during your stay:

- All-day onsite support staff
- 24-hour security staff
- 24-hour onsite medical staff

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Daily Structure

Each day is carefully planned to support your progress, making sure you have a nice, clear timetable to structure your daily routine.

Period	Client Name:		Room:		Village:		Jomine:			
	Counselor:		Program:		Yash:					
Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
07:00 - 08:00 AM	Walk Outside					Individual Time	Individual Time			
08:00 - 08:45 AM	Breakfast									
08:45 - 9:30 AM	Shower and Medication					Group Exercise	Individual Time			
09:15 - 10:15 AM	Process Group	Process Group	Art Therapy	Process Group	Process Group	Excursion	NA meeting (Offsite)			
10:30 - 11:15 AM	Group Exercise	Yoga	Group Exercise	Yoga	Group Exercise					
11:15 - 11:40 AM	Shower and Change									
11:45 AM - 12:15 PM	DBT	CBT	Community Meeting	ACT	DBT					
12:15 - 01:00 PM	Lunch								Lunch	
1:00 - 1:15 PM	Lunch Medication								Lunch Medication	
01:15 - 02:00 PM	Presentation/ Relapse Prevention	Trauma Group	Chat with Monk	TRE 13:15-14:15	Presentation/ Relapse Prevention				Pedicure Manicure Haircut	
02:15 - 03:00 PM	Thai Boxing		Thai Boxing		Thai Boxing					
03:10 - 04:00 PM	Sound Healing	Mindfulness	Sound Healing	Mindfulness	Sound Healing					
04:10 - 05:00 PM										
05:00 - 05:45 PM	Thai Language	Sport Activity	Thai Language	Sport Activity	Sport Activity					
06:00 - 07:00 PM	AA Meeting	Dinner			Special Dinner (2 times a month)	Dinner				
07:00 - 07:30 PM	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection			
8:00 PM	Board Game night			NA Meeting (Onsite)	Karaoke Night Carfew at 22:00	Movie Night Carfew at 22:00				
09:00 - 9:30 PM	Night Medication									
9:30 PM	Curfew									

Counseling (1on1)	2 Sessions per Week
Personal Training (PT)	2 Sessions per Week
Massage	2 Sessions per Week

*Extra Charge for more session

Class	Location:
Process Group	Gratitude Room
DBT / CBT	Gratitude Room
Community Meeting	Gratitude Room
Focus Group	Gratitude Room
1 on 1 Counseling	Recovery Zone
Reflection	Gratitude Room

Breakfast, Lunch, Dinner at Restaurant

Class	Location:
Holistic / Mindfulness	Chakra Room
Yoga	Chakra Room
Chat with Monk	Chakra Room
TRE	Chakra Room
Art Therapy	Gratitude
Group Exercise	Gym

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