



# IT'S OKAY TO ASK FOR HELP

**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.

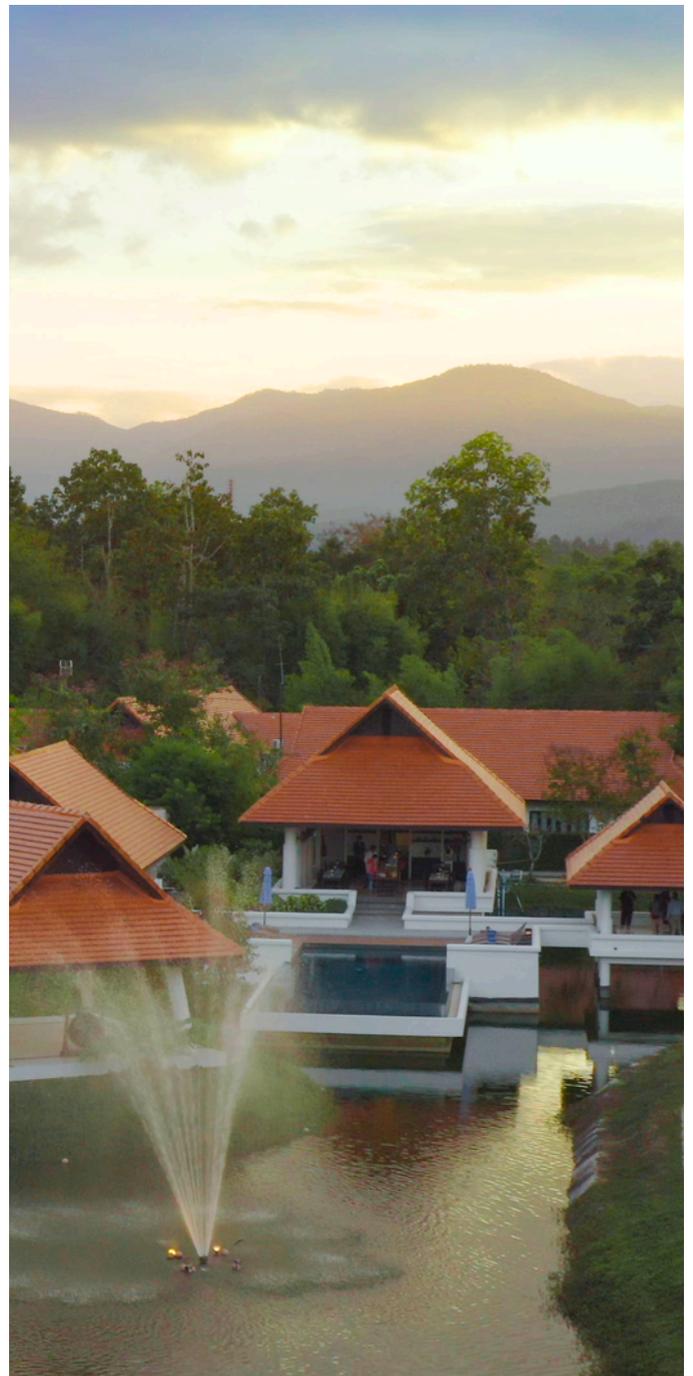
## The Hills Rehab

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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](mailto:admission@thehillsrehabchiangmai.com)  
Whatsapp (+66) 80 387 8577  
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If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.



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## What We Treat | Our Levels of Care



At The Hills, our commitment to sober living 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, Dutch, Spanish, and Thai speaking Western-certified counselors
- Purpose-built treatment center on 14 acres of land with private luxurious villas



# How Do We Treat Alcohol Addiction at The Hills?



## Alcohol Detox at The Hills

At The Hills Rehab, we take pride in providing a superior level of care for individuals seeking alcohol detox. Our programme is meticulously designed and implemented under the supervision of our highly qualified medical team, ensuring the highest standards of safety and effectiveness. With our fully licensed onsite Maybe. I will let you know after I try to contact them facility, we offer round-the-clock medical support, 24 hours a day, guaranteeing continuous monitoring and personalized care throughout the entire alcohol detox process.



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# How We Treat Drug Addiction at The Hills?



At The Hills, we are dedicated to providing individuals with a superior level of care through our comprehensive and medically supervised detox programme. Setting us apart as a leading treatment center in Thailand, our facility houses a fully licensed onsite Medical Clinic, staffed by our medical team available round-the-clock. Unlike other centres that rely on external hospitals for detoxification, our exclusive onsite Medical Clinic ensures a seamless and stress-free experience, eliminating additional costs and uncertainties.

## WHY CHOOSE OUR DETOX PROGRAM?

### • **Expert Guidance**

Our licensed psychiatrist and our experienced team provide expert guidance throughout your detox journey.

### • **Safe Environment**

Detox in a secure and supportive environment where your well-being is our top priority.

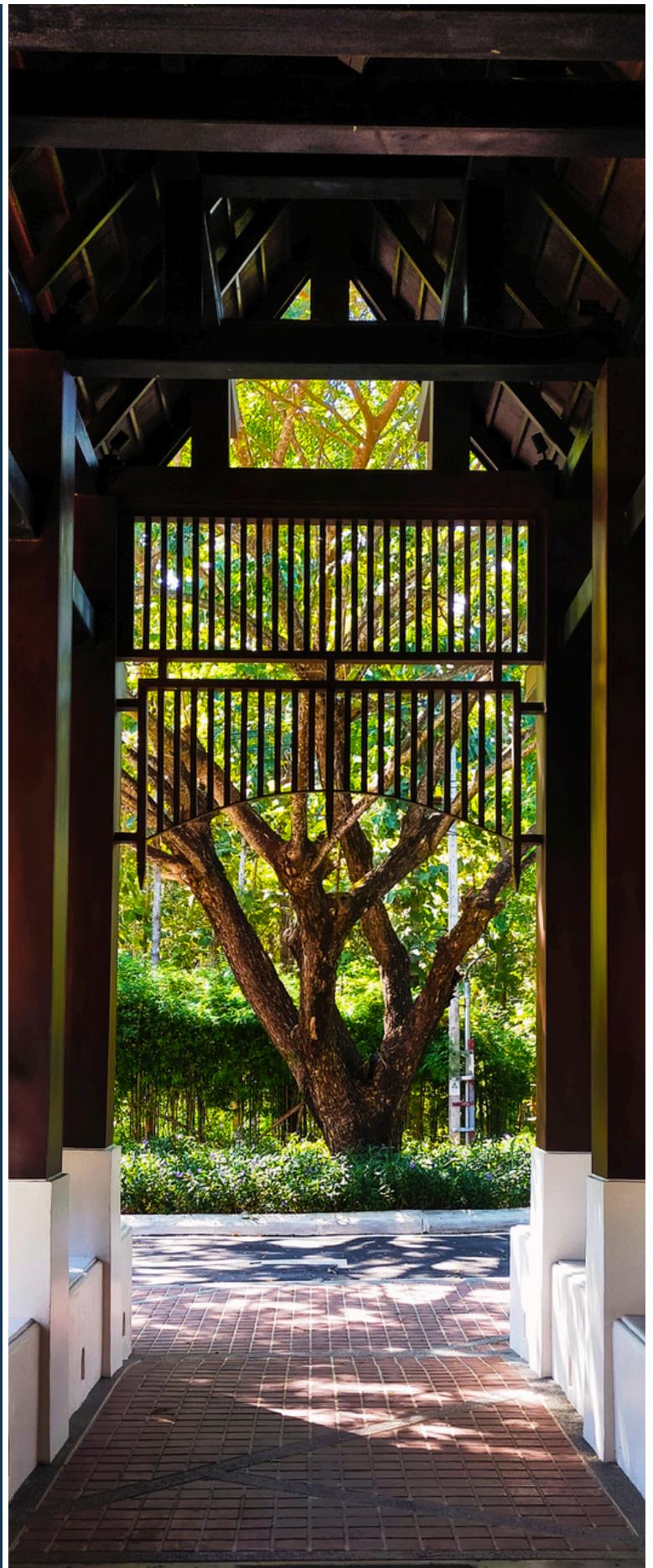
### • **Comprehensive Support**

Benefit from a comprehensive support system that encompasses medical care, counseling, and personalized strategies for a successful detoxification process



# 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



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# 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.

|  |                                  | Client Name:   |                    |                      | Room:                            |                             | Village: <b>Jasmine</b> |                           |  |
|--|----------------------------------|----------------|--------------------|----------------------|----------------------------------|-----------------------------|-------------------------|---------------------------|--|
|  |                                  | Counselor:     |                    |                      |                                  |                             | Program: <b>ADD</b>     |                           |  |
| Period   | Monday                           | Tuesday        | Wednesday          | Thursday             | Friday                           | Saturday                    | Sunday                  |                           |  |
| 07:00 - 08:00 AM   | Walk Offsite                     |                |                    |                      |                                  | Individual Time             | Individual Time         |                           |  |
| 08:00 - 08:45 AM   | Breakfast                        |                |                    |                      |                                  |                             |                         |                           |  |
| 08:45 - 9:10 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  | Experiential therapy | DBT                              |                             |                         |                           |  |
| 12:15 - 01:00 PM   | Lunch                            |                |                    |                      |                                  |                             |                         |                           |  |
| 1:00 - 1:15 PM   | 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   | Counselling 1 on 1               |                | Counselling 1 on 1 | Personal Training    | Massage                          |                             |                         |                           |  |
| 03:10 - 04:00 PM   | Sound Healing                    | Mindfulness    | Sound Healing      | Mindfulness          | Sound Healing                    |                             |                         |                           |  |
| 04:10 - 05:00 PM   | Personal Training                |                | Massage            |                      | Session with Psychologist        |                             |                         |                           |  |
| 05:00 - 05:45 PM   | Thai Language                    | Sport Activity | Thai Language      | Sport Activity       | Sport Activity                   |                             |                         |                           |  |
| 06:00 - 07:00 PM   | AA Meeting (Offsite)             | 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 Curfew at 22:00    | Movie Night Curfew at 22:00 |                         |                           |  |
| 09:00 - 9:30 PM  | Night Medication                 |                |                    |                      |                                  |                             |                         |                           |  |
| 9:30 PM  | Curfew                           |                |                    |                      |                                  |                             |                         |                           |  |

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