



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 across the world have turned to Smarmore Castle for quality treatment, extensive services, 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, an hour 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 1988, 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

Dual Diagnosis	
<input checked="" type="checkbox"/>	Trauma / PTSD
<input checked="" type="checkbox"/>	Chronic Pain
<input checked="" type="checkbox"/>	Grief
<input checked="" type="checkbox"/>	Anxiety
<input checked="" type="checkbox"/>	Depression
<input checked="" type="checkbox"/>	Mood Disorders
<input checked="" type="checkbox"/>	Other mental health conditions

Co-occurring Addictions	
<input checked="" type="checkbox"/>	Gaming
<input checked="" type="checkbox"/>	Work
<input checked="" type="checkbox"/>	Pornography/Sex
<input checked="" type="checkbox"/>	Day Trading
<input checked="" type="checkbox"/>	Internet
<input checked="" type="checkbox"/>	Social media
<input checked="" type="checkbox"/>	Shopping

Programme Elements

Treatment length

4 – 8 weeks inpatient treatment
2 year continuing care groups

Detoxification

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

Therapy

Full biopsychosocial assessment
Personalised treatment plans
12 Step therapy programme
Individual and group therapy
Cognitive behavioural therapy (CBT)
Motivational interviewing therapy
Dialectical behavioural therapy (DBT)
Reality therapy
Trauma therapy
Grief therapy
Sensorimotor psychotherapy
Psychodynamic therapy
Psychoeducational lectures and workshops
Chronic pain therapy
Emotion-focussed therapy
Men's and women's group
LGBTQ+ aware
Adult children of alcoholics therapy
Family therapy
Sleep hygiene techniques
Life skills

Complementary Therapies

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

Continuing Care Programme

24-week outpatient programme
Alumni group meetings
Recovery chat app
Continuing care plans
Annual reunion

Multidisciplinary Team

Consultant Psychiatrists
Clinic Manager
Specialist Doctors
24/7 Nursing Team
Specialist Addiction Psychotherapists
Healthcare Assistants
Recovery Advocates
Fitness Trainers
Masseuse and Aromatherapist

Accreditations

Inspected by CHKS
Quality Assurance: ISO 9001:2015
Therapists: ACI, IACP, BACP, IAHIP accredited
Doctors: Irish Medical Council
Nurses: INMB or equivalent





“

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 with 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 targeting dual diagnosis such as grief therapy, trauma therapy, eating disorder therapy.

Our Programme

Our addiction treatment programme includes detoxification, followed by 4-8 weeks of intense therapies.

Continuing Care

One year of aftercare group therapy to maintain sobriety.



Medical Care at Smarmore Castle

Detoxification

Withdrawal from drugs and alcohol can feel daunting, but with 24/7 round-the-clock care, our compassionate medical experts support and encourage you through this process.

Smarmore Castle is one of the only rehabs 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 medical team is led by some of Ireland's leading addiction specialists - Dr Hugh Gallagher and Consultant Psychiatrist, Prof. Gerry Lynch.

Both are highly specialised in addiction treatment and complex dual diagnosis. and they supervise and review the medical and clinical care of patients and prescribe medications.

24/7 Private 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, trauma group and DBT.

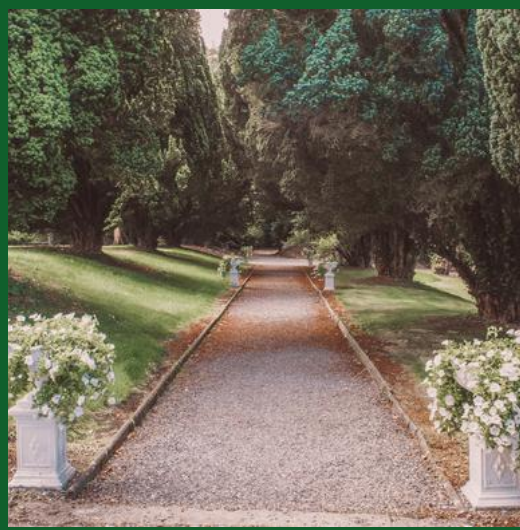
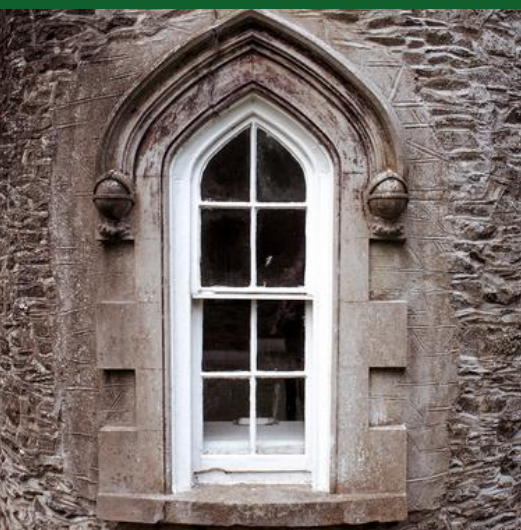
Therapist Qualifications

- 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
- DBT (Dialectical Behavioural Therapy)
- 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 a number of holistic therapies which help balance the body, reduce anxiety and increase overall wellness.

Art Therapy - enables 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.

Acupuncture - can reduce detox side-effects.

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

Aromatherapy and Massage

Swimming & Gym

- 24-meter swimming pool,
- Sauna, steam room
- 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. All patients leave Smarmore Castle with a personalised continuing care plan.

We offer one year of weekly aftercare groups online via Zoom, at Smarmore Castle and in Dublin, for former patients. This ongoing support helps you sustain the gains you have made in rehab and supports your transition back into your home and work environment, navigating you through any risk of relapse. If relapse does occur we host a relapse group to help you work through the situation.

Family members are invited to a family-only aftercare group when a patient leaves.



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 Belfast both of which have international airports and train stations.

We can arrange a driver to collect you from Dublin airport and bring you straight to us for no additional cost.

We can also arrange a 'sober transport' service with a trusted driver, from anywhere else in Ireland or Northern Ireland, 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 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



Health



GeoBlue





Contact Us Today



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Part of the Castle Health Group

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