

Serenity Centre offers more than detoxification. Our person-centred approach focuses on understanding each individual's needs and readiness for change. Supported by an experienced multidisciplinary team, patients receive personalised care that helps them stabilise, feel supported, and prepare for the next steps in recovery.

*A safe place to begin recovery.*






*Recovery is possible.  
Take the first step.*

#### **NATIONAL ADDICTIONS MANAGEMENT SERVICE**

10 Buangkok View  
Buangkok Green Medical Park  
Block 9, Basement 1  
Singapore 539747

General Enquiries: 6389 2000  
Appointment Line: 6389 2200

-  [www.nams.sg](http://www.nams.sg)
-  National Addictions Management Service
-  @nams.sg



Scan the QR code  
to access more  
educational  
resources.

May 2026



## **Welcome to Serenity Centre**

*A Structured Path to Recovery*

At Serenity Centre, we support individuals on their recovery journey through a safe, structured, and compassionate inpatient environment. Our programme is designed for individuals seeking help for addiction and related challenges.

Taking the first step towards recovery is important and you do not have to do it alone.

## **Serenity Centre**



## NAMS Inpatient Programme

The NAMS Inpatient Programme is designed to guide individuals through a structured recovery process in a safe and supportive setting. It consists of two sequential phases that address both immediate stabilisation and longer-term recovery planning.

### Phase 1: Detoxification

The 1-week inpatient detoxification programme provides close medical monitoring to support safe withdrawal management. This phase focuses on physical and emotional stabilisation, while preparing you for stabilisation or continued outpatient support.

### Phase 2: Stabilisation

Our 1-week inpatient stabilisation programme focuses on building skills for ongoing recovery. With guidance from the care team, patients learn to understand their addiction patterns, develop strategies for managing cravings, and identify personal triggers. The programme emphasises practical approaches to managing stress and emotions, reducing relapse risk, improving relationships, and connecting with community-based recovery supports.

*“Recovery is not about perfection. It is about progress, courage, and taking one step at a time.”*

Choosing to seek help is an important step. Through our assessment process, we work with you to provide personalised care and support throughout your recovery journey. Our team will guide you every step of the way, while your active participation helps create meaningful and lasting change.

Your treatment plan may include:

- Medical assessment and preparatory group session
- Individual and group therapy
- Psychoeducation on addiction-related issues
- Recovery support groups
- Occupational therapy-based programmes
- Case management

Each part of your care is designed to help you better understand yourself, develop practical coping skills, and move forward with confidence in your recovery.

## What to Expect Before Joining the Programme

To ensure safety and readiness for inpatient care, you are required to complete the following steps before joining the inpatient programme.

### Pre-admission Requirements

Before admission, you will need to:

- Undergo a clinical assessment with a doctor at the NAMS clinic
- Attend a compulsory pre-admission group session to gain an understanding of the programme structure and expectations
- Be placed on a waiting list after completing the assessment and pre-admission requirements, subject to bed availability

### Patient Expectations

During the programme, patients are expected to:

- Attend and actively participate in scheduled therapies and activities
- Follow ward rules and treatment recommendations
- Interact respectfully with staff and fellow patients
- Commit to your recovery goals and care plan

These expectations help create a supportive and therapeutic environment for everyone.

## Admission Process and Criteria

Admission to the Detoxification Programme is subject to a clinical assessment by a NAMS doctor to ensure that the programme is appropriate and safe for you.

You are required to undergo a consultation at NAMS for assessment before admission can be considered. A consultation at NAMS can be obtained through the following pathways:

- Self-referral, or
- Referred by General Practitioners or Polyclinics, Singapore Armed Forces, Ministry of Social and Family Development, healthcare social service agencies, or other referral sources

The programme is open to individuals who:

- Are 19 years old and above, and
- Have a diagnosis of a substance use disorder or gambling disorder

Following detoxification, patients may choose to continue with the Stabilisation Programme based on their recovery needs and motivation. The care team will provide guidance and support in planning the next steps.

