

## ***Admission***

Admission to the Serenity Centre is based on the

- assessment of patient's medical and rehabilitation needs
- patient's demonstrated motivation to complete the treatment programme

For a comprehensive assessment, please make an appointment with the National Addictions Management Service (NAMS).



### **NATIONAL ADDICTIONS MANAGEMENT SERVICE**

Serenity Centre  
Buangkok Green Medical Park  
10 Buangkok View  
Block 2, Level 3  
Singapore 539747  
Tel: 6389 2200 (for appointment)  
Email: nams@imh.com.sg

National Problem Gambling Helpline: 1800 6668 668  
All Addictions Helpline: 6-RECOVER (6732 6837)

[www.nams.sg](http://www.nams.sg)

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## *Serenity Centre*

**NATIONAL  
ADDICTIONS  
MANAGEMENT SERVICE**



## Serenity Centre

The Serenity Centre provides inpatient treatment for alcohol, drug, gambling and other behavioural addictions in a safe and comfortable environment. Our main objective is to provide comprehensive treatment that can build the foundation for sustained and long-term recovery. Patients at the Serenity Centre will receive quality care that is provided by our multidisciplinary team of doctors, nurses, counsellors and psychologists.



### Individualised Treatment

We will develop an individualised treatment plan to meet the patient's specific needs. The treatment plan includes:

- medical care
- individual, group & family therapy
- psychoeducation on addiction-related issues
- recovery support groups & family psychoeducational group
- case management

Treatment at the Serenity Centre lasts for 21 days and is divided into two phases - detoxification and rehabilitation.

### Phase 1: Medically-managed Detoxification Programme

Patients will undergo a medically-managed detoxification programme for a week. The objective of detoxification is to relieve the patient's acute physical and emotional distress. A combination of medications, group therapy, and relaxation and mindfulness exercises are used as part of the treatment for recovery.

Phase 1 (one week) focuses on helping patients

- manage withdrawal symptoms with round-the-clock medical and nursing care
- manage cravings and discomfort using mindfulness and relaxation techniques
- stay in recovery using motivational techniques

### Phase 2: Rehabilitation Programme

Patients will undergo the rehabilitation programme for two weeks. They will learn about relapse prevention and pick up various life skills to prepare them for successful reintegration into their families and society.

Phase 2 (two weeks) focuses on helping patients

- understand the addiction and recovery processes
- understand and manage their emotions including depression, anxiety, anger, stress, etc
- rebuild relationships and cultivate a healthy lifestyle
- learn about relapse prevention



### Gambling Module

Patients who are admitted to the Serenity Centre for a gambling problem will attend a gambling-specific treatment module for two weeks where they will learn to

- understand about gambling addiction
- manage their finances
- manage crisis
- manage urges and cravings using Cognitive Behavioural Therapy
- identify distortions/false beliefs related to gambling
- rebuild relationships and understand the impact of gambling on family
- identify the barriers to recovery
- understand about relapse prevention

