



A BRIDGE TO RECOVERY

ARK HOUSE REHAB

We offer a safe, supportive space to overcome addiction through professional care and peer support. Help is here and your recovery journey starts now.



01723 371869



www.arkhouserhab.co.uk



info@arkhouserhab.co.uk



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WELCOME TO ARK HOUSE

The thought of entering rehab can feel daunting but at Ark House we understand addiction and know how to treat it effectively. Since 1993, we have been a fully residential, abstinence-based 12-Step Treatment Centre committed to helping individuals begin their recovery journey. Rooted in the principles of the Alcoholics Anonymous model, we are passionate about our work and have successfully supported thousands in overcoming various addictions.

At Ark House, we provide a tranquil, supportive environment that combines comfort, accessibility, and expert care, allowing individuals to focus on healing and creating a fresh start in recovery.

Nestled along the picturesque North Yorkshire coastline, Scarborough offers serene beaches and a vibrant community, creating the perfect setting for recovery. Situated just a short stroll from the beach and town centre, Ark House combines natural calm with convenient access to local resources, providing a nurturing environment for healing and growth.



"Situated in the heart of Scarborough, we provide a serene coastal environment designed to inspire recovery and rejuvenation."



ARK HOUSE REHAB

OUR APPROACH

At Ark House Rehab, we are dedicated to offering a supportive and impactful recovery experience through the 12 steps of rehabilitation. Our program is tailored to address the unique needs of each individual, with empathy, professionalism, and an emphasis on long-term recovery.

Confidentiality

We prioritize anonymity and confidentiality, making sure that all personal and sensitive information is safeguarded in compliance with data protection regulations.

"Our program is built on over 30 years of experience in addiction treatment and is evidence-based. It is grounded in the proven success of the 12-step recovery model, tailored to support clients in achieving lasting transformation."

Our Program

The standard treatment plan lasts for 6 weeks, but we recommend a more extensive program of 3 to 6 months, focusing on specialised therapy and the development of life skills.

Personalised Treatment

At Ark House Rehab we design personalised treatment plans to meet the unique needs of each individual. From the moment of admission, we focus on addressing addiction, mental health challenges and personal goals. Our approach includes one-to-one counselling, group therapy, and holistic treatments to ensure every aspect of recovery is supported. By tailoring care to each person, we aim to empower lasting transformation and help individuals build a fulfilling, healthy future.

Continued Care

At Ark House we understand that recovery is a lifelong journey, not just a phase of treatment. That's why we provide ongoing aftercare support tailored to each person's needs, with no time limits on access. This ensures continuous guidance and assistance, helping individuals navigate a smooth and successful transition into daily life.



OUR TREATMENT

"Recovery starts with a tailored approach that addresses your unique challenges and goals."

"Healing is a journey best guided by expert care and a supportive community."

At Ark House Rehab, we offer evidence-based programs led by qualified Psychiatrists and Counselling Therapists who are registered with the British Association of Counsellors and Psychotherapists (BACP). Our person-centered approach guarantees ethical, regulated and highly effective therapy, customized to meet the unique needs of each individual, addressing various addictions, mental health concerns and emotional challenges.



Aftercare

At Ark House, we recognise that recovery is a continuous journey.

Individuals are encouraged to utilise aftercare for as long as necessary, ensuring ongoing support throughout their recovery process. Furthermore, you will be warmly invited to join the Ark House Recovery Community — a supportive network where you can connect, grow and flourish alongside others dedicated to lasting change.

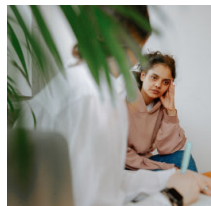


Individual Treatment Plans

We create personalized treatment plans using 12-step therapy to address your specific challenges and goals, focusing on the root causes of your struggles to promote lasting recovery.

Weekly 1-to-1 Counselling

Key workers offer weekly one-to-one sessions to help you set goals, create aftercare plans and prepare for life after rehab. These sessions provide individuals with the tools they need to navigate challenges and connect with community support.



Group Therapy

Group sessions create a sense of community and mutual understanding encouraging individuals to learn from each other, build healthy relationships, and develop the social skills necessary to sustain sobriety.

ARK HOUSE REHAB SUPPORT PROGRAMMS



Since addiction affects all aspects of a person's life, so too must the treatment. Ark House Rehab extends beyond addiction and mental health recovery by offering support with housing, resettlement and debt management to help Individuals rebuild their lives.

Housing and Resettlement



A significant challenge for individuals in recovery from addiction is finding stable and secure housing. Many Ark House Rehab clients have lost their homes due to addiction or have strained relationships with family and friends, making it hard to arrange post-treatment living accommodation. While we cannot guarantee housing, Ark House acknowledges this issue and strives to support individuals in their housing and resettlement efforts as much as possible.

Debt Management

Addiction affects not just physical and mental health but often results in significant financial difficulties. Many clients come to Ark House Rehab with considerable debt, which can remain a major hurdle even after treatment. To tackle this, Ark House collaborates with clients to develop personalised debt management plans, including identifying debts, creating budgets, and negotiating with creditors. The goal is to help clients achieve financial stability and independence, enabling them to focus entirely on their recovery without the added pressure of financial strain.

Support into education & volunteering

At Ark House, we actively support individuals in furthering their education by providing guidance to develop essential skills such as Math's and English, while also assisting those interested in pursuing university-level courses. Additionally, we encourage residents to participate in community volunteering opportunities, promoting personal growth and confidence. These initiatives are designed to empower individuals on their path toward meaningful employment and a brighter future.

THE RECOVERY COMMUNITY IN SCARBOROUGH

"The power of recovery is rooted in community, and Scarborough provides a dynamic network where support and understanding are always accessible."

Scarborough is home to a vibrant and supportive recovery community, offering a variety of resources to assist individuals on their journey. With up to three recovery meetings held daily, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Cocaine Anonymous (CA), residents have regular opportunities to connect with others who share similar experiences. These meetings create a safe, supportive environment for sharing, learning, and personal growth, promoting a sense of belonging and accountability. The thriving recovery network in Scarborough ensures continuous access to peer support, helping individuals build a solid foundation for long-lasting sobriety.



Aftercare and Community Support

Many of our residents opt to move to Scarborough after treatment to fully engage with the vibrant recovery community here. For those who choose to return home or relocate elsewhere, we offer comprehensive referrals and support to help them connect with recovery communities across the country. Regardless of where you decide to continue your journey, we are dedicated to ensuring you have the resources and connections necessary to sustain long-term recovery.

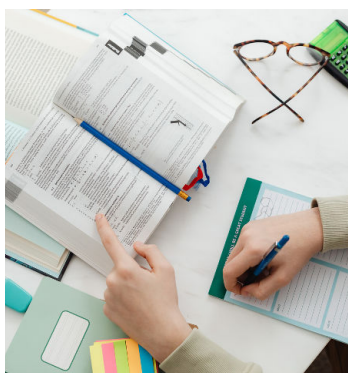
"CONNECTING WITH OTHERS WHO SHARE YOUR JOURNEY IS EMPOWERING. SCARBOROUGH'S DAILY RECOVERY MEETINGS PROVIDE A SPACE FOR GROWTH, ACCOUNTABILITY, AND HOPE."

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Recovery Capital

EDUCATION & VOLUNTEERING

The transition to Extended Care is a vital step in a residents recovery journey, emphasizing community reintegration and the development of independence. This phase offers opportunities to pursue education, employment and volunteering, helping to establish a solid foundation for a fulfilling life while building and strengthening their recovery capital.



Education: Developing Key Skills

A key aspect of this phase is our partnership with Coventry University, where individuals can connect with advisors, explore personalised educational opportunities and navigate the application process, paving the way for further education. We also collaborate with local Scarborough agencies to offer practical courses and volunteer roles, such as Food Hygiene Certifications and Construction Skills Certification Scheme (CSCS) training, equipping clients with the confidence and skills necessary for future employment.

Volunteering: A Pathway to Growth

Volunteering plays a vital role in recovery at Ark House, benefitting both residents and the broader community. It promotes mental and physical well-being, reduces stress, and offers a sense of purpose and belonging.

Through volunteering individuals establish structured routines, build accountability and make meaningful contributions to society. During treatment, residents have opportunities to engage in volunteer roles, explore educational pathways, and access courses to further their learning, supporting their journey towards future employment. Residents are encouraged to begin volunteering during treatment and to continue after rehabilitation, ensuring a smooth transition to long-term success.

Volunteering requires a minimum of 9 weeks of sobriety and helps individuals strengthen their skills, relationships and confidence as they rebuild their lives.

A close-up shot of a person's arm and shoulder wearing a blue t-shirt. The word 'VOLUNTEER' is printed in large, bold, white capital letters across the chest. A white medical bandage is wrapped around the person's arm.

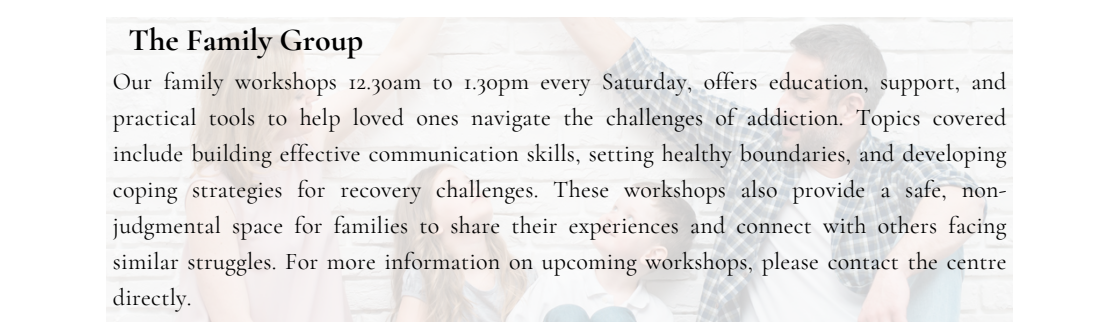
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HEALING TOGETHER

Supporting Families Through Recovery

Addiction and mental health challenges affect not only the individual but also have a deep impact on loved ones, straining relationships, creating financial stress and leaving families feeling powerless. At Ark House Rehab we recognise the importance of healing the whole family, not just the individual. Our programmes are designed to restore trust, enhance communication, and promote collective growth and understanding.



The Family Group

Our family workshops 12.30am to 1.30pm every Saturday, offers education, support, and practical tools to help loved ones navigate the challenges of addiction. Topics covered include building effective communication skills, setting healthy boundaries, and developing coping strategies for recovery challenges. These workshops also provide a safe, non-judgmental space for families to share their experiences and connect with others facing similar struggles. For more information on upcoming workshops, please contact the centre directly.

Family Support and Intervention

At our core, we recognise the importance of a strong support network in recovery. When needed, we offer family intervention services to help loved ones better understand and navigate the challenges of addiction. We also connect families and caregivers with relevant support groups, ensuring they have access to resources and guidance that promote healing and resilience for everyone involved.

Looking Ahead

We provide complimentary aftercare, including weekly group sessions at the rehab, to support sustained recovery. These sessions help keep residents and families connected, celebrate milestones, and offer a space to share experiences and seek guidance.

At Ark House Rehab, we believe recovery is a collaborative process. By nurturing strong connections, we help families rebuild and lay the foundations for lasting well-being. Contact us to learn more, we look forward to supporting you.

STRENGTHENING THE RECOVERY JOURNEY

Annual Client Reunions

At Ark House Rehab, recovery is more than just finishing a treatment program—it's a lifelong journey of growth, resilience and connection. That's why we prioritise aftercare and annual client reunions, ensuring our clients continue to feel supported as they navigate life after rehab.

Annual Client Reunions: A Celebration of Resilience

Our annual client reunions are a key event in the Ark House calendar. These gatherings bring together former clients to celebrate their recovery milestones, reconnect with peers and staff and share their stories of perseverance and transformation.



Aftercare

At Ark House, recovery is a lifelong journey and our support extends beyond treatment. When you join us, you become part of our recovery family. We provide FREE aftercare services with no time limits, ensuring continuous guidance for sustained sobriety.

Social Media Community

Upon completing treatment you can join our private WhatsApp and Facebook groups to maintain connections with others in recovery. These platforms provide ongoing peer support, event updates, and opportunities to stay involved with the Ark House community.

Free Weekly Aftercare Sessions

Every Monday we welcome you back for aftercare sessions. These gatherings provide a safe space to reflect on your progress, address challenges and reinforce the tools learned during treatment. By staying connected to the Ark House community, you will receive ongoing encouragement and guidance, helping you maintain sobriety and navigate the ups and downs of life after rehab. This aftercare is available for as long as needed.

A Free Telephone Support Service

A Free Telephone Support Service is available 24/7, providing confidential guidance, emotional support, and a friendly conversation whenever you need it. Whether you're facing a difficult moment, seeking advice, or simply need someone to talk to, our trained professionals are here to help. This service is designed to offer reassurance, practical assistance, and a listening ear to ensure no one feels alone during challenging times.

**Free Weekly Zoom
Groups, Meeting &
Lectures**

Ongoing Support and Aftercare

We offer free access to aftercare groups and referrals to self-help groups, supporting individuals who are staying in Scarborough, returning home, or relocating to other areas.

Ark House Rehab Facilities

“We offer a peaceful and welcoming environment for individuals on their recovery journey.”

Ark House features a variety of amenities to support both individual and group activities. The spacious lounge serves as a central hub for group interactions, while the kitchen and dining area offer a comfortable space for shared meals. Residents can enjoy leisure activities such as a pool table and we also have dedicated rooms for lectures, group sessions and private counselling. With staff offices and laundry facilities. We ensure a supportive and convenient environment for everyone.

The Lounge

A welcoming space for relaxation, group activities and social connection, providing comfort and support throughout the recovery process.

The Kitchen

A fully-equipped kitchen offers nutritious meals prepared by a professional chef. Who caters to dietary requirements. We promote holistic wellbeing through a varied and balanced diet.





Dining & Chillout Zone

A spacious dining area with a refreshments station, along with a chillout zone featuring a pool table, board games and books, fostering leisure and connection.

Counselling Rooms

Private rooms are available for individual counselling, providing a safe and confidential space for one-to-one support. These areas are designed to promote growth, reflection, and connection throughout the recovery process.

Washing Facilities

Convenient laundry and restroom facilities are provided.



Meeting & Learning Spaces

Ark House offers dedicated rooms for lectures and group meetings, creating a collaborative environment for learning and personal growth.

Bedrooms

Comfortable, homely accommodations spread across three floors with separate male and female areas, offering a mix of shared and private rooms.

Extended Care Space

A ground-floor lounge and kitchen area provide support for residents in the Extended Care programme as they continue their recovery journey.

“Gender specific lounges, bedrooms and facilities”

Guidelines Whilst In Treatment

We have a set of guidelines in place at Ark House to ensure a safe and supportive environment for everyone in recovery. These rules are designed to help protect your well-being and the well-being of the community. We ask for your understanding and cooperation in following them.

No use of alcohol and illicit drugs at any time during the course of your stay.

No use of any unauthorised medication, unless authorized by staff during treatment.

Violence or threats of violence are not tolerated.

No forming new intimate or exclusive relationships.

No sleeping during the day unless sanctioned by staff or by a medical professional.

Cameras may only be used with staff and service user permission.

All medications must be handed in and stored by staff, subject to risk assessment.

No visits to establishments where alcohol is the primary service or pharmacies unless pre-approved.

No ball games are allowed on the premises.

No energy drinks or drinks with high caffeine or stimulants.

Mobile phones are to be stored.

No candles or anything with an open flame in rooms due to fire risks.

No televisions in bedrooms.

Sunglasses are not permitted indoors. Prescription transition lenses are acceptable.

No headwear indoors unless for religious or cultural reasons.

No new tattoos, piercings, or use of tanning beds during your stay.

Gambling-related items, like playing cards, are not allowed. Ask staff for clarification if needed.

No visits to any amusement arcades or gambling establishments.

No visits to places that trade in pornography or downloading such material or viewing online.

Inappropriate content, including violent or abusive material, is also prohibited.

Clothing should be appropriate: no short shorts or skirts/dresses outside of your bedroom.

Clothing with offensive or substance-promoting messages is not allowed. Excessive clothing will be asked to be stored.

These guidelines are here to create a safe, nurturing environment where healing can take place. We truly appreciate your understanding and cooperation. While they may seem like a lot at first, each one has been carefully considered with your recovery journey in mind. They are designed to support you and help you thrive as you move forward in your recovery.

The Moment the Journey Begins

At Ark House, we are committed to supporting both you and your family throughout the entire enquiry and admission process. From the initial call to the moment you step through our doors, we ensure a smooth and welcoming transition into our care.

Quality Assurance

Ark House is dedicated to providing high-quality treatment through strong governance procedures. We are registered and regularly inspected by the Care Quality Commission (CQC), receiving a "Good" rating. We adhere to the guidelines set by the National Institute for Health and Care Excellence (NICE) to ensure the highest standard of care.



Collaborating Services

Ark House Rehab collaborates closely with external organizations to provide comprehensive support during treatment and after rehabilitation. We are dedicated to ensuring sustainable recovery by connecting individuals with ongoing aftercare services within their communities upon completing their treatment. This collaborative approach strengthens the recovery process and helps individuals maintain long-term sobriety.



the rainbow centre
supporting people who are homeless, vulnerable or in crisis



Getting to Ark House Rehab

Situated on the scenic North Yorkshire coastline in Scarborough, Ark House provides a peaceful and tranquil environment for recovery. We assist with arranging travel for you, including intervention and sober travel services, ensuring peace of mind throughout your journey. Additionally, we offer collection services from our local train station, and if you are travelling from the South of England, we can accommodate collection from the airport.



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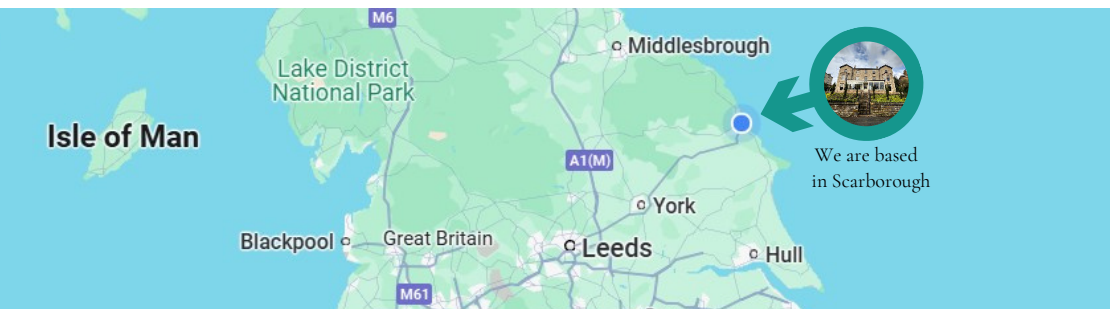


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ARK HOUSE REHAB



We are based
in Scarborough

Contact Us Today



Ark House Rehab, 15 Valley Road, Scarborough, YO11 2LY



01723 371869



info@arkhouserehab.co.uk



www.arkhouserehab.co.uk