



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.

Inspected and rated

Outstanding ★



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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.



With a focus on well-being and recovery, we offer comprehensive care tailored to each person's journey.



All Ark House staff are in recovery and trained professionals, ensuring safe, therapeutic program delivery.



Ark House provides 24/7 support in a safe, welcoming environment, helping individuals address the psychological issues behind their addiction.

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We provide a peaceful and supportive setting for individuals on their journey to recovery, blending comfort, convenience and expert care.

“Located in the heart of Scarborough, we offer a peaceful coastal setting to inspire recovery and renewal.”

Scarborough, nestled in North Yorkshire, with its beautiful coastline, peaceful beaches and vibrant community, offers an ideal setting for recovery. Ark House, a short walk from the beach and town centre, combines natural serenity with convenient access to local resources, providing a supportive environment for healing and personal growth.

Inspected and rated

Outstanding ☆

CareQuality
Commission

A Brief Ark House Rehab History

Ark House has been supporting individuals in overcoming addiction for over 30 years, helping thousands on their path to recovery. It follows the 12-step program and the Recovery Dynamics® model created by Joe McQuany (Joe McQ.) at Serenity Park. As one of the few UK rehabs, Ark House is dedicated to guiding clients through the complete 12 steps of recovery.



Ark House was founded by Bjorn Roswald, whose journey into addiction counselling began in America. During his training, Bjorn met Joe McQuany (Joe McQ.), a prominent figure in the field, who inspired him to create a recovery program based on the Serenity Park Recovery Dynamics model.

In 1993, Ark House opened its doors in a small home, providing support for nine clients. Thanks to its success and growing demand, the facility relocated to a larger house in 1996, allowing it to expand and continue its mission of helping individuals on their journey to recovery.

Since then, Ark House has continued to grow, helping and supporting clients on their journey to recovery. To this day, it remains dedicated to providing a safe and effective environment for individuals seeking to overcome addiction and rebuild their lives.

Recovery Dynamics and Joe McQuany



Joe McQuany, (Joe McQ.), was the founder of Serenity Park, Inc. and the Kelly Foundation Inc. Little Rock, Arkansas. Over 40 years Joe dedicated himself to helping others through the Twelve Steps, developing Recovery Dynamics® in 1972 at Serenity House. The program's success led to widespread adoption and in 1977, the first edition of Recovery Dynamics® was copyrighted. Joe also founded the Kelly Foundation in 1978 to assist other treatment centres in using his model. He is well known for his role in the Joe and Charlie Big Book Studies and as the author of, "The Steps We Took" and "Carry This Message".

ARK HOUSE REHAB

OUR APPROACH

At Ark House Rehab, our commitment is to provide a supportive and effective treatment journey through the 12 steps of rehabilitation. Our program is designed to meet each individual's needs with compassion, professionalism, and a focus on sustainable recovery.

Confidentiality

We prioritize anonymity and confidentiality, making sure that all personal and sensitive information is safeguarded in compliance with GDPR legislation.

“Our program is evidence-based and has been developed over 30 years of experience in addiction treatment. It's rooted in the proven effectiveness of the 12-step recovery model and tailored to help clients achieve lasting change.”

Personalised Treatment

At Ark House Rehab we create personalised treatment plans tailored to each individual's unique needs. From admission we assess physical, emotional, and psychological challenges to develop a recovery plan addressing addiction, mental health and personal goals. Our approach combines one-to-one counselling, group therapy, educational workshops and complementary therapies, ensuring comprehensive support for lasting recovery.



Our Programmes

The minimum treatment plan is 6 weeks, however, we encourage a more comprehensive treatment period of 3 to 6 months of specialised therapy and life skills development.

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."

At Ark House Rehab, we provide evidence-based programs delivered by trained Therapists. Our client-focused approach ensures ethical, regulated, and highly effective therapy tailored to each individual's needs, addressing a wide range of addictions, mental health issues, and emotional challenges.

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

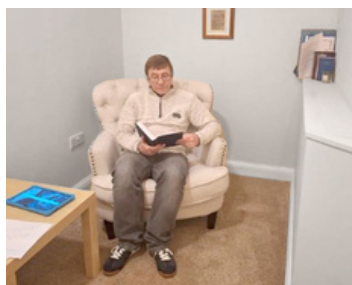
INDIVIDUAL TREATMENT PLANS, CARE PLANS & RISK ASSESMENTS



We design personalized treatment plans based on 12 step therapy to address the unique challenges and goals of each individual, targeting the root causes of their struggles to support long-term recovery. Full risk assessments and care plans are developed with the help of each individual.

WEEKLY 1-TO-1 COUNSELLING

Key workers provide weekly one-on-one sessions, guiding clients in setting goals, developing aftercare plans, and preparing for life beyond rehab. These sessions equip individuals with tools to manage challenges and connect with community support.



GROUP THERAPY

Group sessions foster a sense of belonging and shared understanding, encouraging individuals to learn from one another, build healthy relationships, and develop social skills essential for maintaining sobriety.



AFTERCARE

At Ark House, we understand that recovery is an ongoing journey. Individuals are encouraged to access continued aftercare for as long as they need, ensuring sustained support throughout their recovery. Additionally, all individuals are warmly welcomed into the Ark House Recovery Community - a supportive network where they can connect, grow and thrive alongside others committed to lasting change.

WHAT MAKES US UNIQUE?

With over three decades of experience, Ark House has helped thousands of individuals achieve lasting recovery. All of our staff have overcome addiction in their own lives, bringing lived experience to their roles. This personal understanding allows us to deliver treatment with compassion, providing a deeper connection to both the struggles of addiction and the solutions needed for long-term recovery.

WE FOCUS ON THE FULL 12 STEPS OF RECOVERY

At Ark House, we stand out from other UK rehabs by being a 12-step focused facility, dedicated to guiding individuals through all 12 steps of recovery. While many rehabs in the UK focus on supporting individuals through the first 3 to 5 steps of recovery before completing their treatment, we specialize in helping individuals navigate the entire process. This comprehensive approach ensures our clients receive the support and tools needed for sustainable recovery as they transition back into their communities.

FREE UNLIMITED AFTERCARE TO SUPPORT LASTING SOBRIETY

At Ark House, recovery is a lifelong journey, and our support doesn't end with treatment. When you join us, you become part of our recovery family. We offer FREE aftercare services with no time limits, ensuring ongoing guidance for lasting sobriety.



A FREE TELEPHONE SUPPORT SERVICE



FREE WEEKLY AFTERCARE SESSIONS



FREE FAMILY SUPPORT GROUP



SOCIAL MEDIA COMMUNITY



FREE WEEKLY ZOOM GROUPS, MEETINGS & LECTURES

“From the moment of admission, we begin planning for each individuals discharge and continued care post-treatment, helping to build and develop their recovery capital for a successful future.”

ARK HOUSE REHAB SUPPORT PROGRAMS



As addiction is holistic in nature so must be the treatment. Ark House Rehab goes beyond addiction and mental health recovery by assisting clients and supporting them 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.

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.



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.



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.



HEALING TOGETHER

Supporting Families Through Recovery

Addiction and mental health struggles don't just impact the individual, they profoundly affect loved ones, straining relationships, creating financial stress and leaving families feeling helpless. At Ark House Rehab we understand the importance of healing the entire family, not just the individual. Our programs are designed to rebuild trust, improve communication and foster collective growth and understanding.

The Family Group

Our family workshops provide education, support and practical tools to help loved ones navigate the challenges of addiction. Topics include;

- Building effective communication skills.
- Setting healthy boundaries.
- Developing coping mechanisms for recovery challenges.

These workshops also create a safe, non-judgmental space for families to share their experiences and connect with others facing similar struggles. For more details on upcoming workshops, please contact the centre directly.

Looking Ahead

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

At Ark House Rehab, we believe recovery is a team effort. By fostering strong connections, we help families rebuild and create a foundation for lasting well-being. Contact us to learn more. We look forward to supporting you.

Family Support and Intervention

At our core, we understand the importance of a supportive network during recovery. Where necessary we provide family intervention services to help loved ones better understand and navigate the challenges of addiction. Additionally, we refer families and caregivers to relevant support groups, ensuring they have access to resources and guidance that foster healing and resilience for everyone involved.

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The Recovery Community

"Connecting with others who share your journey is powerful. Scarborough's daily recovery meetings create a space for growth, accountability, and hope."

Scarborough boasts a vibrant and supportive recovery community offering a wide range of resources to aid individuals on their journey. With up to three recovery meetings daily, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA) and Cocaine Anonymous (CA), residents have frequent opportunities to connect with others who share similar experiences.

These meetings provide a safe and encouraging space to share, learn and grow, fostering a sense of belonging and accountability. The thriving recovery network in Scarborough ensures that individuals have continuous access to peer support, helping them build strong foundations for lasting sobriety.



Aftercare

At Ark House, recovery is a lifelong journey and our support doesn't end with treatment. When clients join us they become part of our recovery family. We offer a FREE aftercare service with no time limit, ensuring ongoing guidance for lasting sobriety.

Social Media Community

Upon completing treatment, clients can join our private WhatsApp and Facebook groups to stay connected with others in recovery. These platforms offer ongoing peer support, updates on events and opportunities to stay engaged with the Ark House community.

Free Weekly Zoom Groups, Meeting & Lectures

Free Weekly Aftercare Sessions

Every Monday we welcome back graduates for aftercare sessions. These gatherings offer a safe space to reflect on progress, address challenges and strengthen the tools learned during treatment. By staying connected to the Ark House community, clients receive consistent encouragement and guidance, helping them maintain sobriety and navigate the ups and downs of life after rehab. This aftercare is available as long as necessary.

Free Family Support Group

We recognize the importance of family in the recovery process. Our family support group creates a safe, compassionate space for loved ones to share their experiences, connect with others and begin their own healing. Families are supported to repair relationships and to build a network of understanding and encouragement.

A Free Telephone Support Service

Available day or night for guidance, support, or a friendly chat.

Aftercare and Community Support

Many of our clients choose to relocate to Scarborough after treatment to immerse themselves in the thriving recovery community here. For those who decide to return home or relocate to other areas, we provide comprehensive referrals and support to help them access recovery communities nationwide. No matter where you choose to continue your journey, we are committed to ensuring you have the resources and connections needed to maintain long-term recovery.

Ark House Rehab Facilities

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

Ark House provides a range of amenities to support both individual and group activities. The spacious lounge offers a hub for group interactions, while the kitchen and dining areas provide a comfortable space for shared meals. Residents can enjoy leisure activities including a pool table and we have dedicated rooms for lectures, group sessions and private counselling. With staff offices, laundry facilities, and restrooms on each floor, we ensure a supportive and convenient environment for all.

The Lounge

A welcoming space for relaxation, group activities and social connection, offering comfort and support during recovery.

The Kitchen

A fully-equipped kitchen serves 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 and a chillout zone featuring a pool table, board games and books, promoting leisure and connection.

Counselling Rooms

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



Bedrooms

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

Washing Facilities

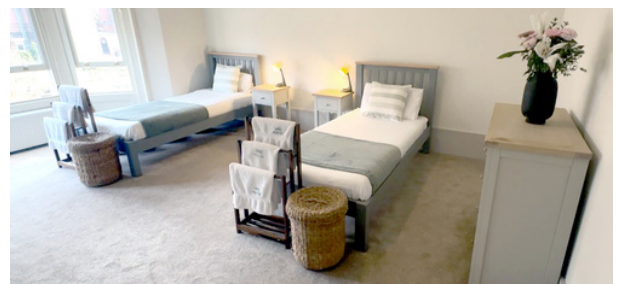
Convenient laundry and restroom facilities on every floor ensure comfort, allowing residents to focus on recovery.

Extended Care Space

A ground-floor area with a lounge and kitchen supports residents in the Extended Care program as they continue their recovery journey.

Meeting & Learning Spaces

Ark House features dedicated rooms for lectures and group meetings, providing a collaborative environment for learning and personal development.



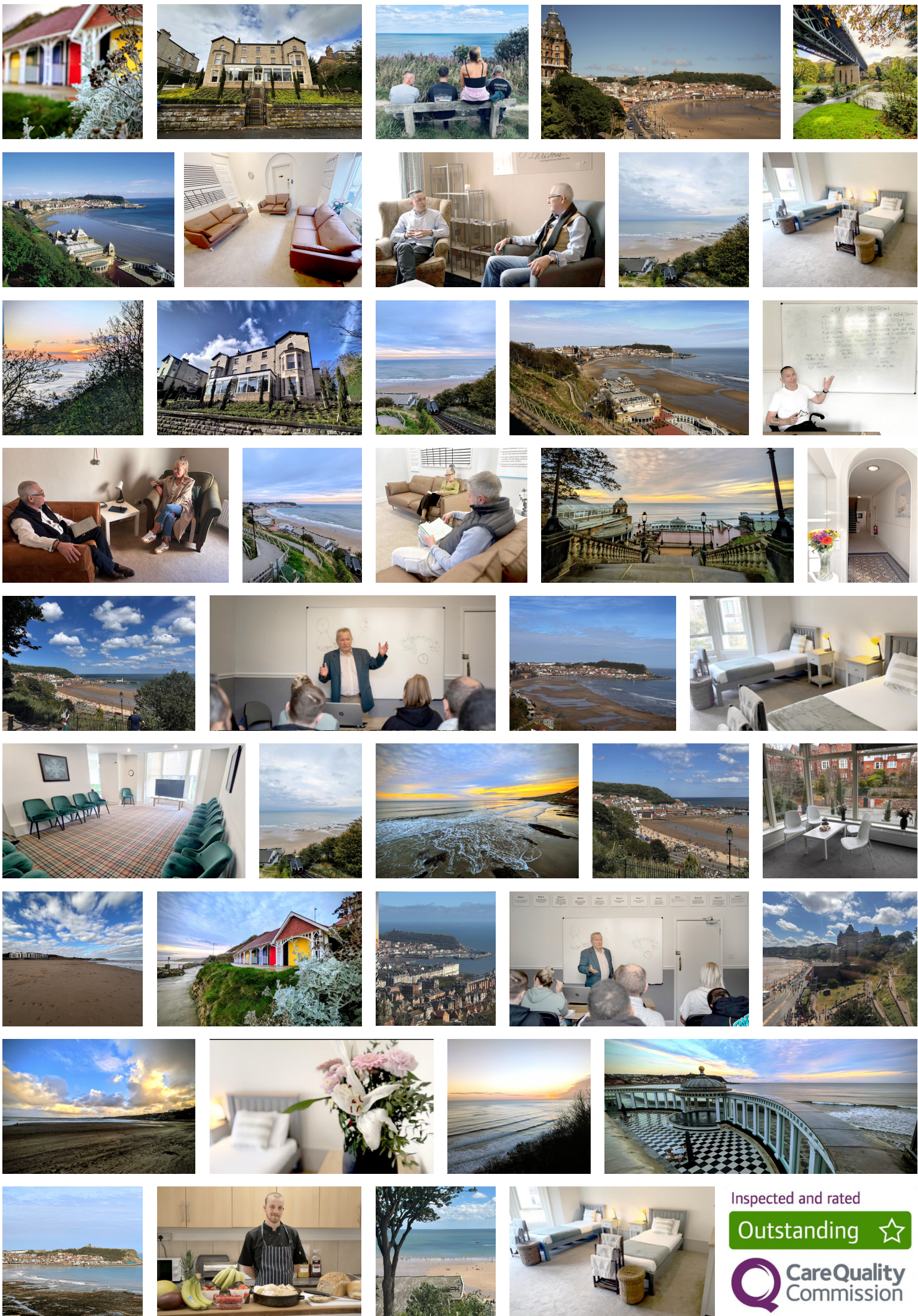
“Women’s lounge, bedrooms and facilities”

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.*
-  *Violence or threats of violence are not tolerated..*
-  *No use of any unauthorised medication, unless authorized by staff during treatment*
-  *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 televisions in bedrooms.*
-  *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 visits to establishments where alcohol is the primary service or pharmacies unless pre-approved*
-  *Sunglasses are not permitted indoors. Prescription transition lenses are acceptable.*
-  *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 new tattoos, piercings, or use of tanning beds during your stay.*
-  *No candles or anything with an open flame in rooms due to fire risks.*
-  *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.
-  *No headwear indoors unless for religious or cultural reasons.*

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.



Inspected and rated

Outstanding



CareQuality
Commission

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 "Outstanding" rating. We adhere to the guidelines set by the National Institute for Health and Care Excellence (NICE) to ensure the highest standard of care.



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.

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.

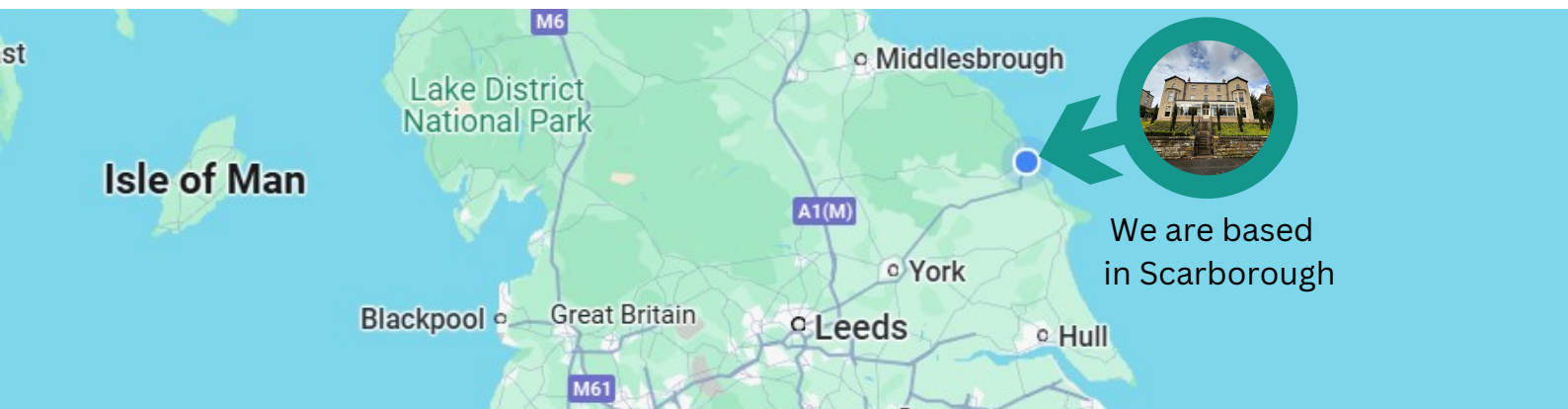


the rainbow centre
supporting people who are homeless, vulnerable or in crisis



A BRIDGE TO RECOVERY

ARK HOUSE REHAB



We are based
in Scarborough

Contact Us Today



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