



DARA is Asia's first and leading international destination for drug and alcohol rehabilitation.

Helping thousands of clients from over 50 countries, you are not alone.

We can help.





FREEDOM IN PARADISE

Offering a professional, world-class rehabilitation program, DARA is located on the tropical island paradise of Koh Chang, Thailand.

Overcoming substance abuse in a tranquil environment, far away from the temptations of your everyday life, will be one of the best decisions you ever make.

You will return home rested and revitalized, ready to start your new life.

DISCREET & CONFIDENTIAL

It is entirely your decision whether you tell your family, friends, employer or insurance company about your rehabilitation. As a private facility located at a popular tourist destination, many of our guests simply return home rejuvenated from their 'holiday' in Thailand.

CALL +66 87 140 7788 FOR MORE INFORMATION

ON ARRIVAL

Getting to Thailand isn't difficult; most of our clients take advantage of the many flights arriving daily at Bangkok's Suvarnabhumi International Airport. Once you've cleared customs, you'll connect to a short, one-hour domestic flight to Trat in south-eastern Thailand. Upon arrival at the Trat Airport, one of our English-speaking staff will accompany you by private car to Bangkok Trat Hospital for the full medical assessment and 24-hour observation included in your program. This private hospital is part of the internally accredited Bangkok Hospital Group.

While medical detoxification is available as necessary for additional fees, this process is substantially less expensive in Thailand than in Western countries. Once at our facility, an English speaking doctor is on 24 hour call.

SETTLING IN

Relearning how to relax and socialize without drugs and alcohol is an integral part of recovery. Successfully combining an intensive rehabilitation center with a luxury resort, DARA allows you to focus on your recovery without being hindered by deprivation or boredom.

With no shared rooms, clients stay in private villas situated within beautifully landscaped tropical gardens. There are three levels of accommodation at DARA: Garden View, Sea View and Pool Villas. Pool Villas include a private pool, jacuzzi and a separate lounge area. All villas offer air-conditioning, DVD, en-suite bathrooms, private verandahs, refrigerator and WiFi. **Unlike other rehabilitation centers, there are no restrictions on mobile phone or internet usage outside course hours.**

Following orientation, you will spend the rest of your first day relaxing and exploring your new surroundings.

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The view overlooking the sea



Sea View Villa - Bedroom



Garden View Villa - Terrace



Sea View Villa - Bathroom



Pool Villa - Living Area

YOUR PROGRAM

With over 50 people, the DARA team is comprised of highly qualified, dedicated professionals with many years of experience. Our intensive program looks at the whole person not just the addiction, arming you with skills that will continue your recovery in the real world. Our innovative approach treats you as a unique individual, tailoring a personalized recovery program that develops both mind and body.

The foundation of our therapeutic philosophy is CBT (Cognitive Behavioral Therapy), one of the best evidence-based approaches for treating substance abuse. Seeing addiction as a behavioral issue rather than a disease, CBT provides a focused approach to helping you become - and remain - abstinent from alcohol and drugs by tackling the underlying issues behind your addiction.

Other components include art therapy, group communication, group sports, journaling, massage, meditation, personal training, relapse awareness, stress management, and water workouts - you can even learn how to dive! Weekly group excursions take advantage of the wide variety of activities available locally, including beach visits, deep sea fishing, island hopping, jungle trekking and temple tours.

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REHAB THAT WORKS!

The average rehabilitation completion rate is under 50 percent. At DARA we enjoy an average completion rate of 92 percent ranking us among the best rehabilitation centers in the world.



LEARN TO DIVE!

Thailand offers some of the world's safest and most beautiful diving locations. Included in your program is the opportunity to complete the PADI (Professional Association of Diving Instructors) Open Water Diving Certificate. An experience you will never forget, the skills you learn in the course will help you see the world in a whole new light.



NUTRITION & RECOVERY

Many guests visit us after years of very poor diets and unhealthy living. Good nutrition is vital to any rehabilitation program and our chefs will help you rediscover your appetite.

All meals are included, and we take full advantage of the wide variety of seasonal produce unique to Thailand to create an international blend of tastes. Traditional Thai dishes are available, but are certainly not the only choice. While individual dietary needs are accommodated, the emphasis is on healthy living.

RETURNING HOME

After completing your stay, you will be accompanied back to Trat Airport. Arranging aftercare with a therapist near your home from our large global network is included in your program. Alternatively, for an additional fee, you may wish to enroll in the Skype Aftercare Program conducted by our therapists.



STAY ON TRACK!

A free one week booster session is available at DARA Thailand for 12 months following the completion of your program.

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OUR FEES

At DARA, we believe that everyone should have access to affordable and effective rehabilitation. DARA is one of the world's most cost effective luxury rehabilitation solutions. Many people find it more affordable to fly to Thailand for a four week program than to undertake rehabilitation in their own country. Undertaking rehabilitation with DARA also affords greater privacy, keeping the decision to tell others firmly in your hands. We offer personalized four, eight and 12 week rehabilitation programs. Call today for our latest fees.

YOUR NEXT STEP

You may have made some poor decisions, but these should not define your life. Reading this brochure is the first step... the next step is to contact one of our therapists for a free confidential assessment. Now is the time to act.

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CONTACT US TODAY

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Email
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A Unique Arrival – Trat Airport



The Atmosphere



A Touch of Nature



The View



The Gym



The Lounge



The Massage Room



By The Pool

*To see more of DARA, please visit
<http://alcoholrehab.com/gallery>*

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