



The Edge  
Young  
Men's  
Programme

#Discovering  
Connection

THE  
**CABIN GROUP**

World-leading rehabilitation specialists



## Young Men Have Unique Needs

Substance abuse in the 18-26 age group often arises from social isolation and a need for healthy bonds, influences and challenges. When young men aren't sufficiently focused, they may gravitate towards self-defeating behaviours, and what begins as age-appropriate experimentation can quickly escalate into patterns that seem all but inescapable.

The Edge understands young men. Our revolutionary programme is designed to help young adult males find meaning, purpose and connection with others. The Edge proves that life in sobriety is far more fun and fulfilling than life with drugs and alcohol.

### What We Treat

We treat a variety of concerns, including but not limited to:

- // Substance abuse of drugs, alcohol and prescription drugs
- // Process addictions to digital screen and internet addiction, gaming, gambling, food and body issues
- // Trauma and post-traumatic stress disorder (PTSD) which can inform addiction
- // Co-occurring disorders where addiction appears in conjunction with issues such as anxiety and depression

### Our Location and Facilities

The Edge is a dedicated facility designed specifically for young men. The client's opportunity for recovery success will be drastically improved when he's away from negative influences and surrounded by the grounding natural beauty of Thailand. Our premium facilities include:

- // Private accommodation
- // Swimming pools
- // Fitness centre
- // Meditation spaces
- // Yoga and relaxation studios
- // Resource libraries
- // Gourmet, open-air restaurant
- // 24/7 medical hospital and nursing stations

## Addiction is a Family Matter – And so is Recovery

**Family is an essential part of both addiction and recovery - that's why The Cabin includes a complimentary family programme as a key element of residential treatment.**

Families are invited for a three-day onsite visit that includes educational workshops and counselling, so they can better understand how addiction works and how they can support their loved one's recovery. We have counsellors on site who are dedicated family therapists and exclusively support our family programme and family units.





## Continuing Care for Supported Life Change

Recovery requires maintenance. The self-discovery which begins in treatment doesn't end following residential treatment and neither does our support. We help to lay a solid foundation for recovery and a smooth shift back into daily life, allowing clients to maintain close contact with counsellors and peers. This is especially important for this younger age group, who are still choosing their passions and direction in life.

After primary treatment at The Cabin, clients have access to:

- // Sober living at our Recovery House in Chiang Mai
- // In-person follow-up treatment at our Intensive Outpatient Centres and partnered offices worldwide
- // Free group counselling sessions via our Online Continuing Care Programme
- // Peer connections through our global Alumni Network

## Our Treatment Approach

At The Cabin Group, we incorporate the most effective Western treatment and Eastern healing practices in a programme that includes individual counselling, group therapy, integrated family involvement and a dedicated continuing care programme that supports client's progress.

We help clients form strong, healthy bonds with one another via experiential therapies like Muay Thai boxing and wilderness therapy.

The client's customised treatment plan largely uses cognitive behavioural therapy (CBT) to change his outlook and develop techniques for self-control, along with:

- // Physical therapy – Strength training, Muay Thai boxing, basketball, swimming, cycling and triathlon training
- // Wilderness and recreational therapy – Wilderness hikes, jungle treks, rock climbing, white-water rafting, kayaking and horseback riding
- // Mindfulness therapy – Meditation, sound bowl healing, yoga and art therapy

- // Social Responsibility – Volunteering and local outreach activities
- // Medically Assisted detox – Available at our onsite hospital offering 24/7 medical care as a first step for those who require it before entering our treatment village

*'The Cabin has been extremely helpful in my recovery. Today looking back, from my last day at The Cabin compared to the state I was in before coming here, just over a month ago, is actually amazing. I feel so much healthier physically and mentally.'*

– James, Australia

To create a practical treatment action plan, get in touch 24/7  
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