

2026 Edition



Services & Pricing Guide

Everything you could possibly need to know
about our prices and services that we offer

insightrecoverynetwork.com



Welcome

Thank you for taking the time to learn more about Insight Recovery Network. While I lead the work behind IRN, the true focus of this guide is the mission that drives our service: providing people with safe, personalised, and clinically sound pathways to recovery.

IRN was built to address a gap many individuals and families face when seeking help: knowing where to turn, who to trust, and what level of care is truly needed. Our commitment is to bring clarity to that process. We offer structured assessments, international treatment placements, an intensive online recovery programme, and ongoing therapeutic support, all designed with one purpose in mind – making recovery accessible, effective, and grounded in evidence-based practice.

What sets IRN apart is our dedication to understanding each person's unique story before recommending any direction. Recovery is not linear, and it is never one-size-fits-all. Our role is to remove the confusion, provide honest guidance, and ensure that every client is matched with care that aligns with their needs, circumstances, and goals.

Thank you for choosing to embark on this journey. Let's take the first steps toward a brighter tomorrow.

Warm regards,

Craig Bilton
Founder & CEO



Some More About Us



Insight Recovery Network was created to make navigating addiction and mental health support clearer, safer, and more personalised. Our mission is to guide clients through evidence-based recovery pathways, whether they need residential treatment, structured online support, or ongoing therapeutic care. IRN brings together clinical experience, trusted international partnerships, and a commitment to ethical guidance.

Who We Are

IRN is an independent treatment placement and recovery support service working across the UK, South Africa, Sri Lanka, and Thailand. Our team has extensive experience in addiction treatment, programme development, clinical management, and long-term recovery support. Every recommendation we make is grounded in clinical insight, not sales or marketing pressure.

Our Commitment

IRN exists to eliminate uncertainty and ensure clients receive the right level of care the first time. We partner only with facilities and clinicians we trust, prioritising safety, ethical practice, and programme quality. Whether supporting someone through detox, residential care, online recovery, or aftercare, we remain actively involved throughout the entire journey.

Our Philosophy

We believe clarity is a core part of recovery. Most people seek help during moments of crisis, and the treatment landscape can feel overwhelming. IRN provides calm, structured guidance to ensure clients understand their options and receive a pathway suited to their needs, risks, and goals. Our approach centres on honesty, compassion, and evidence-based practice.

Areas of Specialization

We specialise in treatment placement, clinical assessments, crisis support, relapse prevention, online recovery programming, and comprehensive aftercare planning. IRN also works closely with families, providing guidance, structure, and support to help them stabilise difficult situations and understand what decisions will best serve their loved one's recovery.



Recovery
Specialists



Meet Our Team

At IRN, you're supported by a team recognised for their depth of experience and commitment to ethical, effective recovery. Each member brings specialist knowledge and a genuine dedication to helping individuals and families find safe, lasting pathways to change.



Belinda

Insight Recovery Network is built on a shared mission: to guide individuals and families toward safe, personalised, and effective recovery pathways. We understand how overwhelming it can feel to navigate addiction or mental health challenges, especially when faced with countless treatment options and conflicting information. Our work is centred on cutting through that noise and providing clear, trustworthy direction.

Our team brings together clinical expertise, lived experience, and compassionate support to ensure every client receives guidance that is both practical and deeply human. We take the time to understand each person's history, risks, strengths, and goals, allowing us to create recovery plans that are genuinely aligned with their needs. From the first conversation to ongoing aftercare, we remain actively involved, offering structure, reassurance, and continuous care throughout the entire journey.



Craig

Craig **Founder & CEO**

Craig oversees all clinical assessments and treatment planning, drawing on over twenty years of international experience in addiction treatment and programme development.

Belinda **Co-Founder | Client Engagement & Placement Coordinator**

Belinda supports clients and families from first contact through to placement, managing communication and logistics with warmth, clarity, and consistency.



What you can expect

At IRN, we're dedicated to providing exceptional service and support on your journey. Here's what you can expect from us:



Expert Guidance: Our team of experienced professionals offers guidance tailored to your unique needs and goals. We're here to support you every step of the way.



Personalized Solutions: We know everyone's path is different. That's why we provide personalized solutions aligned with your aspirations and challenges. Your success is our priority.



Supportive Community: You're not alone on this journey. Join our community of like-minded individuals, where we inspire and motivate one another toward our goals.



Clear Communication: Open, transparent communication is essential to us. We'll keep you informed, answer your questions, and provide updates to keep you in the loop.



Continuous Improvement: We're committed to enhancing our services. Your feedback is invaluable, helping us to grow and ensure your satisfaction.



Transforming Lives

With our guidance, hundreds of individuals have already embarked on transformative journeys, gaining the clarity, confidence, and practical tools needed for lasting recovery, personal growth and fulfillment.



Are we a perfect fit?

If any of the points below resonate with you or your family, then IRN may be the right partner to guide you toward safe, structured, and personalised recovery support.

- ☐ You're looking for clear, honest guidance on the best treatment or support pathway for your situation.
- ☐ You want recommendations based on clinical insight rather than marketing or sales pressure.
- ☐ You or a loved one need support navigating addiction, mental health concerns, or relapse risk.
- ☐ You prefer a personalised, step-by-step plan rather than a one-size-fits-all approach.
- ☐ You're open to online recovery options that offer structure, accountability, and continuous support.
- ☐ You want a team who stays involved throughout the journey—from assessment to placement to aftercare.
- ☐ You're ready to take meaningful steps toward a safer, healthier, more stable future.

Real Results

Clients tell us that IRN's personalised approach has helped them understand their options, make confident decisions, and stay engaged in the recovery process. Families also report a significant reduction in stress during crisis moments.

Ready to take the next step?

IRN is here to guide you with clarity, compassion, and evidence-based direction. Whether you need treatment placement, online recovery support, or help navigating complex decisions, we'll build a plan that fits your needs.

Reach out today to begin a safer, more supported path toward recovery and long-term wellbeing.



Client Feedback

I can confidently attest to their unwavering passion, integrity, and excellence in the recovery space. I wholeheartedly recommend IRN and fully support the incredible work they continue to do.



IRN had a fundamental impact in the early days of my recovery process. The road to recovery is not easy, but what I admired most about them is their ability to speak the truth in love with a genuine desire to help you live a life of freedom.



IRN literally saved my life. I have never had a better recovery guidance and input. I will forever be grateful for the part they have played and still play in my life.



Kennith

Lauren

Isla





Treatment Placement Services

Independent, Clinically-Led Treatment Matching

Choosing the right treatment centre is one of the most important decisions a person and their family will make in recovery. Unfortunately, many people enter treatment based on availability, marketing promises, or pressure at a moment of crisis, rather than clinical suitability. This often leads to repeated treatment episodes, disengagement, and unnecessary financial and emotional cost.

Insight Recovery Network offers a clinically informed treatment placement service designed to match each individual with the programme that gives them the highest likelihood of long-term success, not the strongest sales pitch.

What We Do

We provide independent assessment and treatment placement across a carefully vetted international network of trusted providers. Our role is to act as an objective clinical advocate, ensuring that treatment decisions are guided by therapeutic need, complexity, and realistic budget considerations.

Our placement services include:

- Comprehensive clinical and psychosocial assessment
- Clear identification of treatment needs and risk factors
- Matching to appropriate detox and rehabilitation services
- Ongoing liaison with treatment providers and families where appropriate

This service is provided at no cost to the client.

Detox Services

We can arrange medically supported detoxification in the UK, including:

- Residential detox programmes
- Medically supervised home detox, where clinically appropriate

Typical price ranges:

- Home detox: £1,500 – £3,000
- Residential detox: £3,000 – £6,000+
- 7 Day alcohol Detox (Residential): £1,500

Costs vary depending on substance(s), medical complexity, length of detox, and level of clinical supervision required.





Residential Treatment Placement (International)

Through our established network, we can place clients into treatment facilities in: South Africa, Thailand, Sri Lanka and Spain

Indicative treatment costs (per 28 days):

- South Africa: £6,500 – £14,000
- Thailand: £10,000 – £12,000
- Sri Lanka: £12,000
- Spain: £6,000 - £28,000

Longer programmes, specialist trauma treatment, dual diagnosis care, or executive-level facilities may sit outside these ranges.

A Different Approach to Treatment Placement

Clinical experience shows that many individuals require multiple treatment attempts, often not because they are unwilling or unmotivated, but because they were placed in programmes that did not meet their actual therapeutic needs.

It is not uncommon for people to attend four or five treatment programmes before finding the right fit. In many cases, this is due to entering centres chosen for availability or persuasive marketing rather than clinical suitability.

Our approach is different.

We assess:

- Substance use patterns and severity
- Mental health and dual-diagnosis needs
- Trauma history and psychological complexity
- Previous treatment experiences and outcomes
- Family dynamics and support systems
- Practical considerations, including budget and value for money

This allows us to recommend a treatment environment that aligns with both clinical need and financial reality, significantly improving the likelihood of meaningful engagement and sustained recovery.

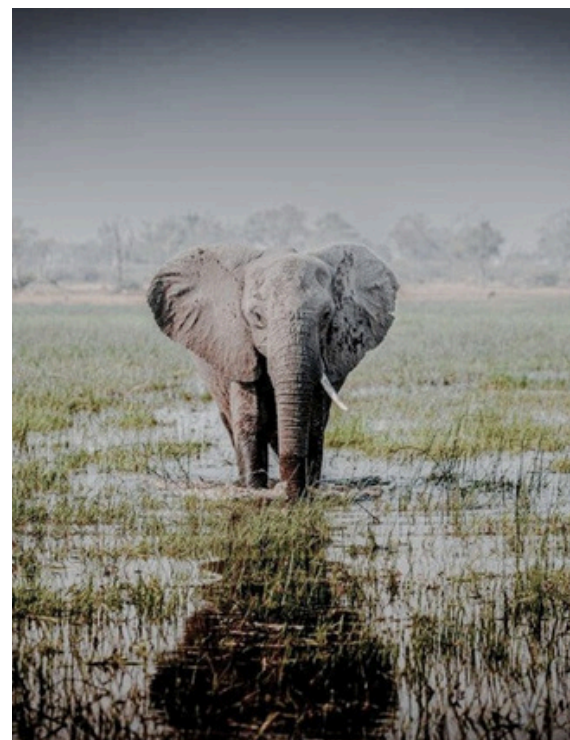
Independent and Client-Centred

Insight Recovery Network operates on clinical appropriateness, safety, and outcome-focused care always come first. Where referral arrangements exist, these are transparent and never influence clinical recommendations.

Ongoing Support

Placement does not end at admission. Where appropriate, we can support:

- Transition into treatment
- Communication with families
- Step-down planning and aftercare
- Online therapeutic support before, during, or after residential treatment





Online Recovery Programme

£950
per mth



Bronze Programme (Best for Aftercare)

A structured entry-level programme for individuals seeking consistent support and routine without the intensity of a daily schedule. Combines weekly 1:1 sessions, regular group support, and guided stabilisation to build early recovery skills, emotional regulation, and momentum.

Silver Programme (Most Popular)

A comprehensive recovery programme for individuals ready to commit to structured daily support and deeper therapeutic engagement. Combines multiple weekly 1:1 sessions, regular group therapy, and personalised relapse-prevention work to strengthen stability, insight, and long-term recovery foundations.



£1250
per mth

£1950
per mth



Gold Programme (Most Effective)

An intensive, high-support programme for individuals requiring maximum containment, flexibility, and rapid therapeutic response. Combines enhanced 1:1 work, priority access, family involvement, and crisis-responsive support to provide stabilisation, safety, and sustained recovery outcomes...

Choose the program that matches your goals, and let's begin your journey!



Our Programme Pricing

Insight Recovery Network offers structured, clinically-grounded support designed to stabilise, guide, and accelerate your recovery. Each programme combines daily accountability, therapeutic input, and personalised case management to ensure you're not navigating this alone. Choose the level of support that matches your needs, and we'll help you move forward with clarity, confidence, and real momentum.

	Bronze £950 per month	Silver £1250 per month	Gold £1950 per month
1:1 Sessions	4	8	12
Group Sessions	20	20	20
Full Access to Insight OS	✓	✓	✓
Daily Check-In	✓	✓	✓
Family Support	✗	✓	✓
Crisis Access	✗	✗	✓
24 Hour Support	✗	✗	✓
Package Care	ESSENTIALS	FOUNDATION	ENHANCED





Additional Services

These packages reflect our commitment to empowering clients on their journey toward greater fulfillment and personal growth.

£120



Crisis Intervention Session

A rapid-response session for moments when you feel overwhelmed, destabilised, or at risk of relapse. This provides immediate grounding, safety planning, and practical steps to regain control and stabilise your day.

£120 per session.

Free



Placement Coordination

A full-service placement solution for clients requiring residential treatment. We handle clinical matching, liaising with facilities, documentation, admission logistics, and travel coordination, ensuring a smooth, stress-free transition into care.

£650 flat fee, or complimentary if admission is made to one of our partner centres.

£225



Psychiatric Consultation Session

A structured clinical assessment with a consultant psychiatrist to review medication needs, mental health symptoms, diagnostic concerns, or risk factors. Ideal for clients requiring medical oversight or specialist input alongside their programme.

£225 per 60-minute assessment, with follow-up reviews at £150 per session.



Additional Services

These packages reflect our commitment to empowering clients on their journey toward greater fulfillment and personal growth.

£85



Extra Individual Therapy Sessions

Deepen your recovery work with additional one-to-one sessions focused on trauma, relapse prevention, emotional regulation, or any area where you need more support. Perfect for clients who want to accelerate progress or require more intensive therapeutic input.

£85 per 50-minute session, or £300 for a block of 4 (saving £40).

£95



Family Support & Case Management Calls

Give your family the structure, education, and guidance they need while you stabilise. These sessions help loved ones navigate boundaries, communication, and crisis moments, and ensure everyone is working from the same plan.

£95 per 60-minute session, or £350 for a block of 4 (saving £30).

£150



Accountability & Monitoring Package

For clients who need strong daily structure, this package includes morning or evening check-ins, journaling review, goal tracking, and ongoing support to maintain momentum. It's ideal for high-risk periods, early recovery, or when motivation dips.

£150 per week, or £500 per month (saving £100).



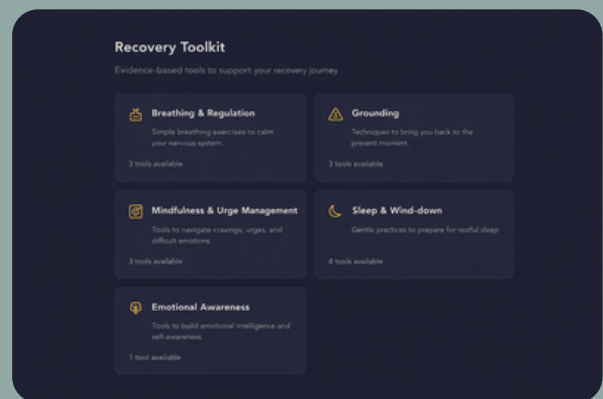
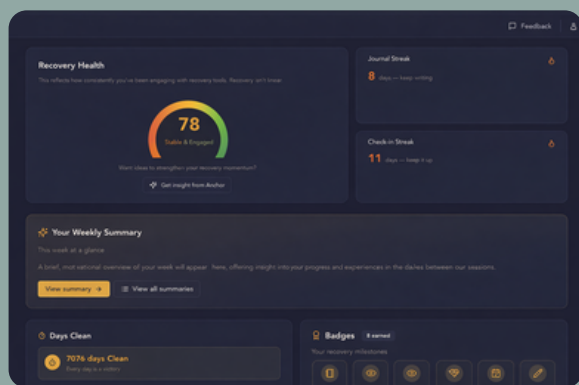
Insight OS

Your Personal Recovery Operating System. Recovery does not happen once a week.

Real change takes place in the ordinary moments between sessions, when decisions are made quietly and patterns either repeat or shift. Insight OS was developed to bridge that gap.

It is not simply an app. It is a structured digital extension of your therapeutic work, designed to strengthen awareness, consistency, and accountability.

Insight OS helps you move from insight to implementation.



Why Insight OS Matters

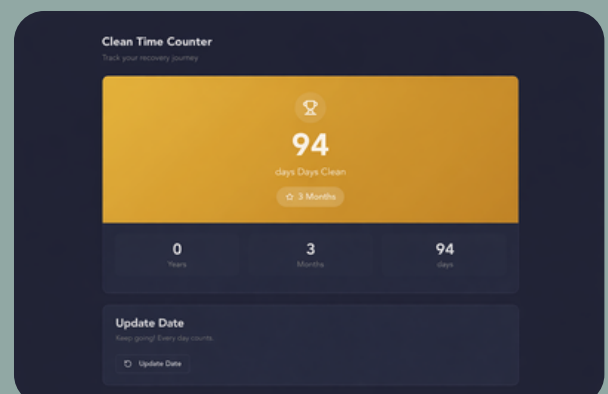
One of the most common relapse pathways is not a lack of knowledge. It is a lack of structure.

Many individuals leave sessions with clarity and motivation, but without a system to reinforce learning, track emotional patterns, or consolidate progress. Over time, important insights fade, reflection becomes inconsistent, and recovery becomes reactive rather than intentional.

Insight OS addresses this directly by:

- Reinforcing therapeutic themes between sessions
- Tracking emotional and behavioural patterns
- Encouraging daily reflection and self-awareness
- Strengthening accountability
- Creating measurable progress

It ensures that recovery remains active, not passive.





How Insight OS Supports Your Programme

1. Guided Journaling

Structured prompts aligned with your weekly themes help you deepen insight and process real-life situations as they unfold.

This is not generic journaling. Prompts are designed to increase emotional regulation, identify cognitive distortions, challenge avoidance, and strengthen relapse prevention strategies.

2. Progress Tracking

Recovery can feel abstract. Insight OS introduces measurable indicators so you can see your consistency, engagement, and development over time.

Tracking helps reduce the “all or nothing” mindset and builds confidence through visible progress.

3. Daily Accountability

Small, consistent actions build sustainable change.

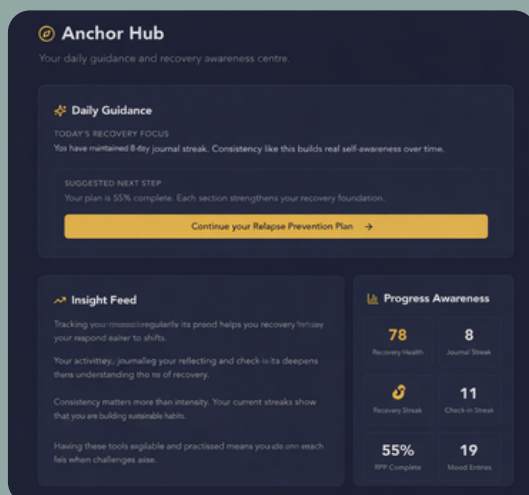
Insight OS supports daily check-ins that strengthen routine, awareness, and responsibility. These micro-commitments compound over time.

4. Between-Session Integration

Your weekly 1:1 sessions remain the anchor of your programme.

Insight OS ensures that each session starts with clarity. We can review patterns, identify blocks, and adjust your plan using real data rather than relying solely on recall.

This makes our time together more focused and clinically effective.



What Insight OS Is Not

- It is not a replacement for therapy
- It is not a passive content library
- It is not a motivational tool based on willpower

It is a structured framework that supports implementation



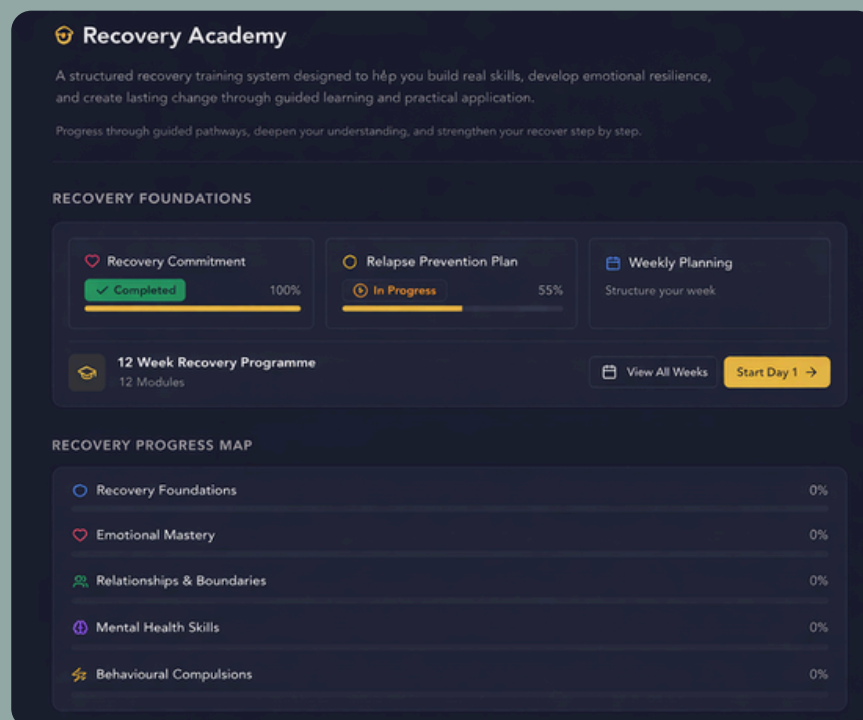
Your Responsibility Within Insight OS

The platform is only effective if used consistently.

Recovery requires participation.
Insight OS provides the structure. Your engagement determines the outcome.

Clients who engage consistently with Insight OS typically report:

- Increased self-awareness
- Faster identification of relapse warning signs
- Improved emotional regulation
- Greater session productivity
- Stronger long-term stability



The Bigger Picture

Insight OS reflects our philosophy at Insight Recovery Network:

Recovery should not be left to guesswork.

It should be structured, measurable, and intentional.

By combining weekly 1:1 sessions, structured between-session work, and Insight OS, your programme becomes a cohesive system rather than isolated conversations.

This integration is what creates meaningful, lasting change.

Any Questions?

1. What does Insight Recovery Network actually do?

IRN helps individuals and families navigate addiction and mental health challenges by providing assessments, treatment placement guidance, and structured recovery support. We simplify a confusing process by identifying the safest and most appropriate pathway for each client. Whether someone needs residential rehab, online support, or stabilisation guidance, we offer a clear, step-by-step plan grounded in clinical insight.

2. How do you decide which treatment centre is right for me?

We start with a detailed assessment to understand your history, risks, mental health needs, and recovery goals. From there, we identify options that match your budget, personal preferences, and the level of care required. We only recommend centres we have vetted for quality and safety, ensuring you receive support that truly fits your individual situation rather than a one-size-fits-all option.

3. Do you work with centres outside the UK?

Yes. In addition to UK-based services, IRN works closely with trusted centres in South Africa, Sri Lanka, and Thailand. These international options often offer exceptional clinical care at more affordable rates. Each partner facility is thoroughly reviewed to ensure programme quality, safety, and ethical standards, so you can feel confident exploring treatment abroad if it suits your needs.

4. What is the online recovery programme?

Our online programme is a therapist-led system designed for clients who need structure and support but cannot attend residential treatment. It includes daily group sessions, weekly individual therapy, accountability check-ins, and personalised recovery planning. This model offers flexibility while still delivering meaningful structure, helping clients stabilise, build insight, and stay connected to ongoing support.

5. Is IRN a rehab?

No. Insight Recovery Network is an independent service, not a residential treatment centre. Our role is to guide you toward the right type of care—whether that's residential rehab, outpatient treatment, psychiatric support, or our online programme. We work alongside a wide network of trusted services to help you access what you need quickly and safely.

6. Can IRN help in a crisis or relapse situation?

Yes. We regularly support clients and families during high-stress situations, including relapse, deterioration, or emotional overwhelm. We can provide immediate stabilisation guidance, assess risk, and coordinate urgent placement into appropriate services when necessary. Our goal is to act quickly and calmly, helping you regain control and move toward safety.

7. How quickly can treatment be arranged?

For urgent cases, admissions can often be coordinated within 24–48 hours, depending on clinical suitability and availability at the chosen facility. We streamline the paperwork, communication, and logistics to reduce delays and help clients access support as quickly as possible. For planned admissions, we help schedule a smooth, stress-free transition.

8. Are your recommendations unbiased?

Yes. IRN operates independently and bases all recommendations on clinical appropriateness, programme quality, and your personal needs. We do not push clients into predetermined options or make suggestions based on sales incentives. Our only priority is helping you access safe, ethical, and effective support that genuinely aligns with your situation.

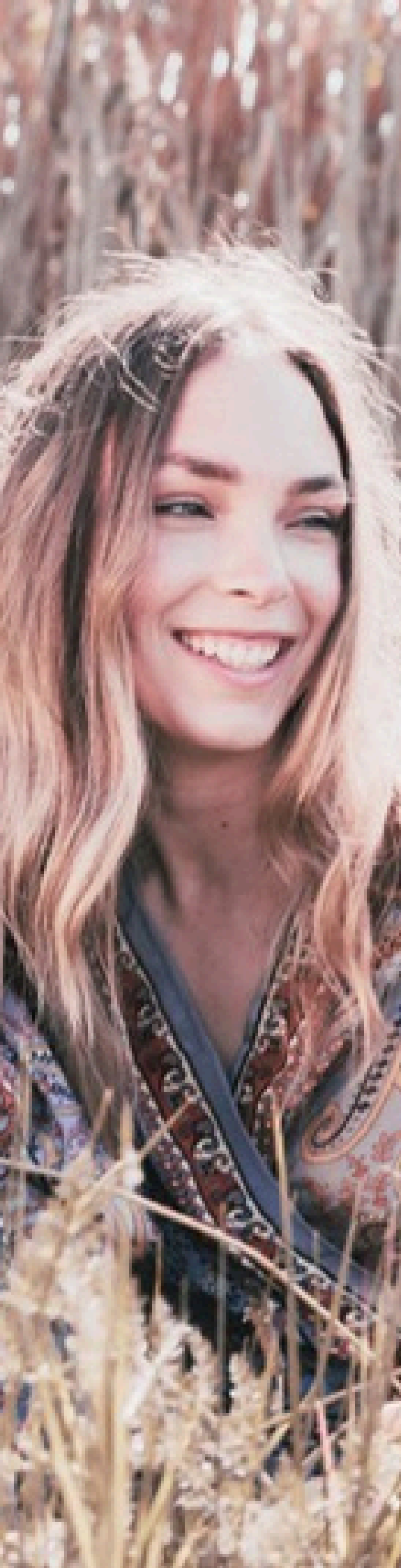
9. Can families contact IRN for support too?

Absolutely. Family support is a core part of what we do. Many families come to us seeking clarity, reassurance, or guidance on how to respond to a loved one's behaviour. We help them understand the options, manage crises, and communicate effectively, even if their loved one isn't ready to accept help yet. Families deserve support too, and we're here to provide it.

10. Is everything confidential?

Yes. Confidentiality is a fundamental part of our work. All conversations, assessments, and personal information are handled with strict privacy in line with professional and ethical standards. Nothing is shared without your permission, allowing you to speak openly, ask questions, and seek guidance in a safe and private environment.

If you have additional questions or concerns, please don't hesitate to reach out to us directly. We're here to provide you with all the information and support you need to make an informed decision about your recovery journey.



Contact us

We value open communication and are here to support you throughout your recovery journey. If you have any questions, concerns, or simply want to connect, please don't hesitate to reach out to us. Our team is dedicated to providing you with the best possible experience.

How to get in touch:

Contact us by either email at info@insightrecoverynetwork.com, or phone us directly on +44 7415 994475 to speak to our team

Our office hours:

09:00 - 17:00 Monday to Friday

