

Inpatient withdrawal services

Smoke-free environment

Smoking, including e-cigarette use, is not permitted during your stay. People who are nicotine dependent will be offered nicotine replacement therapy (NRT) such as patches, inhalers or lozenges to manage their withdrawal.

Should you wish to continue not smoking on discharge, please discuss the option of NRT support and a Quitline referral.

Discharge planning

People enter an inpatient withdrawal program after deciding to change their alcohol and/or other drug use. A medication assisted withdrawal is only the first step in recovery, so it is important to view your admission as part of your journey.

Planning to help you achieve your goal is commenced at the time of initial assessment. A provisional discharge date will be provided to you on admission and during your stay, you will be allocated a staff member to discuss your discharge planning.

People often feel at risk of relapse when leaving the unit. It is recommended that before discharge you have supports in place from family, friends, an employer, counselling, self-help groups such as Narcotics Anonymous (NA) or Alcoholics Anonymous (AA).

Residential programs can assist with long term relapse prevention. Information on rehabilitation programs can be provided to you.

Outcomes are often better for everyone if families and friends are included in the process. Staff are available to families and friends on a needs basis. Please be aware that your consent will be required if specific information is requested by your family. Information about support programs for families can be obtained through the Alcohol and Drug Information Service (ADIS) on 1300 13 1340.

After discharge

All of us find it challenging to change long-standing patterns of behaviour. Changing patterns of alcohol and/or other drug use can be particularly difficult. Sometimes it takes several attempts to make a lasting change. If things don't go as well as hoped after discharge, you and/or your family are welcome to contact the Alcohol and Drug Information Service (ADIS) on 1300 13 1340.

Service location

Withdrawal Services
Glenside Health Services
(Karrayerta Drive)
226 Fullarton Road
Glenside SA 5065

For more information

For information and assessment for withdrawal services admission and/or confidential telephone counselling contact:

**Alcohol and Drug Information
Service (ADIS)**
Phone: 1300 13 1340
(8.30am to 10pm every day)

For information about other treatment options visit:

www.knowyouroptions.sa.gov.au

If you require this information in an alternative language or format please contact ADIS on the details provided above and they will make every effort to assist you.



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Community Advisory Partners



SA Health



(Short Stay Admission)
Information for clients
and their families



Government
of South Australia

SA Health



Drug and Alcohol Services South Australia (DASSA) inpatient withdrawal services assist people with dependence on alcohol and/or other drugs (including specific prescription drugs) who are likely to experience withdrawal symptoms if they stop using. Alcohol, GHB and Benzodiazepines can be dangerous if stopped suddenly. Inpatient Withdrawal Services are free and funded by the South Australian Government.

Inpatient withdrawal services

The program provides assessment and medication assisted withdrawal in a supportive environment for people withdrawing from alcohol and/or other drugs.

The length of stay depends on what substances you have been using. The average length of stay is usually 5 to 7 days.

Services are staffed 24-hours a day by nursing staff with Medical Specialists supporting your withdrawal management.

All admissions to the withdrawal services inpatient unit are voluntary within a safe and secure facility to ensure a safe environment for all clients. The facility is a closed unit and no leave is allowed other than to attend medical appointments as required. If you decide to cease treatment at any point and no longer wish to remain in the withdrawal unit, you can talk to staff who will coordinate your discharge from the facility.

There is a 'no visitor' policy during the short admission stay.

For more information telephone:

Alcohol and Drug Information Service (ADIS)

Phone: 1300 13 1340

Confidential telephone counselling and information available between 8.30am to 10pm every day.

What you will need

- > Meals are provided. However, you can bring some of your favourite snacks to supplement the menu, providing they are in a store sealed packet.
- > No personal money is required.
- > All bedding, linen/towels are provided.
- > Please bring your GP details, medicare and health care cards plus all current prescriptions and medications so our doctors can continue to prescribe them to you. These medications will be kept in safe storage during your stay. Medications will be prescribed and supplied by the service.
- > You will need to bring enough personal clothing and toiletries to cover your length of stay. There is a washing machine and dryer available for your use.

Confidentiality

We respect your right to confidentiality. Your consent is required prior to disclosing information about you to other organisations or individuals, except where disclosure is required by law (eg child protection, notification of infectious diseases, major crimes, possession of firearms by someone with a mental illness, court order, information sharing guidelines) or where disclosure is reasonably required for your care (eg GP, private prescriber).

Clients who hold a driver's licence should be aware of the legal requirement to inform the Registrar of Motor Vehicles (RMV) if they have a condition (including alcohol and substance misuse) that is likely to affect their ability to drive safely. Medical officers also have an obligation to inform the RMV if they believe that a client's condition poses a threat to public safety. You can discuss this further with the medical officer on admission.

Medical help

You will have access to nursing and medical staff during your stay. Acute/urgent medical problems will be addressed during your stay, but chronic or long-standing medical issues are best managed by your GP following discharge.

If you become acutely unwell, you may need to be transferred to a local public hospital following assessment and liaison with that service.

What to expect during your stay

The purpose of inpatient withdrawal is to assist you through withdrawal and monitor your symptoms in a safe environment. Medications are used to reduce withdrawal severity, but they do not always relieve symptoms completely.

On the day of your admission, you will be assessed and admitted by one of the nursing staff, followed by a medical assessment by one of the doctors. Blood tests will be taken with your consent.

Staff are available to provide information and support to you in planning the next steps and follow-up options after completing your withdrawal.

Day leave is usually only granted for a limited range of exceptional needs. If you decide to leave against medical advice, we will ask you to sign a form acknowledging that you are aware of the risks.

Mobile phones may be used but we ask that no photos or videos are taken while in the unit. A landline phone is also available to receive calls. Wi-Fi is not currently available but there is shared computer access to the internet.

There is also recreational activities and escorted walks, to help pass the time and provide some fun and distraction. TV and DVD's are available.