



NHS Borders Patient Information

Residential Rehabilitation

We can also give you this information in other languages and formats (such as large print, audio and Braille). Please contact Alcohol & Drugs Partnership on 01835 825900

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About this leaflet

This leaflet explains what residential rehabilitation is, who can access it, and what to expect before, during and after your stay.

What is Residential Rehabilitation?

Residential Rehabilitation (RR) is a structured, supportive environment where you work on recovery from alcohol or drug use. You stay there for a set period of time.

Rehabilitation often takes place after detoxification, it focuses on health, wellbeing, and building skills for life by following a daily routine that includes therapy, group work, and peer support.

Detoxification, if required, often takes place at the beginning of a residential rehabilitation stay to reduce physical dependence on alcohol or drugs.

Detoxification may take place in the residential rehab or may occur locally immediately before residential rehab.

Who can access it?

You must live in the Scottish Borders and be working with one of these services: NHS Borders Addiction Service, WithYou, or Chimes. You should want to stop using drugs or alcohol and be ready to make changes.

How do I apply?

Speak to your key worker at NHS Borders Addiction Service, WithYou or Chimes. They will complete an assessment and send a referral to the Residential Rehab Panel.

What happens at the assessment?

Your key worker will talk to you about your goals, health, housing, benefits, and any risks. They will also discuss detox if needed and help you prepare for rehab.

Decision Panel

A group of professionals will review your referral and decide if rehab is right for you. They will look at your needs and readiness for change. Your keyworker will discuss the outcome of the panel with you and the next steps for your recovery.

Housing and Benefits

Before you go to rehab, housing services will help make sure you have a safe home to

return to. They will check your tenancy and benefits so you do not lose your home. It's important that you let your housing provider know you will be going into rehab.

Funding and Dual Housing Support Fund

If you are offered a rehab place, the cost may be paid by NHS Borders or through benefits like Housing Benefit or Universal Credit. If your benefits are used to pay for rehab, the Dual Housing Support Fund can help pay your rent so you keep your home while you are away.

Detox and Pre-Rehab Support

You may need detox before rehab. NHS Borders can organise this. You will also be offered a pre-rehab group to help you get ready and meet others preparing for rehab. Attending this group is encouraged but not required. You can still enter rehab if you choose not to attend. It may be possible for you to visit your chosen rehab provider in advance to help you prepare and know what to expect.

How long will I wait?

Waiting times depend on the rehab centre you choose. Your key worker will keep you updated.

How long will I stay?

Most programmes last 3 to 6 months. Your key worker will explain what to expect.

What happens after rehab?

After rehab, you will get ongoing support from the rehab worker within WithYou. This can include help with housing, benefits, accessing community services, and getting connected with recovery groups such as Borders in Recovery, SMART meetings, and other local peer-support options

Need more help?

Speak to your key worker

- NHS Borders Addiction Service call 01896 664430.
- WithYou call 0800 028 6664
- Housing advice call Scottish Borders Council Homelessness Services on 01896 661 385.