



# **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**

Version:10.11.22

**This leaflet aims to provide you with some general information about Residential Rehabilitation and your key worker will be able to provide you with more information and respond to your questions.**

## **Residential Rehabilitation**

Residential Rehabilitation (Residential Rehab) is one of the treatment options that people can consider to support them in achieving a drug and/or alcohol free lifestyle.

People live in a drug and alcohol free environment over a fixed period of time and receive intensive psychosocial support and a structured programme of daily activities which they are required to attend.

## **How to access Residential Rehab**

There are different stages to access residential rehab

- Assessment
- Decision Panel

Your worker will support you with identifying the Residential Rehab provider that will best meet your needs from an approved list of providers e.g. Phoenix Futures, Scottish Residential Service, Glasgow.

## **Assessment**

You need to be working with one of the three drug and alcohol services in Borders (Borders Addiction Service, We Are With You or Chimes) who can support you to access Residential Rehab.

They will talk through the process with you and an assessment will be completed. Your key worker will gather information from you which will help identify if Residential Rehab is the best option for you. This will include your

current substance use, your expectations of Residential Rehab as well as practical areas such as your home, benefits and family.

This information will be shared with Borders Addiction Service (BAS) who will make sure they have everything required for the assessment panel.

## **Decision Panel**

The Panel will make the decision on whether your application has been approved. Your key worker will attend the panel and others who may attend will include

- BAS
- WAWY
- Chimes and any other appropriate staff who have been working closely with you (e.g. Housing, Social Work)

Where possible, a representative with Lived Experience of residential rehabilitation will be invited. You will be made aware of this beforehand to make sure you are comfortable with your information being shared.

Your key worker will let you know the outcome of the Decision Panel.

If you are not offered progression to Residential Rehab you will be offered support with the most appropriate drug and/or alcohol services and a further referral in the future may be considered.

Before you enter Residential Rehab a plan will be in place to state the support you will receive from your local service before, during and after leaving rehabilitation.

## **How long will I wait?**

There will be a wait to allow the full assessment to be completed and each provider will have their own waiting list. Your key worker will be able to provide information on how long this is expected to be. You will continue to be supported by your key worker whilst you wait on your placement becoming available.

## **How long will I be in rehab?**

This will vary and can be from 3 to 6 months. Your keyworker will try their best to find out answers to the questions you have before you attend so you know what to expect. This will include contact with family members during your stay, what will happen to your benefits, pet care and your tenancy (if you have one).

## **Do I need to be drug or alcohol free before I go?**

Stabilisation of your drug and or alcohol use may be required before you access Residential Rehab. Detoxification is provided by BAS and may be offered as an outpatient in your home or as an inpatient. Where possible BAS will try to plan your detox so that you will then go straight to Residential Rehab.

## **What happens when I leave Residential Rehab?**

The length of time you spend in Residential Rehab will vary by yours needs and each provider. Your key worker will stay in contact with you during your stay and will ensure support is available after you leave Residential Rehab including access to recovery communities available in your local area. If you move out of Borders area, telephone support can be made available initially until you are engaged with a new worker.