

Things to leave at home....

DO NOT BRING:

Perfumes, aerosols, aftershaves or heavily scented products.

Belts

Electronics

Drug Paraphernalia

Vaporizers, e-cigarettes, etc.

Large suitcases

Things you need to know about your stay in Social Detox...

Admission to detox is voluntary.

Alcohol or other drugs are **not** allowed in the Centre.

You are expected to attend scheduled programming.

You are **not** permitted to enter other patient's rooms.

Phone calls are limited and monitored.

Visitors are **not** allowed during your stay

Violent, aggressive, or profane behaviour will not be tolerated.

**Addiction Treatment Centre
1640 Victoria Avenue
Regina, Saskatchewan
S4P 0P7**

For information or register for a bed at social detox phone (306) 766-6600.

Visit us on the web

www.rqhealth.ca

For 24 hour professional health advice and information, call



Addiction Treatment Centre

Social Detox Program

Mental Health
and Addiction Services

Services Provided

The Social Detox Program (SDP) is a recovery based inpatient unit. This is where patients often begin or reconnect with their recovery process.

The patient's health status is closely monitored by a paramedic. Addiction counselling support is available.

A withdrawal medication protocol is available for patients that meet the criteria.

Upon admission, patients are assessed for the appropriate detox resources (Brief Detox or Social Detox).

If patients are intoxicated upon arrival they may be supported through the Brief Detox Program for up to 24 hours.

The average length of stay in the SDP is 6 days. Patients have access to ongoing programming and 24 hour counselling support. Counsellors assist in goal setting and treatment planning.

Admission Criteria

Patients must:

- be over 18 years of age
- have had recent use of alcohol or other drugs.
- present no risk of harm to self or others
- be able to manage normal activities of daily living (e.g. dressing, hygiene)
- be medically stable.

Accessing Services

Patients can refer themselves or may be referred by someone else. Direct contact with the patient is needed prior to intake.

Note: Admissions to the SDP are on a voluntary basis and patients must agree to follow house rules.

Information for Patients Thinking About Social Detox

Things you need to do before you come to Social Detox...

Call (306) 766-6600 and talk to an addiction counsellor and see if a bed is available.

Gather the things you will need for your stay at detox.

Come to the detox entrance on Osler Street at the time arranged. If you are unable to attend on time, please call to advise staff.

Reschedule any appointments that may interfere with your stay.

Things you need to bring to Social Detox...

Your valid SK. Health card.

Any medication you are taking.

Bring 2 or 3 changes of clothing. Bring extra undergarments and socks. Include comfortable clothing, footwear and something to sleep in

Toiletries: shampoo, razor, toothbrush, toothpaste, deodorant, etc.

Enough tobacco to last while in detox.

Money for medications that may be required during your stay.