

# 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 making a decision to change their alcohol and/or other drug use. Withdrawal is a first step in the process of changing drug use. Obviously, a stay of a few days is not likely to provide a cure, 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.

A staff member will be allocated to discuss discharge planning with you. You are invited to approach staff during your stay if you have any issues or concerns about your discharge support needs.

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

Residential programs can assist with long term relapse prevention and can be discussed during your stay.

Outcomes are often better for everyone if families 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 goes 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](http://www.knowyouroptions.sa.gov.au)**

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



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Sept 2022. DASSA:00265



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 in particular can be dangerous if stopped suddenly. Services are free and funded by the South Australian Government.

## Inpatient withdrawal services

The program provides assessment and medical detoxification services 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, but is usually five to seven 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. To ensure a safe environment for all clients the facility is secure. If you decide to cease treatment at any point, you can talk to staff who will coordinate your discharge from the facility back to the community.

There is a no visitor policy during the short admission stay. Mobile phones may be used with boundaries and a phone is available to receive calls. There is restricted access to the internet at set times.

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.
- > You should also bring your current GP details and medications so our doctors can see what you are prescribed. 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).

Information about you can be shared with others (eg other professionals, other agencies or your family), with your written consent.

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 ill or are at risk of harming yourself, you may need to be transferred to a local public hospital or safe facility following assessment and liaison with that service. An ambulance is at the individuals cost.

## What to expect during your stay

The purpose of inpatient withdrawal is to assist you through withdrawal safely. 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.

Withdrawal symptoms are monitored by staff. Medication is administered as required, please discuss with your allocated nurse.

Staff counselling and a selection of groups are provided during your stay to assist you with your recovery.

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