

Alcohol and Drug Withdrawal Management and Rehabilitation Services

Version 1.4 - Current as of 17/01/2023

adis

24/7
ALCOHOL
AND DRUG
SUPPORT

adis.health.qld.gov.au

☎ **1800 177 833**
(free call)



About this booklet

It can be difficult for people to know where to start when seeking advice, support or treatment for substance use. There are many different treatment options available and this booklet provides specific information on withdrawal management and rehabilitation support services. This booklet is broken down into geographical areas within Queensland and may assist with locating services in your local area.

Information in this resource is intended as a guide only. Although care is taken to ensure the accuracy of all information included Queensland Health accept no responsibility for the way this resource is used, or changes to service details.

Listing of services does not imply recommendation or endorsement of these services. Quality of service is the responsibility of the individual service providers.

Unfortunately, there can be 'wait times' before commencing with a service. Please contact the listed service directly to discuss options that might suit your needs. Alternatively, if you need further information or immediate support call Adis 24/7 Alcohol and Drug Support on 1800 177 833.

This Alcohol and Drug Withdrawal Management and Rehabilitation Services booklet has been developed by Adis 24/7 Alcohol and Drug Support.

Version 1.4 - Current as of 17/01/2023

What should I do in an emergency?

If someone has collapsed or lost consciousness, call an ambulance on **triple zero (000)**. If they have stopped breathing commence CPR. If they are breathing normally place them into the recovery position and wait with them until the ambulance arrives.

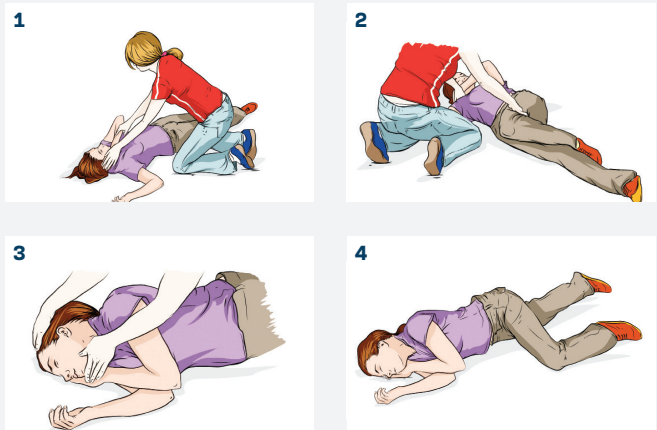
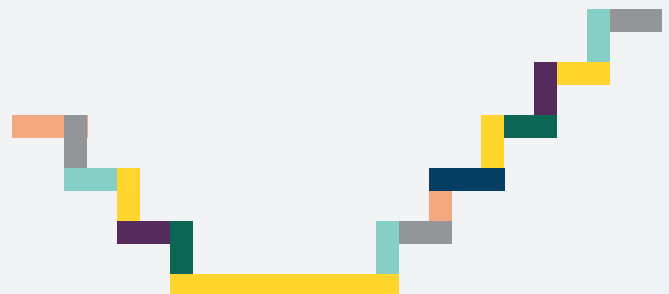


Table of Contents

1. Withdrawal Management	3	9. Residential Rehabilitation Services.....	9
- Understanding Withdrawal Management	3	- Brisbane	9
- What is it and how it can help.....	3	- Caboolture	10
- What to expect.....	3	- Logan	10
		- Gold Coast.....	10
		- Sunshine Coast	10
		- Toowoomba	11
		- Central Queensland	11
		- North and Far North Queensland	11-12
2. Things to consider when choosing a Withdrawal Management Service	3		
		10. Private Rehabilitation Services.....	13
		- Brisbane.....	13
		- Gold Coast.....	13
		- Sunshine Coast.....	13
3. Withdrawal Management Services Key Information Guide.....	4		
		11. Non-Residential Rehabilitation Services (Dayhabs).....	13
		- Brisbane	13
		- Caboolture	13
		- Gold Coast	13
		- Ipswich	14
		- Toowoomba	14
		- South West Queensland.....	14
		- Wide Bay-Burnett.....	14
		- Central Queensland	14
4. Withdrawal Management Services.....	4		
- Brisbane	4	12. What help is available?.....	15
- Caboolture	5		
- Gold Coast	5		
- Wide Bay-Burnett.....	5		
- Central Queensland	5		
- North and Far North Queensland	6		
5. Private Withdrawal Management Services	6		
- Brisbane and surrounds	6		
- Gold Coast	7		
- Sunshine Coast	7		
6. Rehabilitation Services	8		
- Understanding Rehabilitation	8		
- What is it and how can it help.....	8		
- What to expect.....	8		
7. Things to consider when choosing a Rehabilitation Service	8		
8. Rehabilitation Services Key Information Guide	9		



Withdrawal Management

also called 'withdrawal' or 'detox'

Understanding Withdrawal Management

What is it and how it can help

Withdrawal management provides support for people when they are stopping or cutting back their use of alcohol or other drugs and can help people manage their withdrawal symptoms.

Withdrawal management as a stand alone treatment has limited effectiveness and treatment outcomes are enhanced when people engage in further treatment such as counselling or rehabilitation services.

Withdrawing from alcohol or benzodiazepines without medical supervision can be life-threatening and people are encouraged to seek medical advice and support.

What to expect

People can feel unwell during a withdrawal and may require medical treatment which could include the use of prescribed medications to help people cope with their withdrawal symptoms. Treatment usually takes between 5 - 7 days but it may be longer for some substances such as benzodiazepines.

During an inpatient withdrawal the person may be admitted to a hospital, or another treatment facility. During an outpatient withdrawal the person stays at home (or another safe place) with daily visits to a health professional. In some cases a GP may be able to manage an outpatient withdrawal. To find out more about which setting is most suitable speak to your GP, local alcohol and drug service, or contact Adis 24/7 Alcohol and Drug Support on 1800 177 833.

Things to consider when choosing a Withdrawal Management Service














- Is it an outpatient or inpatient service?
- How long is the withdrawal management program?
- What is the assessment process and is a referral from a doctor needed?
- What are the costs and is there a fee?
- Do I need to live in a particular area to access the service?
- Is public transport nearby? If not, how do I get there?
- Are there any exclusions?
- Is there follow up support after completing the withdrawal management?

Other things to consider if choosing an inpatient Withdrawal Management Service

- Is it smoking or non-smoking and or is nicotine replacement therapy offered?
- Can I bring my children or can they visit?
- Are there restrictions on other visitors, phone calls, or leave away from the service?
- Are there any restrictions on personal devices e.g. mobile phones, tablets / iPads, laptops?

Withdrawal Management Services Key Information Guide

Although withdrawal management programs can be similar they each have their own entry requirements and exclusions. The symbols below are provided as a guide only.

-  = Male admission
-  = Female admission
-  = Transgender admission
-  = Aboriginal and Torres Strait Islander
-  = Service
-  = Age range
-  = Youth friendly service
-  = Length of program
-  = Designated smoking areas
-  = Cost
-  = Exclusions
-  = Phone during these times for admission information
-  = Restrictions on prescribed medications e.g. Methadone / Suboxone



Withdrawal Management Services

Qld Health Alcohol and Other Drug Services (AODS)

Queensland Health AODS provide confidential support for people with alcohol and other drug concerns and may offer withdrawal management programs. To find or learn more about your closest Qld Health AODS and the services they provide contact Adis 24/7 Alcohol and Drug Support on 1800 177 833.

Brisbane

Biala Acute Care Service

Brisbane.

 (07) 3837 5600 | Mon - Fri | 9:00am - 4:30pm


Sat - Sun - Public holidays | 9:00am - 4:00pm

   **16+**  **7 days**  **Free.**

Additional notes: Outpatient.

Hospital Alcohol and Drug Service (HADS)

Royal Brisbane and Women's Hospital.
Herston.

 Contact Adis on 1800 177 833

Mon - Sun | 8:00am - 7:00pm

   **18+**  **7 days**  **Free.**


Additional notes: Inpatient.

Brisbane Recovery Services Centre - Moonyah (Salvation Army)

Red Hill.

 (07) 3369 0355 | Mon - Sun | 24hrs

    **18+**  **7 - 10 days**  **Free.**

 History of seizures or high-level benzodiazepine or methadone/buprenorphine use.

Additional notes: Inpatient.

Clarence Street

Mater Young Adult Health Centre.
South Brisbane.

 (07) 3163 8400 | Mon - Fri | 8:00am - 4:30pm

     **13 - 21**  **11 days**  **Free.**

Additional notes: Inpatient.

Caboolture

Lives Lived Well

Caboolture.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

♀♂  18+  5 days  Free.

Additional notes: Outpatient.

Gold Coast

QuIHN Community Withdrawal Program

☎ (07) 5520 7900 | Mon - Fri | 9:00am - 5:00pm


♀♂  18+  7 - 14 days  Free (Some

costs for medications).


Additional notes: Outpatient withdrawal management for those with predicted mild to moderate withdrawal needs. For Gold Coast residents only. Admission criteria to be discussed in detail during the intake assessment.


Gold Coast Recovery Services Centre - Fairhaven (Salvation Army)


☎ 1300 111 827 | Mon - Fri | 8:30am - 3:45pm

♀♂  18+  7 - 14 days 

 Free (Subject to costs associated with Medicare)

 History of seizures or high-level benzodiazepine or methadone/buprenorphine use.

 Convicted of violent or sex offences.

Additional notes:  Restrictions on prescribed medications to be discussed at intake assessment.

Wide Bay-Burnett

Bridges Health and Community Care

Bundaberg and Fraser Coast.

☎ 1800 263 274 | Mon - Fri | 8:30am - 5:00pm

♀♂  16+  7 - 14 days  Free.

Additional notes: Outpatient shared care withdrawal management with the clients GP and Bridges Health and Community Care nurse.

Central Queensland

Binbi Yadubay – Healthy Beginnings (Lives Lived Well)

Rockhampton.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm


♀♂  18+  5 - 10 days

Additional notes: Inpatient withdrawal management and Centrelink payment option to be discussed at intake assessment.

Gumbi Gumbi Aboriginal and Torres Strait Islanders Corporation

Rockhampton.

☎ (07) 4922 8355 | Mon - Wed | 9:00am - 4:00pm

♀♂    18+  7 - 14 days 

 250 per week.

Additional notes: Inpatient 2 bed withdrawal management for those with mild to moderate needs. Aboriginal and Torres Strait Islander service but open to all people.

Lives Lived Well

Mackay.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

♀♂  18+  5 days  Free.

Additional notes: Outpatient.

North and Far North Queensland

Stagpole Street Drug and Alcohol Rehabilitation Unit (Blue Care)

Townsville.

☎ (07) 4722 7130 | Mon - Fri | 8:00am - 4:30pm

♀♂♂♂ 🇺🇸 🇦🇺 🇸🇮 🇸🇪 18+ 📅 7 days

💰 via Centrelink payment. 🇸🇪

Additional notes: Inpatient 4 bed withdrawal management for those with mild to moderate needs. Aboriginal and Torres Strait Islander service but open to all people.

Townsville Recovery Services Centre (Salvation Army)

Garbutt (Townsville).

☎ (07) 4772 3607 | Mon - Fri | 8:00am - 4:00pm

♀♂♂♂ 🇺🇸 🇦🇺 🇸🇮 🇸🇪 18+ 📅 5 - 10 days 💰 Free.

🚫 History of seizures or high-level use.

Additional notes: Inpatient withdrawal management for those with mild to moderate needs.

Cairns Day Withdrawal Unit

Cairns.

☎ (07) 4226 3900 | Mon - Fri | 8:30am - 4:00pm

♀♂♂♂ 🇺🇸 🇦🇺 🇸🇮 🇸🇪 18+ 📅 14 days 💰 Free.

Additional notes: Outpatient day withdrawal management for alcohol only.

Lives Lived Well

Cairns.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

♀♂ 🇺🇸 🇦🇺 🇸🇮 🇸🇪 18+ 📅 5 days 💰 Free.

Additional notes: Outpatient.

Private Withdrawal Management Services

Brisbane and surrounds

Damascus Health Services - Brisbane Private Hospital

Spring Hill.

☎ (07) 3834 6475 | Mon - Sun | 7:00am - 4:00pm

🇺🇸 🇦🇺 🇸🇮 🇸🇪 18+ 📅 14 days

💰 Self-funded approx \$1200 per day or Private Health funded with pre-admission costs / DVA / WorkCover Queensland. 🇸🇪

Additional notes: Alcohol or prescription medications only. No Illicit substances.

Ramsay Clinic New Farm

New Farm.

☎ (07) 3254 9100 | Mon - Fri | 8:00am - 5:00pm

♀♂♂♂ 🇺🇸 🇦🇺 🇸🇮 🇸🇪 18+ 📅 7 - 21 days

💰 Self-funded approx \$9000 per week or Private Health / DVA / WorkCover Queensland.

Additional notes: Inpatient.

Pine Rivers Private Hospital

Strathpine.

☎ (07) 3881 7222 | Mon - Fri | 8:00am - 4:00pm

♀♂♂♂ 🇺🇸 🇦🇺 🇸🇮 🇸🇪 18+ 📅 5 days+ 🇸🇪

💰 Self-funded or Private Health / DVA / WorkCover Queensland / NDIS packages.

Additional notes: Referral from a GP or Psychiatrist required.



Gold Coast

Currumbin Clinic

Currumbin.

☎ 1800 119 118 | Mon - Fri | 7:30am - 8:00pm

♀♂ 18+ 5 days+

💰 Private Health / DVA / WorkCover Queensland.

Sunshine Coast

Ramsay Clinic Caloundra

Caloundra.

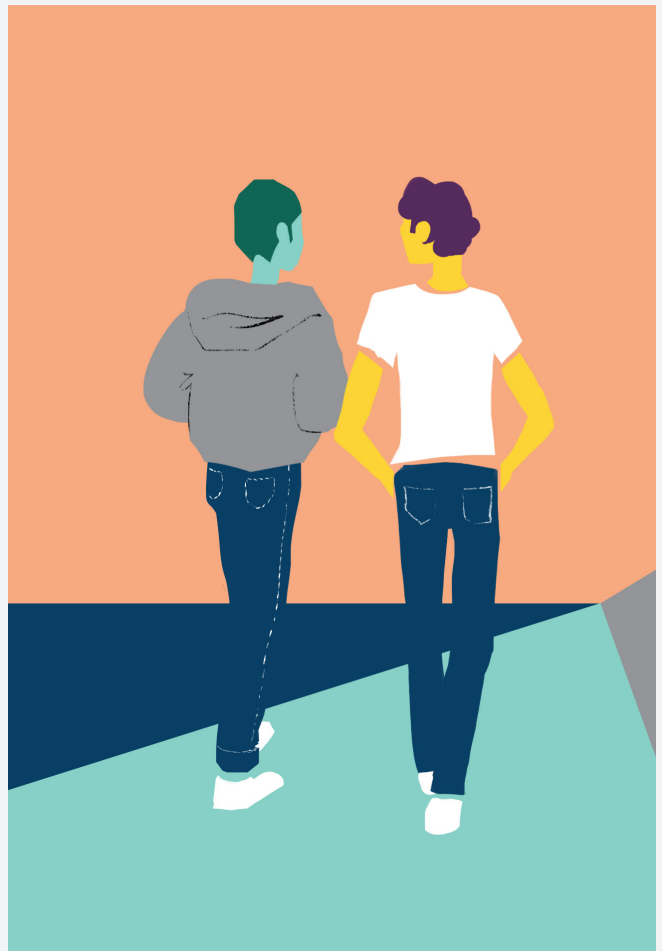
☎ (07) 5491 1522 | Mon - Fri | 8:30am - 4:00pm

♀♂ 17+ 5 - 10 days

💰 Self-funded approx \$1000 per day or
Private Health / DVA / WorkCover Queensland.

Additional notes: Inpatient.

Withdrawal Management Notes



Rehabilitation Services

also called 'rehab'

Understanding Rehabilitation

What is it and how can it help

Rehabilitation offers intensive and structured treatment for people who are experiencing significant harms due to their alcohol or other drug use.

Rehabilitation focuses on relearning life skills and coping without the use of alcohol and or other drugs. There can be different approaches which vary between rehabilitation services but they usually include a mix of one-on-one, counselling, group work, peer support meetings, and team / community building exercises.

Rehabilitation can help people focus their energy on positive lifestyle changes and take some 'time out' while they work on their alcohol or drug concerns.

What to expect

Rehabilitation can be offered as a 'residential' or 'non-residential' program and requires a commitment from people to remain abstinent from all substances. Rehabilitation is a longer term treatment, usually between 6 weeks and 12 months. In a residential rehab a person lives in the treatment facility which provides 24 hour support.

Non-residential rehab (sometimes called 'Dayhab') offers daily, intensive, and structured treatment for people who wish to remain living at home.

Prior to attending a rehabilitation program, a person is required to complete a withdrawal management / detoxification. For information on withdrawal management options, please refer to page 3 in this booklet, or contact Adis 24/7 Alcohol and Drug Support on 1800 177 833.

Things to consider when choosing a Rehabilitation Service















- Is it a residential or non-residential program?
- How long is the program?
- What is the assessment process?
- What are the costs and is there an upfront fee?
- Do I need a referral from a GP / Psychiatrist?
- Are individual counselling sessions provided?
- Do I need to live in a particular area to access the service?
- What are the rules I need to abide by to be part of the program?
- Is public transport nearby? If not, how do I get there?
- Are there restrictions on prescribed medications? e.g. Methadone / Suboxone, Benzodiazepines.
- Is there follow up support after completing the rehabilitation program?
- Is it smoking or non-smoking and or is nicotine replacement therapy offered?

Other things to consider if choosing a Residential Rehabilitation Service

- What do I need to bring?
- Do I get my own room?
- Can I bring my children, or can they visit?
- Are there restrictions on other visitors, phone calls, or leave away from the service?
- Are there restrictions on personal devices e.g. mobile phones, tablets / iPads, laptops?

Rehabilitation Services Key Information Guide



Although rehabilitation programs can be similar, they each have their own entry requirements and exclusions. The symbols below are provided as a guide only

-  = Male admission
-  = Female admission
-  = Transgender admission
-  = Families
-  = Aboriginal and Torres Strait Islander Service
-  = Age range
-  = Youth Friendly Service
-  = Length of program
-  = Faith-based program
-  = Designated smoking areas
-  = Cost
-  = Exclusions
-  = Phone during these times for admission information
-  = Restrictions on prescribed medications e.g. Opioids or Opioid Treatment Program (OTP), Benzodiazepines, Valium.









Residential Rehabilitation Services

Brisbane







Brisbane Recovery Services Centre - Moonyah (Salvation Army) Red Hill.

 (07) 3369 0922 | Mon - Fri | 8:00am - 4:00pm
    18+  3 months+ 
 via Centrelink payment or self-funded.
 Convicted of sex offences.

Clarence Street - Thread Program

Mater Young Adult Health Centre.
 South Brisbane.
 (07) 3163 8400 | Mon - Fri | 8:00am - 4:30pm
     13 - 17  1 - 3 months  Free.






The Haven (St Vincent de Paul Society)

Woolloongabba.
 (07) 3035 6600 | Mon - Fri | 7:30am - 3:30pm
  18+  12 weeks 
 400 per fortnight or via Centrelink payment.

Lucinda House (St Vincent de Paul Society) Fairfield.

 (07) 3213 2400 | Mon - Fri | 7:30am - 3:30pm
  18+  12 weeks 
 400 per fortnight or via Centrelink payment.

House of Hope (St Vincent de Paul Society) Carinda.

 0460 306 432 | Mon - Fri | 7:30am - 3:30pm
  18+  12 weeks 
 400 per fortnight or via Centrelink payment.

Caboolture

Lives Lived Well WUNYA

Caboolture.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

♀♂ AGE 18+ 📅 6 - 12 weeks

💰 **Upfront admission fee and 85% of Centrelink benefit or self-funded.**

🚫 Convicted of violent or sex offences.

Logan

Logan House (Lives Lived Well)

Chambers Flat.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

♀♂ AGE 18+ 📅 6 - 12 weeks

💰 **via Centrelink payment.**

🚫 Convicted of violent or sex offences.

Additional notes: Includes transitional housing program on exit. Accepts people who are engaged in Opioid Replacement Therapy (Conditions apply).

Logan Family Recovery (Lives Lived Well)

Chambers Flat.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

👤 **Parents with up to 2 children aged 9 & under**

📅 **3 months**

💰 **via Centrelink payment.**

🚫 Convicted of violent or sex offences.

Gold Coast

Gold Coast Recovery Services Centre - Fairhaven (Salvation Army)

☎ 1300 111 827 | Mon - Fri | 8:30am - 3:45pm

♀♂♀ AGE 18+ 📅 12 weeks+ 🚫🚫

💰 **via Centrelink payment.**

🚫 Convicted of violent or sex offences.

Goldbridge

Southport.

☎ (07) 5503 1255 | Mon - Fri | 8:00am - 5:00pm

♀♂♀ AGE 21+ 📅 1 - 6 months 🚫🚫

💰 **\$25 per fortnight or via Centrelink payment.**

🚫 Convicted of violent or sex offences.

Mirikai (Lives Lived Well)

Burleigh Heads.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

♀♂🟢 AGE 18 - 35 📅 6 - 12 weeks

💰 **via Centrelink payment.**

🚫 Convicted of violent or sex offences.

Sunshine Coast

WHOS Najara - Sunshine Coast

Nambour.

☎ (07) 5476 0877 | Mon - Fri | 9:00am - 4:00pm

♀♂♀ AGE 18+ 📅 4 - 6 months 🚫🚫

💰 **via Centrelink payment.**

Private Rehabilitation Services

Brisbane

Damascus Health Services - Brisbane Private Hospital

Spring Hill.

☎ (07) 3834 6475 | Mon - Sun | 8:00am - 5:00pm

👤 **18+** 📅 **2 weeks**

💰 **Self-funded approx \$1200 per day or Private Health funded with pre-admission costs / DVA / WorkCover Queensland.** 🚫

Additional notes: Alcohol or prescription medications only. No Illicit substances.

Gold Coast

Currumbin Clinic

Currumbin.

☎ 1800 119 118 | Mon - Fri | 7:30am - 8:00pm

👤 **18+** 📅 **3 weeks**

💰 **Private Health / DVA / WorkCover Queensland.**

Sunshine Coast

Ramsay Clinic Caloundra

Caloundra.

☎ (07) 5491 1522 | Mon - Fri | 8:30am - 4:00pm

👤 **17+** 📅 **2 weeks**

💰 **Self-funded approx \$1000 per day or Private Health / DVA / WorkCover Queensland.**

Additional notes: Inpatient

Non-Residential Rehabilitation Services, also called 'Dayhab'

Brisbane

Springboard

Spring Hill.

☎ (07) 3308 4513 | Mon - Fri | 8:00am - 5:00pm

👤 **18+** 📅 **6 - 18 weeks** 💰 **Free.**

Additional notes: The program runs three days per week (Tues, Wed and Thurs) from 9:00am to 3:00pm. Available to people who have engaged in the last 3 months with public mental health or alcohol and other drug services.

Lives Lived Well DAY REHAB

Woolloongabba, South Brisbane.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

👤 **18+** 📅 **5 weeks** 💰 **Free.**

Additional notes: The dayhab is a three-week program with one week of pre support and one week of post support.

Caboolture

Lives Lived Well DAY REHAB

Caboolture.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

👤 **18+** 📅 **5 weeks** 💰 **Free.**

Additional notes: The dayhab is a three-week program with one week of pre support and one week of post support.

Gold Coast

Goldbridge

Southport.

☎ (07) 5503 1255 | Mon - Fri | 8:00am - 5:00pm

👤 **21+** 📅 **Free.**

🚫 **Convicted of violent or sex offences.**

Additional notes. Daily program available from January to June 2023.

Ipswich

Drug ARM Day Rehabilitation Program

Ipswich.

☎ (07) 3620 8880 | Mon - Fri | 9:00am - 4:00pm

♀♂ AGE 18+ 📅 12 weeks 🚫💰 Free.

Additional notes: The program runs from Monday to Wednesday from 9:30am to 2:30pm with 1 hour of case management on Thursday or Friday.

Toowoomba

Lives Lived Well DAY REHAB

Toowoomba.

☎ 1300 727 957 | Mon - Tues and Thur - Fri

8:30am - 5:00pm

♀♂ AGE 18+ 📅 5 weeks 💰 Free.

Additional notes: The dayhab program runs four days a week (Mon, Tues, Thurs and Fri) from 8:30am to 4:30pm.

South West Queensland

Drug ARM Day Rehabilitation Program

Roma.

☎ (07) 3620 8880 | Mon - Fri | 9:00am - 4:00pm

♀♂ AGE 18+ 📅 12 weeks 🚫💰 Free.

Additional notes: The program runs from Monday to Wednesday from 9:00am to 2:00pm with 1 hour of case management on Thursday or Friday.

Wide Bay-Burnett

Bridges Health and Community Care 180 DAY REHAB

Bundaberg.

☎ 1800 263 274 | Mon - Fri | 8:30am - 5:00pm

♀♂ ✓ AGE 16+ 📅 6 weeks 🚫💰 Free.

Additional notes: The dayhab is a six-week program with 2 weeks of post support.

Central Queensland

Lives Lived Well DAY REHAB

Rockhampton.

☎ 1300 727 957 | Mon - Wed | 8:30am - 5:00pm

♀♂ ✓ AGE 12 - 21 📅 5 weeks 💰 Free.

Additional notes. The dayhab program times vary depending on age group and day. Contact Lives Lived Well on 1300 727 957 for details.

Lives Lived Well DAY REHAB

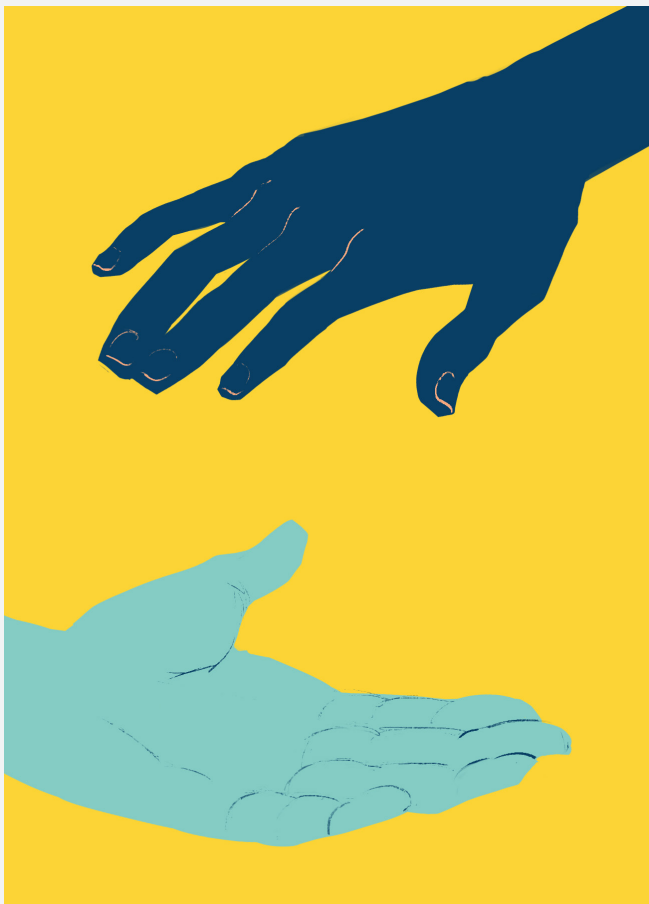
Mackay.

☎ 1300 727 957 | Mon - Fri | 8:30am - 5:00pm

♀♂ AGE 18+ 📅 5 weeks 💰 Free.



Rehabilitation Services Notes



What help is available?

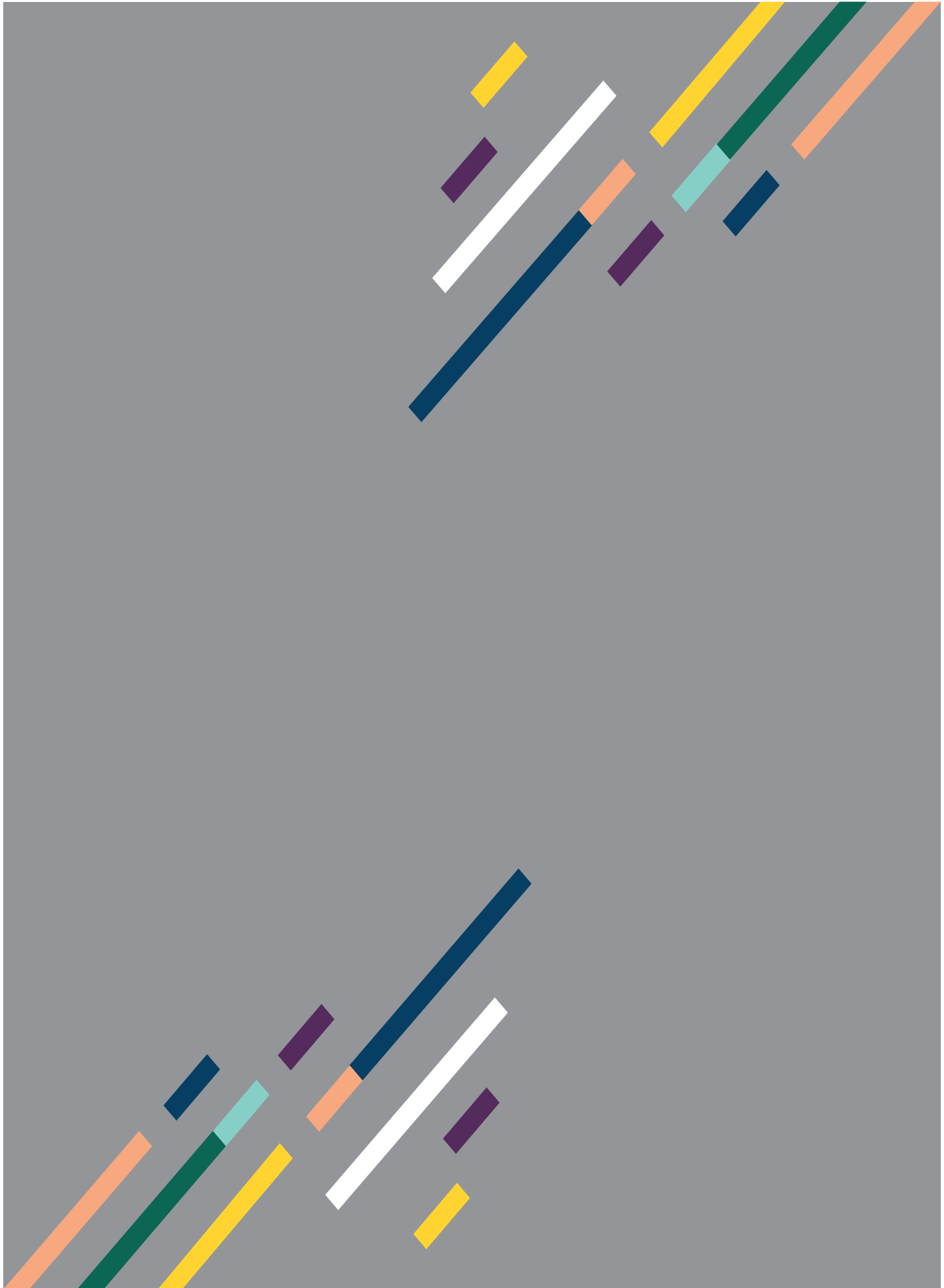
Adis 24/7 Alcohol and Drug Support is a 24 hour, 7 day a week confidential support service for people in Queensland with alcohol and other drug concerns, their families and health professionals.

Talk to us. Anytime, anywhere.
1800 177 833



This Alcohol and Drug Withdrawal Management and Rehabilitation Services booklet has been developed by Adis 24/7 Alcohol and Drug Support.

Version 1.4 - Current as of 17/01/2023



adis

**24/7
ALCOHOL
AND DRUG
SUPPORT**

adis.health.qld.gov.au

1800 177 833
(free call)

