



Alcohol and Drug Withdrawal Management and Rehabilitation Services

Version 1.5 - Current as of 25/01/2024

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24/7
ALCOHOL
AND DRUG
SUPPORT

adis.health.qld.gov.au

📞 **1800 177 833**
(free call)



Alcohol and Drug Withdrawal Management and Rehabilitation Services

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About this booklet

It can be difficult for people to know where to start when seeking advice, support or treatment for alcohol or other drug 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.

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.

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.

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.

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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 and/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. This could include the short-term use of prescribed medications to help people manage their *physical* and *psychological* 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 smoking or vaping allowed and/or is nicotine replacement therapy offered?
Please note: In Queensland vaping products containing nicotine are illegal, unless on prescription.
- 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 | 8:00am - 5:00pm
Sat - Sun / Public holidays | 8:30am - 3:30pm

♂♀ 🕒 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+ 📅 5 - 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.

Withdrawal Management Services

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Caboolture

Lives Lived Well

Caboolture.

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

♀ ♂ AGE 18+ 📅 5 days 💰 Free.

Additional notes: Outpatient.

Gold Coast

Gold Coast Recovery Services Centre - Fairhaven (Salvation Army)

☎ 1300 111 827 | Mon - Fri | 8:30am - 4:00pm

♀ ♂ ♀ AGE 18+ 📅 7 - 14 days 🚰

💰 Free (Subject to costs associated with Medicare)

🚫 History of seizures or high-level benzodiazepine use. Convicted of violent or sex offences.

Additional notes: Inpatient. 🚫 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

♀ ♂ ♀ AGE 12+ 📅 7 - 14 days 💰 Free.

🚫 People who are dependent on opioids.

Additional notes: Outpatient shared care withdrawal management with the client's 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

♀ ♂ ♀ AGE 18+ 📅 5 - 10 days

🚫 Convicted of sex offences or arson.

Additional notes: Inpatient withdrawal management and Centrelink payment option to be discussed at intake assessment. Can book for withdrawal management and co-located residential rehabilitation at the same time.

Gumbi Gumbi Aboriginal and Torres Strait Islanders Corporation

Rockhampton.

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

♀ ♂ ♀ 🇦🇺 🇹🇷 AGE 18+ 📅 7 - 14 days 🚰

💰 \$ 270 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

♀ ♂ AGE 18+ 📅 5 days 💰 Free.

Additional notes: Outpatient.

Withdrawal Management Services

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North and Far North Queensland

Stagpole Street Drug and Alcohol Rehabilitation Unit (BlueCare)

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 2777 | 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: Inpatient. Alcohol, cannabis or prescription medications only. Referral from a GP or Psychiatrist required.

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. Referral from a GP or Psychiatrist required.

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: Inpatient. Referral from a GP or Psychiatrist required.

Withdrawal Management Services

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Gold Coast

Currumbin Clinic

Currumbin.

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

♀ ♂ ♀ AGE 18+ 📅 5 days+

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

Additional notes: Inpatient. Referral from a Health Professional required. Admission criteria to be discussed in detail during the intake assessment.

Sunshine Coast

Ramsay Clinic Caloundra

Caloundra.

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

♀ ♂ ♀ AGE 17+ 📅 5 - 10 days

💰 **Self-funded approx \$1000 per day or**

Private Health / DVA / WorkCover Queensland.

Additional notes: Inpatient. Referral from a GP or Psychiatrist required.

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 10 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 smoking or vaping allowed and/or is nicotine replacement therapy offered?
Please note: In Queensland vaping products containing nicotine are illegal, unless on prescription.

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.
 0438 129 282 | Mon - Fri | 7:30am - 3:30pm
   **18+**  **12 weeks**
 **400 per fortnight or via Centrelink payment.**

House of Hope (St Vincent de Paul Society)

Corinda.
 0438 129 282 | Mon - Fri | 7:30am - 3:30pm
   **18+**  **12 weeks** 
 **400 per fortnight or via Centrelink payment.**

Caboolture and surrounds

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.

🚫 Reviewed during pre-admission for suitability.

Ted Noffs Foundation Adolescent Drug Treatment

Morayfield.

☎ (07) 3149 8263 | Mon - Fri | 9:00am - 5:00pm

♀♂ 🟢 AGE 13 - 17 📅 12 weeks 💰 160 per week.

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 + non-refundable \$680 admission fee.**

🚫 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 18 + with up to 2 children aged 9 & under 📅 3 months**

💰 **via Centrelink payment + non-refundable \$680 admission fee.**

🚫 Convicted of violent or sex offences.

Gold Coast

Gold Coast Recovery Services Centre - Fairhaven (Salvation Army)

☎ 1300 111 827 | Mon - Fri | 8:30am - 4:00pm

♀♂ AGE 18+ 📅 12 weeks+ 🚫 🚫

💰 **via Centrelink payment or self funded.**

🚫 Convicted of violent or sex offences.

Goldbridge

Southport.

☎ (07) 5503 1255 | Mon - Fri | 8:00am - 4:00pm

♀♂ AGE 21+ 📅 1 - 6 months 🚫 🚫

💰 **\$550 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.

Additional notes: Referral from a Health

Professional required.

Sunshine Coast

WHOS Najara - Sunshine Coast

Nambour.

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

♀♂ AGE 18+ 📅 4 - 6 months 🚫 🚫

💰 **via Centrelink payment.**

Toowoomba

Sunrise Way

Toowoomba.

(07) 4638 9091 | Mon - Fri | 8:30am - 4:30pm

♀♂♀ AGE 18+ 📅 24 weeks 🚭🚬

💰 \$750 per week or via Centrelink payment + pre-admission costs.

Teen Challenge (New Life Centre)

Toowoomba.

(07) 3422 1500 | Mon - Fri | 8:30am - 4:30pm

Males and females in separate facilities.

♀♀ AGE 18 - 40 ♂♂ AGE 18 - 45 🟢

📅 3 - 12 months 📖

💰 Upfront admission fee + Centrelink payment.

🚭 Restrictions on prescription medications to be discussed at intake assessment.

Central Queensland

Binbi Yadubay - Healthy Beginnings (Lives Lived Well)

Rockhampton.

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

♀♂♀ AGE 18+ 📅 6 - 12 weeks

💰 to be discussed at intake assessment.

🚫 Convicted of sex offences or arson.

Binbi Yadubay - Healthy Beginnings Family Recovery (Lives Lived Well)

Rockhampton.

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

👤 **Parents with up to 2 children aged 9 & under** 📅 **6 - 12 weeks**

Additional notes: 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

♀♂♀ 🇦🇺🇳🇵 AGE 18+ 📅 2 - 12 weeks 🚭

💰 \$270 per week.

Additional notes: Aboriginal and Torres Strait Islander service but open to all people.

St Vincent de Paul Society Drug and Alcohol Residential Recovery Service

Mackay.

(07) 4957 9500 | Mon - Sun | 24hrs

♀♂ AGE 18+ 📅 12 weeks 🚭🚬

💰 \$400 per fortnight or via Centrelink payment.

North and Far North Queensland

St Vincent de Paul Society Drug and Alcohol Residential Recovery Service Townsville

Kelso (Townsville).

(07) 4417 4501 | Mon - Fri | 8:00am - 4:00pm

♀♂ AGE 18+ 📅 12 weeks 🚭🚬

💰 \$400 per fortnight or via Centrelink payment.

Stagpole Street Drug and Alcohol Rehabilitation Unit (BlueCare)

Townsville.

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

♀♂♀ 🇦🇺🇳🇵 AGE 18+ 📅 3 months+ 🚭🚬

💰 via Centrelink payment.

Additional notes: Aboriginal and Torres Strait Islander service but open to all people.

Private Rehabilitation Services


Brisbane

Damascus Health Services - Brisbane Private Hospital

Spring Hill.

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

♀♂♀  18+  2 weeks

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

Additional notes: Alcohol, cannabis or prescription medications only. Referral from a GP or Psychiatrist required.

Gold Coast

Currumbin Clinic

Currumbin.

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

♀♂♀  18+  3 weeks

💰 Private Health / DVA / WorkCover Queensland.

Additional notes: Referral from a Health Professional required. Admission criteria to be discussed in detail during the intake assessment.

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 - 4:00pm

♀♂♀  18+  18 weeks  Free.

 Convicted of violent or sex offences.

Additional notes: Program involves 6 weeks of group (3 days/week) and 12 weeks of individual support and aftercare.

Lives Lived Well DAY REHAB

Woolloongabba, South Brisbane.

☎ 1300 727 957 | Mon - Fri | 8:00am - 4:00pm

♀♂♀  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.

Rehabilitation Services Notes

What help is available?

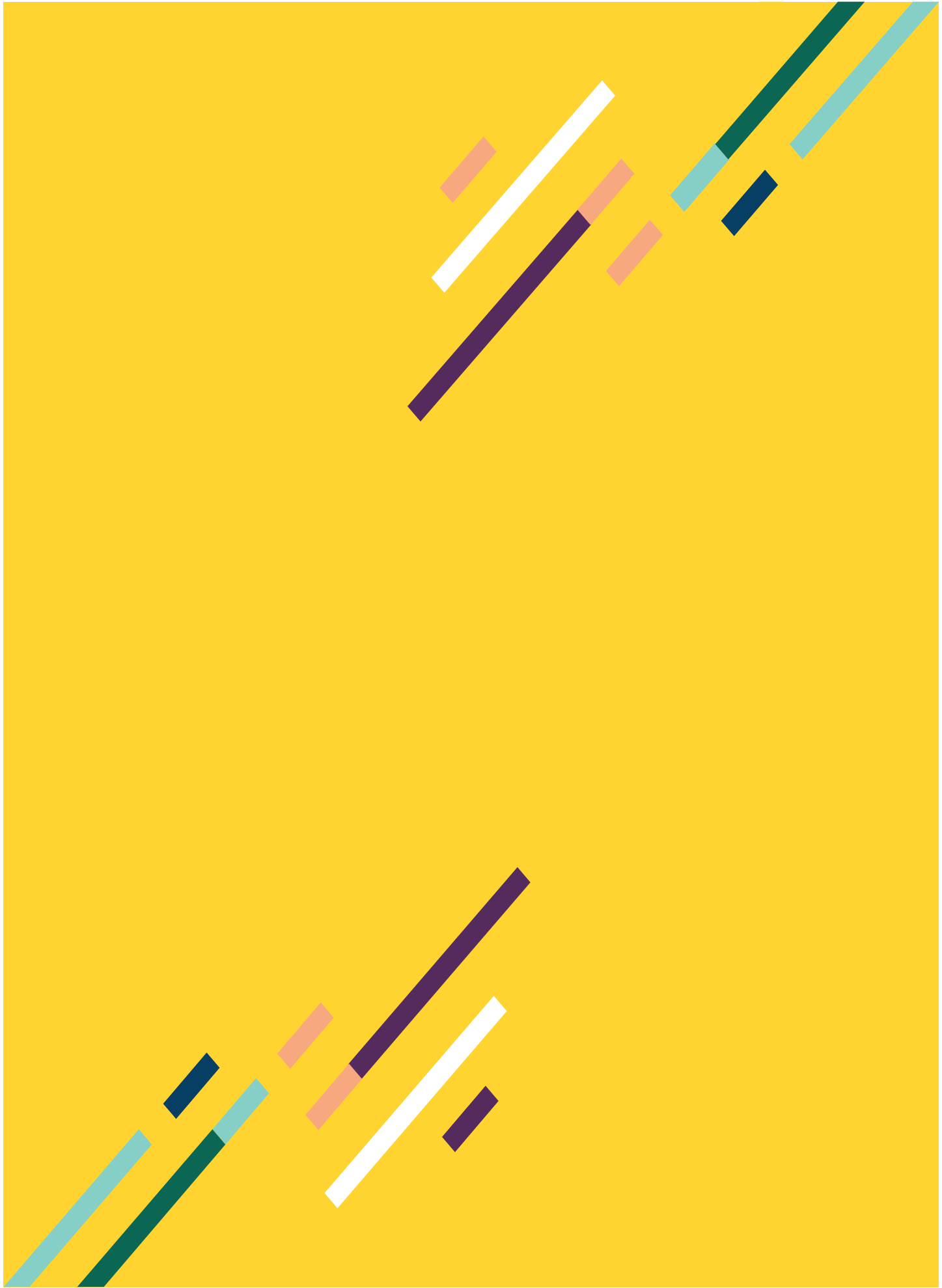
Adis 24/7 Alcohol and Drug Support is a 24 hour, 7 day a week confidential support service for people in Queensland with alcohol and other drug concerns, their families and health professionals.

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.

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