

## The Program:

It is a condition of admission to Arcadia House that clients take part in the program which offers them the best possible chance to detox and work towards recovery.

## The program includes:

- Group work
- Activities, cooking and household chores
- Participation in meetings
- Outdoor activities and exercise
- Therapies such as massage and natural remedies

**Cost for Admission** is currently \$150 (at time of print), this covers some of the costs of admission such as massage and natural therapies, dispensed by a qualified Naturopath. The cost may change and you will be informed on the current cost at the time of your phone assessment.

**Length of Admission:** 7 days but this can be negotiated on an individual basis. In some cases we will accept people for longer if they are going directly to rehab after Arcadia House.

**Leaving the Program Early:** Arcadia House is a voluntary program and clients are free to leave the program at any time, but may not be re-admitted for some months should they choose to leave early.

## Other programs

- Life Skills
- Resources
- Support Groups
- Counselling Services
- Primary Health Care
- Community Education
- Althea Wellness Centre
- Arcadia House Detox and Withdrawal Services
- Treatment Support Service
- Needle and Syringe Program



## DIRECTIONS ACT

### Arcadia House

Mary Potter Circuit, Bruce ACT

Ph: 6253 3055

Fax: 6253 3086



### Aftercare Program

1 Bradley Street WODEN ACT 2606

Ph: 6122 8000

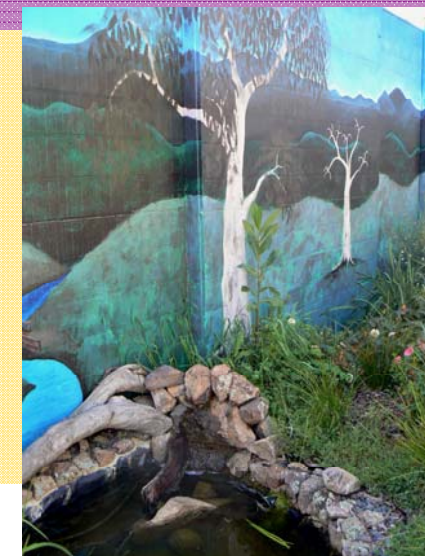
Fax: 6122 8001

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# DIRECTIONS ACT

## ARCADIA HOUSE Aftercare Program



*Offering Aftercare to assist in your recovery*

Version July 2009

## What is Aftercare?

The Aftercare Program is a service provided by Arcadia House detoxification centre which aims to provide Arcadia House clients with a support and referral service after leaving detox.

For many people completing an inpatient detoxification program is the first step in the process of drug use change or rehabilitation. After detox people may choose to attend a rehabilitation service. The Aftercare worker can assist you to find the most suitable rehabilitation service for you.



If you chose not to go onto a rehabilitation facility the Aftercare Program can assist you to find appropriate options and supports to take the next steps in your recovery.

*For admission to Arcadia House you will need to call 6253 3055 during office hours and have a phone assessment*

## How Can it help me?

Aftercare aims to link people with appropriate services after they leave Arcadia House.

*Services can include, but are not limited to:*

- Support groups
- Financial assistance
- Individual counselling
- Pharmacotherapy assistance (Methadone, Bupe, Naltrexone)
- Assistance finding alternative therapies for drug rehabilitation
- Psychological or psychiatric care
- Housing or accommodation assistance
- Assistance with physical health issues

The Aftercare worker will make an appointment with you once you have been in the house for 2 or 3 days. If required, an appointment will be made for follow up.

Engaging with an Aftercare worker while in Arcadia House is voluntary and people may choose to by-pass the service if they wish.

**Offering Aftercare to assist in your recovery**

## Arcadia House Admissions

To gain access to the Arcadia House program the person must complete a phone assessment for eligibility. Arcadia accepts clients from the age of 15, however young people are encouraged to contact The Ted Noffs Foundation..



**Case Management:** Clients are assigned a case manager to help them achieve their desired goals and each client will work through their individual issues, health care and future options for their recovery.

Through the case management process, clients are linked into other services in the community such as rehabilitation facilities, ACT Hep C Council, refuges, Centrelink, CARE Credit and Financial Counselling Services and Legal Aid, Housing ACT depending on individual needs. All clients have access to a counsellor during their stay and after discharge.