

OTHER INFO

What to Bring: You will need 3 changes of clothes, nightwear, shoes, hat, jacket or jumper, swimmers, and basic toiletries such as soap and shampoo. All linen including towels are supplied.

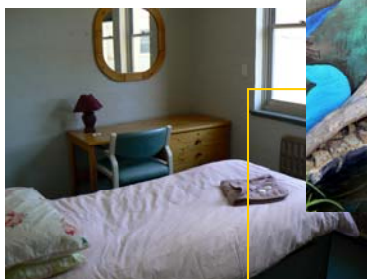
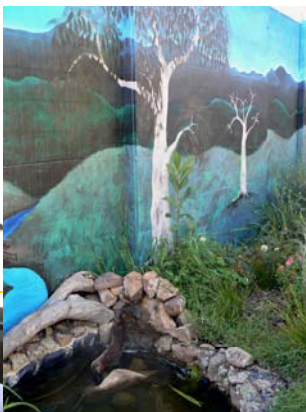
Please bring scripted medication and accompanying instructions from your doctor, however this will be kept in the office and dispensed via the staff.

Bag Search: On admission your bag will be searched by the staff in your presence. Any items other than the list above, including wallets and mobile phones, will be placed into storage. Please do not bring valuable items, electronic or music equipment such as iPods as these will also be placed into storage.

Phone calls: These are limited to help you to deal with your detox issues without unnecessary interruption. The focus for the week is your health and wellbeing. Parents are able to call their children once a day, but we do not allow people to ring friends and family during detox, as this can have an adverse effect on your detox and recovery.

You will have the opportunity to ring your family or support person if you decide to leave, or prior to your discharge from Arcadia House.

Phone calls to rehabs and to assist in health and wellbeing are facilitated by the Case Manager.



Our Programs

- Support Groups
- Primary Health Care
- Counselling Services
- Community Education
- Arcadia House Detox and Withdrawal Services
- Althea Wellness Centre
- Treatment Support Service
- Needle and Syringe Program
- Outreach and Promotional Activities



DIRECTIONS ACT

Arcadia House

Mary Potter Circuit, Bruce ACT

Ph: 6253 3055

Fax: 6253 3086



DIRECTIONS ACT Main Office

1 Bradley Street WODEN ACT 2606

Ph: 6122 8000

Fax: 6122 8001

Email: admissions@directionsact.com

Website: www.directionsact.com

DIRECTIONS ACT

ARCADIA HOUSE

DETOX & WITHDRAWAL SERVICES



Offering a safe, tranquil and natural detox alternative

Version July 2009

GENERAL INFORMATION

DIRECTIONS ACT regards access to health and related services as a fundamental human right.

For people who use alcohol and/or other drugs, access includes being able to obtain knowledge of health options relevant to their needs. It includes the ability to choose between and utilise services unhindered by discrimination, stereotyping and prejudice.

Arcadia House offers a safe, tranquil and natural detox alternative. The purpose of Arcadia House is to provide clients with the physical and personal resources to successfully withdraw from alcohol and other drugs.

The Arcadia House program is tailored to individual needs in a home style environment, with healthy food, friendly staff and natural therapies that contribute to a relaxed and informal atmosphere.

Arcadia House offers a selective, non-medicated detox program using complementary therapies, massage and exercise to relieve drug and alcohol withdrawal symptoms. The structured program enables and supports clients in a therapeutic environment.

All clients attend both AA and NA meetings as part of the program, this is to support the client after release and to help prevent relapse into substance use.

The Program is available 24 hours a day over 7 days for males and females in a small 10 bed unit. The current cost for admission to Arcadia House is \$150.00 (at the time of print) which goes towards accommodation, food and alternative therapies.

The cost for admission may change, for current rates please ring Arcadia House 6253 3055.

ARCADIA 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.

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



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.

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

Arcadia House clients sign a contract on admission, and are expected to adhere to that contract throughout their time at Arcadia House.

Arcadia House is an alcohol and drug free environment and does not allow these substances on the premises. We ensure that all clients have the opportunity to detox without any risk to their wellbeing.

Cost for Admission is currently \$150 for 7 days (at time of print), this covers some of the costs of admission such as massage and natural therapies, dispensed by a qualified Naturopath. A fee of \$20 will also apply for each day a person continues beyond the 7 day program.

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. Arcadia House does not accept clients on bail conditions.