

# Borders addiction service

A GUIDE TO ACCESSING RESIDENTIAL  
REHABILITATION IN THE SCOTTISH BORDERS



# Residential rehabilitation

This booklet has been written to provide answers to a number of frequently asked questions regarding residential rehabilitation. It may not provide all the answers but will help service users, family members and other interested parties gain an insight into how the process works.

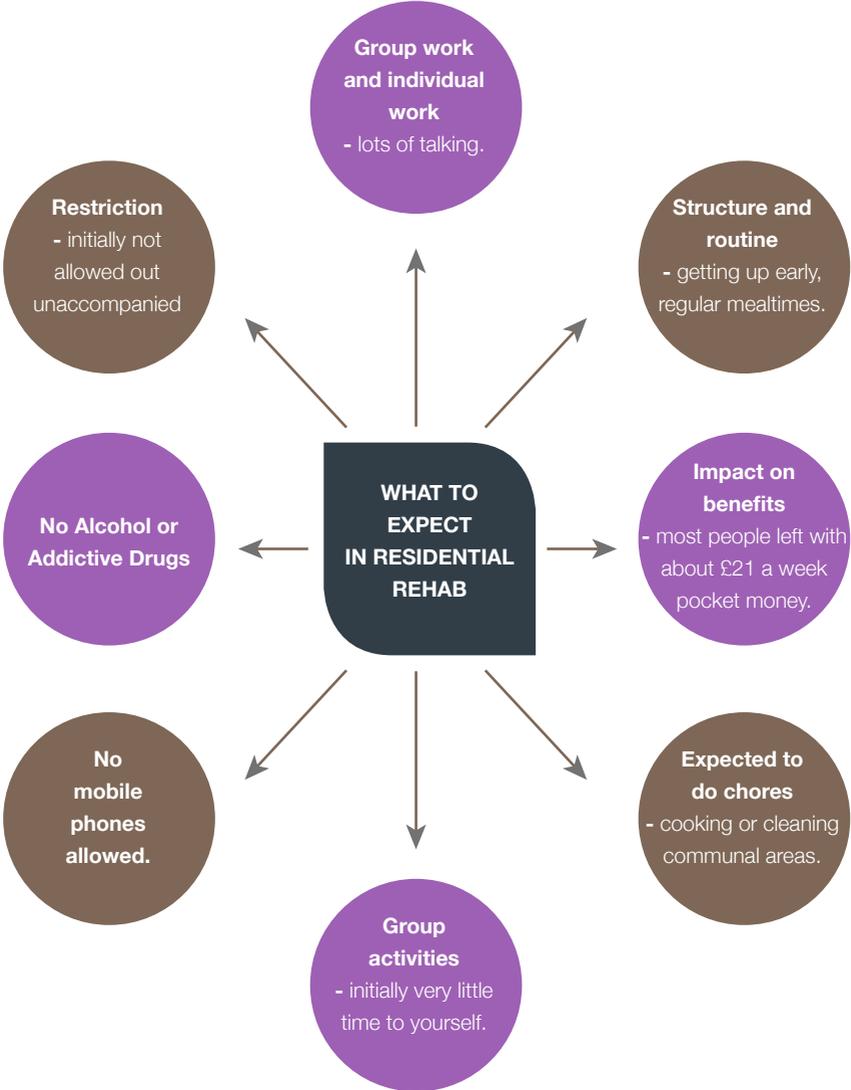
Residential rehabilitation - rehab for short - describes a drug and/or alcohol treatment programme that is provided in a residential setting. Rehabs are usually abstinence-based and provide an intense programme of support and care aimed at people who have difficulty becoming drug and/or alcohol free in the community. Borders Addiction Service can only accept referrals for residential rehab for individuals over the age of 16.

Borders Addiction Service can only accept referrals for residential rehab for individuals over the age of 16. We accept self-referrals as well as referrals from other professionals such as your GP or Social Worker.

Residential rehab is not an easy option. Serious commitment and determination is needed to successfully complete a programme. A stay in rehab usually lasts 6 months.

For many individuals the first few weeks can be difficult as your life changes as soon as you walk through the door. You may be asked to leave if you are unable to follow the programme or break the rules.

# What to expect in residential rehab



# The Assessment

Borders Addiction Service want to make sure that Residential Rehab is the right option for you so your Support Worker has been asked to undertake a Social Work Assessment with you. This assessment will take a minimum of 6 weeks and could last much longer.

During this assessment you will need to show that you are motivated to change and able to commit to a programme of residential rehab that might involve moving away from the Scottish Borders for a period of time.

The assessment will also involve taking an in depth history from childhood to the present day. This forms the main part of the assessment which is submitted to Social Work as part of the funding application.

Not everyone is successful in this process so at this point there is no guarantee that you will be offered a place in Residential Rehab. Your BAS support worker can provide you with support and guidance during this process.

# The Assessment; what we expect of you



# Detox

Before going to rehab you will need to undertake a detox. This could take place at home or in Huntlyburn House.

## Paying for Rehab

Funding for rehab comes from Scottish Borders Council. Most rehabs charge a weekly fee although there are a few rehabs that are funded through welfare benefits only. It is possible for individuals to access and pay for Residential Rehab privately however if you wish to apply for funding you will be expected to go through the assessment process outlined in this booklet.

You will have to pay part of the cost of your placement. We will look at your income, property and savings so we can calculate how much you have to pay. This is called a Financial Assessment.

The cost can vary a lot and as funding is limited some rehabs may be too expensive to consider. If it is agreed that rehab is a suitable option for you, you may have to wait until funding becomes available.

Some rehabs also offer housing and after care support in their area following your 6 month stay. Unfortunately Scottish Borders Council is unable to provide funding for these programmes.

# BAS Support during and after Residential Rehab

Your support worker will be your main contact from BAS whilst you are in Rehab. They will:

- have regular telephone contact with your Key worker and receive updates on your progress.
- attend reviews in order to discuss with you and your Key Worker how your placement is going.
- contact yourself and the rehab provider towards the end of your placement to make sure suitable supports are in place to help you continue in your recovery.
- offer support for up to 3 months after you leave rehab to ensure that you are accessing the appropriate supports in the community. If you choose not to return to the Scottish Borders this will consist of telephone contact.

# Local services

**Borders Addiction Service** 01896 664430

**Addaction** 01896 757843 or Freephone 0800 0286664

**Domestic Abuse Advocacy Support Service** 01835 825024

**Social Work** 0300 100 1800

# Helplines

**AA National Helpline** 08457 6975555

**Action for Children** 01896 750173

**Breathing Space** 0800 838587

**Drinkline** 0800 9178282

**FRANK** (drugs advice 0300 1236600)

**Narcotics Anonymous** 0300 9991212

**National Association for Children of Alcoholics** 0800 358 3456

**National Association of People Abused in Childhood** 0808 801 0331

**National Domestic Abuse Helpline** 08000 271234

**Rape Crisis Scotland** 08088 010302

**Samaritans** 08457 909090

**Saneline** 0845 767 8000

**Scottish Families affected by Alcohol and Drugs** 0800 101011

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## Contact Information

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