

What about relapse?

Relapse is often part of the recovery process—the goal is to be prepared and learn from the experience. There is no cure for addiction, but with some tools addiction is treatable and manageable. Through counselling, education and treatment programs, a toolbox of strategies, coping skills, and the support of family and friends, recovery is possible. The following are a list of resources that offer further support to families:

Additional Resources

RVH Family Education and Support Group
705-728-9090 Ext. 24300

Canadian Mental Health Association (CMHA)
705-726-5033
www.cmha.ca

**CMHA-Family Mental Health
Initiatives Support Program**
705-725-0363 /1-800-324-3252
www.fmhi.ca

AL Anon/Al Ateen
705-730-3307
www.alanon-alateen.on.ca

Nar Anon
1-877-239-0096
www.naranonontario.com

Gam Anon
1-855-222-5542
www.gam-anon.org

Catholic Family Services of Simcoe County
1-888-726-2503
www.cfssc.ca

RVH Residential Withdrawal Management

Location: 70 Wellington St. W., Upper Level,
Barrie ON L4N 1K4

Tel: 705-728-4226 705-728-9090 Ext. 24100

Toll Free: 1-866-850-7034

Fax: 705-728-7308

Manager: Angela McCuaig

Email: McCuaigA@rvh.on.ca

Director: Melody Boyd

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Services at a Glance:

- Non-Medical
- Confidential and safe environment
- 24/7 access to addiction counsellors
- Psychoeducational groups
- One to one brief counselling and treatment referral
- Healthy meals provided

Addiction Services



Withdrawal Management Services

FAMILY INFORMATION What you need to know



What is Withdrawal Management Services

Withdrawal Management Services (WMS) is one of the programs within the RVH Mental Health and Addiction Program. We offer:

- Non-medical, co-ed, residential withdrawal management service for individuals 16 years and older with a valid health card
- Supports withdrawal from alcohol, illicit drugs or prescriptions medications.
Note: benzodiazepine tapers only
- An immediate and nurturing support system throughout the withdrawal process
- Individual and group counselling sessions encouraging personal responsibility and accountability
- 24 hour telephone crisis support related to substance use
- Referral to residential treatment as appropriate
- Medical back up provided by RVH Emergency Department

How do we access the service?

Our services are available 24/7. We prefer the client to contact us to discuss their situation and needs. We complete a pre-admission screening over the phone. This assessment helps determine whether the client is suitable for the program, and it is an opportunity to explain to clients what they can expect during their withdrawal process. In some instances, medical clearance is required.

Is this a voluntary program?

WMS is a voluntary program; no one can be made to attend, nor can they be held against their will. WMS is not responsible for a client's legal supervision, or whether they are adhering to other external stipulations.

What can be expected at WMS?

We offer a safe and supportive environment, and promote a holistic approach to health and recovery. Clients have access to addiction counsellors 24 hours a day-7 days a week to get support and assistance with referrals and discharge planning. Clients have the chance to attend 12-step meetings, and engage in educational group sessions. Laundry facilities, meals, and housekeeping are provided. Clients are expected to keep their living area tidy and assist with chores on unit as able.



Can I visit or call my loved one?

Visiting hours are **24 hours a day-7 days a week** (some discretion required). Clients can make time limited phone calls to their friends and family (and receive calls) outside of group program. Phone calls to doctors, lawyers, counsellors etc. can be made at any time.

Why can't I get information about my loved one?

In accordance with the Personal Health Information Protection Act, staff cannot disclose any information about a client without their written consent. Staff can neither confirm nor deny any individual's association with WMS without the client's consent.

What happens after WMS?

Aftercare must be client driven in order to be successful. Clients that already have counsellors and supports within the community, are re-directed back for follow-up. Clients may be interested in applying for residential treatment and staff can get assistance with this. Some clients may require help in accessing shelters, other social assistance supports, or further mental health supports - staff will assist in accessing these services.

What is available for families?

The RVH Mental Health and Addiction Program offers a group for family members, significant others and/supports of clients in our Program. This is an opportunity to receive information and support to those that are supporting an individual with a mental health and/or substance use problem. For more information please call: 705-728-9090 Ext 24300.