

St Patrick's
Mental Health Services



Addiction Services Programme



Welcome

You have just entered St Patrick's Hospital with a view to commencing a four week inpatient programme, 12 week step-down programme and aftercare.

Selecting a treatment centre is one of the most difficult decisions you may have to make in a lifetime. We hope we can offer you, your family/ concerned significant person a worthwhile and innovative treatment programme to help meet your needs. We, in the addiction team, hope your experience with us will be valuable and a stepping stone towards your recovery for the future.

DETOXIFICATION

Detoxification often entails a more intensive level of care, there is no practical value in defining a period in which a person is "in detoxification". Simply, detoxification is defined as the period during which you receive detoxification medications. Another way of defining the detoxification period is by measuring the duration of withdrawal signs or symptoms.

You will be asked for a urine sample on admission - and equally random samples will be requested during your inpatient stay. This sample is used for drug testing.

You will also be breathalysed on admission and randomly tested throughout your stay. This safeguards you and the team involved in your care.

You will be met by an addiction counsellor during detox; this is to introduce themselves to you and to discuss the programme you will be agreeing to. Signing a contract to engage in the treatment programme will be done at this stage.

Addiction programme

Our approach is an abstinence-based programme and our belief is when you commit to engaging in your treatment programme, you will not engage in any form of addictive behaviours such as gambling, drug use, alcohol use, or use of "over the counter" medications.



Full attendance to the programme is required. Only in exceptional circumstances is day leave permitted during the week with prior consultation with consultant/staff team; and will only be granted in extreme circumstances.

Weekend leave is encouraged as you proceed with your programme, this will be discussed at ward rounds and you will be informed when a decision is made to enable you to make plans for going home etc.

Programme includes:

Lecture Series:

9.30 - 10.00am (Monday - Friday)
12.15 - Lecture given by Addiction Specialist (Tuesday)
11.30 - Psycho educational lecture (Friday)

Groups:

- Goal Setting and Change Planning
- Recovery Skills
- Reflection Group
- Preventing Relapse
- Recovery Plan

How much does treatment cost?

Your healthcare insurance covers the cost of a four-week inpatient stay in hospital and a 12-week “step-down” programme as an outpatient. You will then be requested to attend aftercare, which is a group run once weekly in St Patrick’s Hospital and costs €40.00 per group session. This will be paid for by you.

Aftercare is run by a trained addiction therapist and you will jointly decide on the length of attendance (recommended 1 year approximately).

What is the degree of family involvement in my programme?

Alcoholism and drug abuse affects the entire family, not just the alcohol/drug-dependent. Quite often family members do not realise how deeply they have been affected by chemical dependency. Family involvement is an important component of recovery.

Our programme requires a named person, either family or concerned significant other, to be part of your treatment. You will be asked for a name, address and phone number for this person, and consent to same.

St Patrick's Mental Health Services provides services to adults. In addition, the families and significant others are invited into the process, as they can be critical in helping develop a truly supportive social network.

STEPDOWN

Our Stepdown Programme is a twelve-week programme designed to meet the needs of people who have attended the Addiction Service inpatient programmes and have been discharged from hospital.

Why should I attend Stepdown?

Recovery from addiction is a staged process and Stepdown is considered the second stage of recovery. In this second stage you will attend the Hospital once a week for half a day. During the half day you will attend a Recovery Support Group, an educational lecture facilitated by the addiction specialist, where family/concerned others are invited to attend, and skill training groups covering psychological and physical health needs.

The Stepdown programme also gives you an opportunity to continue to engage with the Hospital, particularly if you are experiencing difficulty or struggling with your recovery. This means that you have a mechanism to manage your needs at earlier intervention.

As a team we believe that Stepdown should be viewed as an integral part of your recovery and would strongly recommend you to attend.



What do I need to do?

Once you and your therapist have agreed a date for you to attend Stepdown, and on your FIRST date of attendance, you will need to register with the Day Services located at the main reception of the hospital.

Parking is free for service users attending Day Care, however any other expenditure such as lunch, coffee/tea, items from shop, transport costs, will not be covered.

When do I attend?

Every Tuesday from 11.00am - 3.30pm, for 12 weeks.

Is this covered by my health insurer?

If you have health insurance with VHI, GLO or AVIVA your programme will be fully covered for the 12 weeks. If you wish to pay for this service, the cost for half day is €330.00.

Some health insurance companies may partially fund this service and therefore you may need to pay the shortfall. You can discuss this with the Administrator in Day Services to fully understand what you may/ may not have to pay for or you may also wish to contact your health insurer directly.

Who do I talk to about Insurance cover?

If you have a query in relation to insurance cover for the programme, you should contact our Finance Department on 01-249 3648 / 01-249 3373 or speak to your health insurer.

Who can I talk to if I am experiencing difficulties in my recovery?

If you are experiencing some difficulties in relation to your recovery, we advise that the group offered in the afternoon gives a safe and secure platform to air these difficulties, however if you feel you need to discuss something more personal, approach your therapist or one of the team.

What will happen if I drink/use while on the programme?

Talk to one of the team; the earlier the better. We understand Relapse can happen, but the earlier you disclose this the earlier we can get resources to help. You will be treated with respect, not judged and together get your recovery plan back on track.

Can my family/concerned other attend aspects of Stepdown?

YES! We invite and welcome family members/ concerned others into our Psycho-educational lecture given by the medical team; this covers a range of topics and gives an opportunity for questions from everyone who may have a query. This lecture takes place every Tuesday in the Lecture Hall and runs from 12.15pm - 1.00pm.



AFTERCARE

Aftercare is considered STAGE 3 of our Recovery Model here in St Patrick's Mental Health Services. It is highly recommended and advocated for following your residential (Stage 1) and Stepdown (Stage 2) on the pathway to recovery.

We consider ALL three stages as EQUAL on that pathway and therefore strongly believe that commitment to the year-long programme we offer provides stronger evidence to support abstinence and maintain a life more rewarding without alcohol/ chemicals.

Weekly attendance at a professionally facilitated aftercare group provides you with an opportunity to continue to address primary recovery issues.

Weekly attendance also requires personal accountability to the group members for sobriety and recovery.

Many studies have substantiated the importance of weekly aftercare meetings to success with long-term recovery.

The Addiction Service Team here in St Patrick's Mental Health Services recommends Aftercare for a minimum of one year post-primary intensive treatment programme. All our staff are trained professionals with a specialised interest in addiction and recovery.

They can provide early intervention for persons running into difficulties as they have immediate access to all services within campus therefore acting much quicker for the person to get back on track. We also have strong links to community services and believe an established Aftercare Plan also includes regular attendance at AA, NA, GA, LIFERING (depending on whichever group applies to you) to maintain sobriety and give you the support and sponsorship on this recovery journey.

This service runs continuously throughout the year. Should you or your family/concerned other have any queries in relation to this service or any part of our addiction services, we, the Addiction Service Team would be delighted to answer your queries.

Aftercare is charged at €40.00 per session.

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