



## Moray Residential Rehabilitation Pathway

### Drug and Alcohol Services in Moray

Moray has two alcohol and drugs services: Arrows –a Quarriers Service, and Moray Integrated Drug and Alcohol Service.

**Arrows** offers information, support and guidance to anyone who has concerns about their own or someone else's drug or alcohol use. This includes:



- Recovery support, one to one and group
- Harm reduction advice, naloxone training and needle exchange
- Assessment and structured recovery treatment, including direct access for Moray Integrated Drug and Alcohol Service

**Moray Integrated Drug and Alcohol Service (MIDAS)** offers specialist support from Moray Council Social Workers and NHS Grampian Community Mental Health Nurses. This includes:



- Young substance users (with the consent of parents/guardians if under age of 16 year)
- People with complex health and social needs
- Substitute prescribing
- Home detoxification, advice and support
- Residential Detox and assessment for Rehabilitation services

Through an assessment with Arrows, individuals will be offered support from services to best meet individual need. Arrows and MIDAS work closely together, and many people will have a comprehensive package of support with input from both services working towards a joint care plan.

If you or your loved one are not currently in touch with our services, Arrows can support you to build a recovery plan that is right for you. To request an assessment, or a chat with a Recovery worker, please get in touch:

**Visit:** 23 High Street, Elgin, Moray, IV30 1EE

**Phone:** 01343 610 500

**Text:** 07812 228547

**Email:** [arrows@quarriers.org.uk](mailto:arrows@quarriers.org.uk)

Monday	9am – 6pm
Tuesday	9am – 6pm
Wednesday	9am – 6pm
Thursday	9am – 9pm
Friday	9am – 6pm
Saturday	10am – 1pm

## About Residential Rehabilitation

Residential Rehabilitation is a good option for people looking for an abstinence based model of care. This means no use of substances or alcohol. Some places support the use of medication assisted treatment such as methadone and / or other replacement medications.

Currently there is no local residential rehabilitation provision so people will need to be prepared to travel to placements outside of the Moray area.

Residential rehabilitation usually means living with other people who are seeking abstinence and undertaking a busy daily routine, including daily therapy groups. For some this can be very difficult but for others it can help develop new and strong bonds with other people.

Residential rehabilitation isn't always the best option for everyone – it depends very much on your recovery journey and what is best for you. That is a discussion for you and your Arrows or MIDAS worker and will look to see what is safest and most helpful to you.

## Accessing Residential Rehabilitation in Moray

If you or someone in your family wish to access residential rehabilitation there is a simple process we go through to help do this.

If you are already engaged in our alcohol and drug services, your Arrows Recovery Co-ordinator or MIDAS worker will be happy to discuss residential rehabilitation with you and help prepare if it's something you want to do.

If you are not yet in touch with our services you can request to meet with a Recovery Co-ordinator from Arrows. Residential rehabilitation can be discussed with you either as an informal chat or as part of your service assessment.

## Residential Rehabilitation Process

The process for preparation covers the following broad areas:

1. **Referral:** Initial discussion with your worker
2. **Assessment:** Starting the process
3. **Pre-Rehabilitation:** Preparatory Programme
4. **Rehab Phase:** Going to Rehabilitation Placement
5. **Post –Rehabilitation:** Retuning and Aftercare

If you decide that residential rehabilitation is for you, a Social Worker from the MIDAS team will be identified to guide and support you through the process.

