

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:



HEALTH &

- 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	Monday	9am – 6pm
Phone : 01343 610 500	Tuesday	9am – 6pm
Text : 07812 228547	Wednesday Thursday	9am – 6pm 9am – 9pm
Email: arrows@quarriers.org.uk	Friday	9am – 6pm
Lindii. anowsequamers.org.uk	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.

Referral		
□ Initial discussion with your Arrows or MIDAS worker		
 Worker raises rehab request at weekly MIDAS allocation meeting 		
 Request screened by MIDAS and Social Worker allocated to take forward 		
Assessment		
 Social Worker makes contact and arranges appointment to complete assessment Process for preparing for Residential Rehabilitation is discussed e.g. engagement with support, reducing drug and/or alcohol usage, housing, home situation, funding, available placements, benefits, rent Requirement for preparatory detox is established Social Worker brings completed assessment and recommendation to monthly MIDAS Rehab meeting. Suitability for rehab placement and funding determined. 		
Pre-Rehab		
 Preparatory work continues over period of weeks/months depending on need Residential Rehabilitation establishment identified and visit arranged Assessment undertaken by Rehab establishment Rehab placement approved and admission date agreed All preparatory work completed Emergency safety plan agreed in case of unplanned leaving rehab Support with transportation arranged as required 		
Rehab Phase		
 Ongoing support given by MIDAS and/or Arrows worker whilst resident Midterm review undertaken Social Worker Support provided to family members if required 		
Post Rehab		
 Prior to leaving Social Worker ensures suitable local accommodation and services are in place Arrows/MIDAS worker ensures support appointment arranged within 48hrs of 		
discharge		
Ongoing recovery support and links to Pecovery Communities in Moray		