

*In a safe and respectful environment, the Centre's welcoming, compassionate Addiction Counsellors provide support for individuals undergoing detoxification from alcohol and/or drugs.*

**The Regional Withdrawal Management Centre may be the appropriate service if the individual seeking assistance:**

- Is intoxicated or experiencing withdrawal symptoms; and
- Is 16 years of age or older; and
- Is medically and psychiatrically stable; and
- Can manage a group environment; and
- Chooses to be there voluntarily.

**The Regional Withdrawal Management Centre is not the appropriate INITIAL service if the person seeking assistance:**

- Is experiencing or a risk of serious medical complications that might be indicated by loss of consciousness, difficulty breathing, chest pain, seizures, hallucinations, severe tremors or severe agitation, or a history of serious medical problems; or
- Is threatening harm to self or others; or
- Is suspected of taking an overdose; or
- Appears to have suffered a recent head or other serious injury that has not been treated; or
- Has signed out of the hospital against medical advice

*"This program has saved my life. Fantastic counsellors and a remarkable establishment have made my recovery possible. You cannot put a dollar value on the type of treatment I have received. I am eternally grateful."*

A former Regional Withdrawal Management Centre Patient, April to September 2006



[www.grhosp.on.ca](http://www.grhosp.on.ca)



**Residential Withdrawal Management  
Day Withdrawal Management**



**519-749-4318**

Call for more information, or look for  
the Patient Care Services link online at:  
[www.grandriverhospital.on.ca](http://www.grandriverhospital.on.ca)

**GRAND RIVER  
HOSPITAL**

Advancing Exceptional Care

**Kitchener-Waterloo Campus**

52 Glasgow Street, Kitchener, ON

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PEM6338 (REV.01/19)

We're here  
To help you  
help yourself



**Regional Withdrawal  
Management Centre**

**GRAND RIVER  
HOSPITAL**

Advancing Exceptional Care

### The Centre

The Regional Withdrawal Management Centre was built in 2000. This clean, modern co-ed facility houses a maximum of 20 residential clients aged 16 years and older. Healthy meals are served in the large open-concept dining room which doubles as a games room and is adjacent to the conversation and TV area. Group facilities, smaller quiet rooms and an enclosed courtyard are also available.

### Admission Criteria

The Centre is a level II, non-medical withdrawal management facility. As a result, there are limitations as to the types of situations the Centre is equipped to handle. Since people are unique and approach detoxification with different needs, the attendant conducting the intake interview will take medical / psychiatric conditions and personal circumstances into account when determining whether the Regional Withdrawal Management Centre is the most appropriate program for the individual seeking help.

### The Referral Process

Though individuals can self-refer by visiting the Centre, referral agencies and individuals are encouraged to call ahead to ensure bed availability, and to prevent a long wait for an intake interview. Referrals involve screening with the individual by phone or upon arrival at the Centre. Those offering support to the person being referred are encouraged to accompany the individual during the intake interview.

### Alcohol and Drug Detoxification Services

The Regional Withdrawal Management Centre delivers services in a number of ways, depending on individual needs and available support systems.

### Residential Withdrawal Management

This short-term service is best suited to individuals who require 24 hour monitoring of their withdrawal symptoms, or for those who need a structured and / or protected setting in order to abstain. Length of stay is based on individual needs.

### Day Withdrawal Management

Day Services are delivered at the Regional Withdrawal Management Centre using a 5-day, small group format. Lunch is provided and staff are available to support clients during this time. Transition to other community support services is an important part of this program.



### Services Provided At The Centre

- Screening: *To ensure each client receives the appropriate services.*
- Assessment: *To determine individual goals and outcomes.*
- Crisis Intervention
- Close Observation upon Admission: *To ensure medical and psychiatric stability.*
- Withdrawal Symptom Monitoring and Treatment
- Supportive Care and Stabilization
- Professionally Facilitated Treatment Groups: *Group programming to help individuals identify issues and goals related to relapse prevention, anger management, wellness / fitness, harm reduction, anxiety and depression is also provided.*
- Introductions to 12 Step Philosophy and recovery meetings, as well as various supportive groups are held at the Centre. Individuals are expected to attend outside AA and NA meetings as a group
- Early Recovery Education
- Discharge Planning and Referrals to Further Treatment and Community Resources and Services: *Based on individual needs, preferences and assessment outcomes, staff will make recommendations for resources and services including additional counselling, treatment, housing, etc.*