

## SASKATCHEWAN COLLEGE OF PHARMACISTS

### Alcohol and Drug Recovery Services in Saskatchewan Regional Health Authorities

**Q. *What services are available in Saskatchewan for people who need help with alcohol and drug problems?***

A. Saskatchewan offers a full range of recovery services for individuals and their families who have problems because of alcohol and other drug use. Outpatient services are available in each of Saskatchewan's 12 health authorities as well as through a number of health care based organizations located throughout the province. Inpatient, detoxification and long term residential facilities are also available in several regional health authorities.

**Q. *What is the difference between these different types of services?***

A. People who are affected by alcohol and drug use have different needs depending on the severity of their problem and how far along they might be in the recovery process. Here is a description of the services available.

#### ***Outpatient Services***

Outpatient service agencies are the starting point for families and individuals concerned about their own, or others' use of alcohol or other drugs.

Most people with substance use problems can be adequately helped on an outpatient basis. Outpatient services are available in every regional health authority. Qualified addictions rehabilitation counsellors provide a wide range of services, including assessments, intensive one on one and group counselling, education and support. Individuals that attend outpatient appointments carry on with their day to day activities, such as working, school and caring for the family.

#### ***Detoxification Services***

For people with more severe substance use problems, recovery often begins in a detoxification facility. Staff at these facilities work to provide a safe and comfortable environment where the individual is able to undergo the process of alcohol and other drug withdrawal and stabilization. Usually, detoxification lasts seven to ten days. During this time, individuals may be required to attend self-help groups such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), and participate in activities held at the facility.

### ***Inpatient Services***

Some people may require inpatient services. These programs offer activities similar to those of outpatient services, but on a more structured and intensive basis, with the individual actually living at the facility. These programs usually last about four weeks but may last longer depending on individual needs.

### ***Long Term Residential Services***

Many people with substance use problems require assistance in other life areas as well. Long term residential facilities provide services for a more extended period to individuals recovering from chemical dependency and addiction. These facilities offer counselling, education and relapse prevention in a safe and supportive environment. Life skills training, which allows clients to further develop and enhance the skills needed for successfully building recovery, is also an important service offered at such facilities.

***Q. How do I contact these services in my area?***

- A. The starting point is to contact Alcohol and Drug Services in your local regional health authority. These trained professionals will help you determine what services you may require and will help you contact other agencies if needed.

### ***Other Services***

Private counselling services are not included in our list. Please check your local telephone book if you are interested in private counselling services.

**<<NEW>> Access to the most recent version of the Directory of Alcohol and Drug Services can now be found on the Saskatchewan Health website: [http://www.health.gov.sk.ca/ps\\_dds\\_directory.html](http://www.health.gov.sk.ca/ps_dds_directory.html) and common questions at: [http://www.health.gov.sk.ca/ps\\_ads\\_faq.html](http://www.health.gov.sk.ca/ps_ads_faq.html)**