

ADDICTION CENTRE (LEVEL IV) INFORMATION

Rationale

Most patients entering Level IV do so because they are experiencing an addiction at the same time as mental health concerns and/or medical illness. The addiction can be to alcohol, drugs, or other behaviors, such as gambling. The mental health problem is most commonly depression, anxiety and/or other psychiatric problems. The Addiction Centre Level IV program promotes recovery and personal wellness despite the challenges that co-occurring health issues can present.

Objectives

- To maintain abstinence from addictive substances and behaviours.
- To begin to understand and cope with emotions.
- To explore how relationships affect addictive behaviour and mental /physical health.
- To create healthy patterns of lifestyle (activity, sleep, relaxation, routine).
- To improve support systems.

Expectations for Group Attendance:

- Patients must be abstinent from all substance use and/or behavioral addictions, such as gambling, for a minimum of 2 weeks prior to starting Level IV.
- Patients attending from the inpatient units must be independently mobile.

Format / Schedule

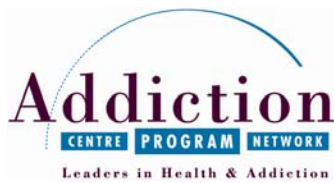
The program runs for three weeks, with varying hours, Monday through Friday, with provision to continue for three more weeks after reviewing this option with the case manager and physician.

Drug Tests:

Random urine tests and breathalyzers are completed.

Confidentiality:

The Addiction Centre complies with all aspects of the Calgary Health Region's Protection and Privacy of Health and Personal Information Policy.



Staff

The Addiction Centre multi-disciplinary team includes Psychiatrists, Addiction Specialist, Family Physicians, Nurses, Occupational Therapists, Psychologists, Social Workers and, at different times, students training in all these disciplines. The Addiction Centre provides educational experiences for students of all health disciplines who may participate in program delivery.

Group Observation

Addiction Centre staff and students observe various group sessions regularly, as part of the mandate to provide education and training.

Parking and Transportation

Parking is available on site for an hourly or daily rate. Neighboring streets provide the availability of free parking for up to 2 hours in duration. Weekly parking passes can be purchased from the Parking Office – basement level, FMC North Tower. Calgary Transit provides bus services to the Foothills Hospital site.

Tobacco Use

Tobacco use is not permitted anywhere on the Foothills Medical Centre site.