

Inpatient Drug and Alcohol Service

Royal North Shore Hospital
Level 5, Douglas Building,
1 Sturt Drive, St Leonards, 2065

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Inpatient Drug & Alcohol Service

IDAS is a specialist withdrawal management unit. Our multidisciplinary team provide supervised withdrawal management alongside a therapeutic and educational program.

Our team provides comprehensive assessment and tailored care to safely manage your withdrawal.

We can provide medications (where indicated) to assist with withdrawal and in some circumstances, there may be a pharmacotherapy (medication) that we can start you on to assist with cravings.

Evidence suggests engagement in post discharge care is associated with better outcomes so our team will work with you develop a tailored aftercare plan, this can include linking you with specialist drug and alcohol counselling, medical or rehabilitation services.

The stay is usually for 5-7 days.

Our Team

Our multidisciplinary team is made up of nurses, doctors, allied health & peer workers.



Our Facilities

The 15 bed ward has shared and single rooms, a patient kitchen and some quiet rooms for phone calls/meetings. Communal areas include a courtyard including a BBQ, a large group room with a TV, table tennis facilities and an exercise bike. There is also a laundry that you can use throughout your stay.

Meals are provided and you can select from the hospital menu.

Program

We run therapeutic and educational programs and ask that you participate in these during your stay.

They include:

- ✓ Relapse prevention
- ✓ Anxiety management
- ✓ Treatment options
- ✓ Yoga, stretching, gentle exercise incl. walks
- ✓ Mindfulness
- ✓ SMART recovery, AA, NA
- ✓ Journalling
- ✓ Arts and crafts
- ✓ Smoking cessation

Your responsibilities

You have the right to be treated with respect and we ask that you show this courtesy to others. We ask people seeking or receiving care, their families, support people and visitors to:

- respect all policies and practices, such as visiting hours, infection control measures, smoke-free zones and limitations on the use of mobile phones around medical equipment
- not damage or take without permission, any health service equipment, stores or property
- not harass, abuse, threaten or put any person at risk of physical or psychological harm.

NSW Health has a zero-tolerance approach to threatening, abusive or violent behaviour by any person. We will take appropriate action to protect people and property.

We ask that you participate in the program.

Provide staff with accurate information around your substance use, physical and mental wellbeing.

Please ask questions if there is anything you don't understand.

Mobile phones & devices

Upon admission we will secure your mobile phone, a ward phone will be made available for you to use. Allocated mobile phone and electronic device usage is arranged each day.

Privacy

To provide you with appropriate treatment we will collect your personal health information. Please read the privacy information leaflet to understand how we use and disclose health information. Please discuss any privacy concerns you have with your treating team on arrival to the unit or as soon as practicable.
<https://www.health.nsw.gov.au/patients/privacy/Documents/privacy-leaflet-for-patients.pdf>



Northern Sydney
Local Health District

What to bring

We ask that you bring minimal valuables with you. Only a small amount of cash can be kept on the premises, \$50.00 is adequate. Cash above \$50.00 will need to be locked away by hospital security.

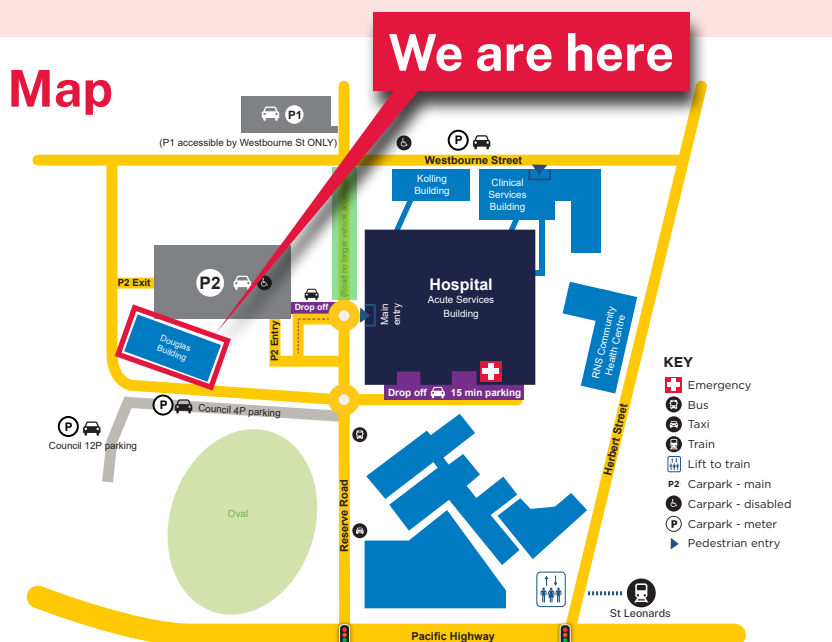
- ✓ Clothes for the duration of your stay
- ✓ Books, Puzzles
- ✓ Thongs (for showering)
- ✓ Labelled medications

What not to bring

Contraband includes alcohol or other drugs, knives, lighters, razors, matches, electrical cords. We do conduct a bag search upon entry to the unit. You may be asked to leave if you contravene the unit rules. Safety is paramount and illegal activity will involve the authorities.

Smoking & Vaping

We are a non-smoking & non-vaping unit, we can provide you with psychological strategies to manage your nicotine withdrawal as well as provide nicotine replacement options such as inhalers, patches and gum.



There is no long stay parking so please do not drive.