



Withdrawal Management

Program Overview

Withdrawal Management, commonly called “detox”, is designed to ensure a safe and medically supervised transition through the most intense phase of withdrawal from drugs and/or alcohol.

As part of the Withdrawal Management program, patients are introduced to the benefits of ongoing treatment, counseling, and recovery resources. Because Fora Health offers the full continuum of care, our clinicians can work with patients to determine the best next steps for treatment and can help patients step up or down to an appropriate program.

Admission Process

Admission for Fora Health’s Withdrawal Management program is an in-person, walk-in process. **Individuals should arrive at our facility at 10230 SE Cherry Blossom Dr., Portland, OR 97216 by 7:30 am Monday–Saturday. Saturdays we are only able to accept OHP patients.**

Withdrawal Management patients are assessed and admitted based on the results of their screening interview combined with their place in line. Admittance depends on the availability of open beds and space is not guaranteed and cannot be reserved.

We accept the Oregon Health Plan (OHP) and most other insurance providers.* Saturdays we are only able to accept OHP patients.

**If you are privately insured OR living outside the Clackamas, Multnomah or Washington County areas and are seeking withdrawal management services, please call us at (503) 535-1151 Mon-Fri, 7:30 am – 4:30 pm before arriving at the facility for enrollment.*

Program Features:

- Separate male-identifying and female-identifying dorms
- 24 hour nurse monitored care
- Expanded access to medications to treat use disorders

Insurance

We offer a wide variety of payment options and work with a vast network of public and private insurance providers. We accept most private insurance providers including Oregon Health Plan and many private insurance carriers.

For more information

Call: (503) 535-1151 or visit:
forahealth.org/payment-options

Contact

Fora Health

10230 SE Cherry Blossom Dr.
Portland, OR 97216

General Phone: (503) 535-1150

Email: info@forahealth.org

Learn more: www.forahealth.org



The Patient Role in Withdrawal Management

- Focus on rest & recovery.
- Drink plenty of fluids.
- Nourish your body. You will be provided with 3 meals plus snacks each day.
- Keep staff informed about how you are feeling so they can be as supportive as possible.
- Help us maintain a peaceful and respectful environment for everyone.
- Bring a 7-day supply of any current prescription medications with a valid label and in the original pharmacy container. Fora Health will provide medication management for withdrawal symptoms, but patients are responsible for routine medication.

What *IS* Withdrawal Management?

The sustained use of some substances, including alcohol, cause changes within the body. Once the use of those substances ends, those changes can result in discomfort, pain, and sometimes life-threatening complications. These are known as acute withdrawal symptoms and may include anxiety, restlessness, joint pain, stomach cramps, nausea, insomnia, and others. The goal of withdrawal management is to alleviate these symptoms and help patients safely and effectively cease their use of drugs or alcohol.

Acute withdrawal, usually lasts between 2-5 days depending on a variety of factors. These factors include: substance(s) used, quantity and duration of use, general health and more.