



Withdrawal Management: Patient and Family Information

Fora Health provides medically managed withdrawal services for adults who need extra support withdrawing from alcohol and/or other substances. Acute withdrawal usually lasts 2-5 days depending on multiple factors, including: substance(s) used, quantity and duration of use, and health at baseline.

Admissions Process

- Persons seeking treatment must arrive at the Fora Health location in SE Portland at 10230 SE Cherry Blossom Drive, by 7:30 a.m., Monday through Sunday. *We cannot accept private insurance on weekends — OHP only.* Patients will be admitted after a brief triage, with all those presenting on time given equal consideration for a bed. There is no guarantee of admittance; it depends on bed availability and individual medical evaluation.
- Most insurance is accepted including the Oregon Health Plan. Please visit the Fora Health website www.forahealth.org for a list of accepted insurance.
- *Any individual with private insurance or who lives outside the Clackamas, Multnomah or Washington County areas must call Fora Health's Access Center during business hours Monday – Friday, 7:30 am – 4:30 pm at (503) 535-1151 for further screening before arriving at the facility.*

Your Role

- Please bring in at least a 7-day supply of your current prescription medications with a valid label and in the original pharmacy container. *Please do not bring controlled medications as we are unable to administer or store outside prescriptions for controlled substances.* We will provide medication management for withdrawal symptoms, but you're responsible for your routine medication.
- Nourish your body. You will be provided with 3 meals plus snacks each day.
- Keep staff informed about how you are feeling and participate in assessments so they can manage your withdrawal effectively.
- The withdrawal process can be uncomfortable. Please be respectful of other patients and staff to reduce unnecessary stress.

Monitoring

- Upon admission your personal belongings will be stored in a secure area. You will be provided with medical scrubs, shower shoes, hygiene supplies and linens for your stay. Personal items are not permitted in the withdrawal management dorms.
- A doctor or nurse practitioner will meet with you immediately on admission for a medical intake. Nurses and certified medical assistants will then care for your withdrawal management needs throughout your



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stay. They monitor your vital signs, perform both scheduled assessments and informal check-ins, administer medications, and provide education on withdrawal symptoms and treatment. In addition to supporting your safe withdrawal, they provide comfort and support during stabilization. Additional support is provided by case managers, who meet with patients to discuss further goals after stabilization and assist in treatment planning and connection to services.

- The Fora Health withdrawal management unit has separate female-identifying and male-identifying dorms, which are monitored by camera 24 hours a day – except when you are in the bathroom. Patients remain in the dorms throughout their stay in withdrawal management unless escorted by a staff member to another area of the building.

Withdrawal Management Medications

The medical provider will order medications to support a safe withdrawal with as little discomfort as possible. Some of the medications that may be ordered for you are:

- Chlordiazepoxide, Lorazepam, Phenobarbital, Gabapentin – for withdrawal symptoms
- Buprenorphine – for opiate withdrawal and ongoing maintenance treatment
- Naltrexone – for opiate/alcohol maintenance treatment
- Trazodone – for insomnia
- Clonidine, hydroxyzine, diphenhydramine for anxiety
- Olanzapine, Quetiapine for mood stabilization
- Ondansetron, Promethadone – for nausea and vomiting
- Tizanadine, Methocarbamol – for generalized muscle cramps
- Dicyclomine – for abdominal cramps

Smoking

Fora Health is a tobacco-free facility. Smoking, vaping, chewing tobacco, and nicotine gum are not permitted. Nicotine replacement therapy is available in the form of lozenges and patches.

Phone calls

Phone calls during withdrawal management are limited to brief calls related to treatment planning, transportation coordination or legal issues. Please let family, friends and other supports know that you will not be able to communicate with them during your stay in withdrawal management.

“The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.” - Norman Cousins