



## Withdrawal Management: Patient and Family Information

Fora Health provides medically managed withdrawal management services for adults who need extra support withdrawing from alcohol and/or drug use. Acute withdrawal usually lasts 2-10 days depending on multiple factors, including: substance(s) used, quantity and duration of use, and health at baseline.

### Admissions Process

- Any individual 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 Saturday. *Saturdays we are only able to accept OHP patients.* Patients will be admitted on a “first come, first serve” basis. There is no guarantee of being admitted, it is dependent on bed availability and individual medical evaluation.
- Most insurance accepted including the Oregon Health Plan. Please visit the Fora Health website [www.forahealth.org](http://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

- Bring in at least a 7-day supply of your current prescription medications with a valid label and in the original pharmacy container. We will provide medication management for withdrawal symptoms and safe detoxification, 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 so they can manage your withdrawal effectively.
- The withdrawal process can be uncomfortable and stressful. Please be respectful of roommates, other patients and staff in order to reduce unnecessary stress.

### Monitoring

- Upon admission your personal belongings will be stored in a secure area. You will be provided scrubs, shower shoes, hygiene supplies and linens for your stay in the detoxification unit. No personal items are allowed while in detoxification.
- A Licensed Medical Provider (LMP) will meet with you immediately on admission. Nurses will then care for your withdrawal management needs during your stay 24 hours a day, 7 days a week. They



are responsible for assessing your health, progress, and readiness for transition. They do so by completing physical and withdrawal assessments, checking vital signs, administering medications, and providing education on withdrawal symptoms, treatment and recovery support.

- The Fora Health withdrawal management has separate male-identifying and female-identifying dorms and will be monitored by camera 24 hours a day – except when you are in the bathroom.
- Staff will frequently need to monitor and assess you to ensure safe and comfortable medical detoxification. In order to facilitate this, you need to remain in your room unless you are escorted by staff or scheduled for activities in an assigned area.

## **Withdrawal Management Medications**

The LMP will order medications to support a safe detoxification with minimal discomfort. Some of the medications that might be ordered for you are:

- Librium, Lorazepam – for withdrawal symptoms
- Buprenorphine – for opiate withdrawal and maintenance treatment
- Naltrexone – for opiate/alcohol dependence
- Trazodone – for insomnia
- Hydroxyzine – for anxiety
- Promethazine, Ondansetron – for nausea and vomiting
- Clonidine and tizanidine – to control vital signs and anxiety
- Dicyclomine – for abdominal cramps

## **Smoking**

Fora Health is a tobacco-free facility. Smoking, vaping, chewing tobacco, nicotine gum, and lozenges are not permitted. Smoking cessation services and adjunctive therapy through prescription of Nicotine Replacement Therapy are available.

## **Phone calls**

No phone calls or messages are allowed while in withdrawal management. You can make 1 phone call while you are having an integrated alcohol and drug assessment with a counselor present for support.

*"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