

Contact Number and Location

(306) 655-4195

**201 Avenue O South
Saskatoon, SK S7M 2R6**

Fax. (306) 655-4196

**This facility is open 24 hours a day,
seven days a week.**



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

If you are interested in receiving further information and/or interested in accessing other Mental Health and Addiction services, please call :

Mental Health & Addiction Services,
Centralized Intake line:

Telephone: (306) 655-7777

Fax: (306) 655-4115

www.saskatoonhealthregion.ca

2017 Mental Health and Addiction Services

Mental Health & Addiction Services

Brief and Social Detox Units

In Saskatoon Health Region



Brief Detox Unit

The **Brief Detox Unit (BDU)** is a 12 bed unit which provides a safe place to sleep for individuals under the influence of alcohol or drugs where they can be supervised until no longer intoxicated from their alcohol or substance use. The BDU is an alternative to overnight incarceration or admission to emergency rooms for intoxicated individuals who do not require emergency care.

The BDU is an opportunity for brief intervention where clients are monitored (vital signs/observed) for approximately 12 hours by an Emergency Medical Technician (EMT). Addiction counselling support is also available.

Social Detox Unit

The **Social Detox Unit (SDU)** is a recovery based program focusing on the management of physical withdrawal symptoms while engaging in a recovery process.

Case management is provided, focusing on goal setting and treatment planning.

Detoxification has three immediate goals:

1. To provide a safe withdrawal from alcohol or other drugs of dependence.
2. To provide a withdrawal that is humane and that protects the client's dignity
3. To assist the client for ongoing recovery.

Accessing Services

We provide services to adults 18 years of age and older.

Brief Detox Unit (BDU)

Clients can self refer to the Brief Detox by walk-in or phone.

Admission criteria:

- Intoxicated by alcohol or drug use
- Coherent and able to communicate
- Able to ambulate (can walk or transport self unassisted)
- Voluntarily accept services
- Presents no risk of harm to self or others.

Social Detox Unit (SDU)

Is a recovery based inpatient unit where clients often begin or reconnect with their recovery process. Clients self-refer to schedule an admission to the SDU. Upon admission, clients are assessed to determine the appropriate detox services and if a client is intoxicated upon arrival to the SDU, they may be supported through the BDU first.