

I feel truly blessed to have gone through this journey with such loving compassionate staff.

*The experience
my expectation.*

Paul G.

Everyone was so caring and genuine.

Carla P.

Excellent staff, I was treated with dignity and respect.

Don S.

Foothills Centre Vision

To assist individuals and families with addiction related problems and encourage healthier lifestyles.

Foothills Centre Mission

Provide clients with current information on alcohol and substance addictions; to also provide support and safety during the detoxification process. Ultimately, Foothills Centre's mission is to assist clients to achieve freedom from the harmful effects of alcohol and substance use and to prepare them for further treatment, or reintegration into society.

Foothills Centre Values

We value people, we believe in their ability to be successful and treat them with respect

We value individuals, families and communities as partners in addressing addiction issues.

We value staff, and their knowledge, skills, initiatives and capabilities.

Contact Details

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Foothills Alcohol Action Society

Foothills Centre is governed by the Foothills Alcohol Action Society; a non-profit charitable society incorporated under the Society Act of Alberta and is funded by Alberta Health Services, Addictions and Mental Health



FOOTHILLS
CENTRE

*Foothills
Detox Centre*



Our Facility

Foothills Centre is a medically supported adult detoxification facility located in southern Alberta.

We are dedicated to providing an environment in which clients may safely withdraw from substance abuse.

Foothills Centre is operated by the Foothills Alcohol Action Society, a non-profit charitable society incorporated under the Society Act of Alberta; and is funded by Alberta Health Services Addiction & Mental Health.

All donations made to the Centre are tax deductible.

Mission Statement

To provide clients with information on alcohol, drugs, and/or gambling addictions.

To provide support and safety during the detoxification process.

To assess issues, and identify consequences surrounding one's own addiction.

To prepare clients for further treatment, or re-integration into their respective society.

Our Program

The Detox Program consists of introducing information on substance abuse in a group setting on a daily basis. Factual information is presented through videos and group sessions. Group sessions are designed to assist the client to understand the process of addictions, first steps into recovery and preparation for treatment.

While at Foothills Centre, clients will have access to the Client Manager for referral to further treatment or discussion on any issues they may have. Clients are also assisted with discharge planning, relapse prevention and support resources.

Detox Program Admission Criteria

Must require detoxification from alcohol and/or other drugs.

A phone interview with our staff is required before all admissions.

Attend scheduled self-help meetings.

Attend daily group sessions.

Abide by resident requirements.

Other Services

Short term relapse prevention is offered to those feeling at risk. This service is for people who have had some length of sobriety or non use but are feeling vulnerable to relapse. Usually a two to three day stay is enough to help a person refocus on their recovery. Individuals may also utilize our services for a pre-treatment 5 day stay before attending a residential treatment program. This service must be booked in advance

Support services are available on an out-patient basis, past clients or community members may attend group lectures upon request. We also provide, by appointment, support and information to family members going through a crisis within their family unit.

Closed 12-step meetings are available for members. Please phone for schedule.

