

## Community & Home Detox Service: Information for Clients

The Community & Home Detoxification Service (CHDS) supports people withdrawing from alcohol and/or other drugs or who are stabilising on medication in their own home and other community environments. Our team works with you and your support person/s to create a plan so you have a safe withdrawal/ stabilisation. While your own doctor (GP) remains responsible for your overall medical care a CHDS doctor can prescribe medication to assist with your withdrawal/ stabilisation. We encourage you to involve friends or family member/s, people who can support you during and after the withdrawal/ stabilisation process. They are welcome to be with you for any of the appointments you have with the CHDS team.

### Your CHDS nurse

Will visit or phone you to assess your progress and provide support as you go through the withdrawal/ stabilisation process. The CHDS nurse can:

- talk with you about when you need to stop using alcohol/drugs prior to your withdrawal/ stabilisation. The nurse will also ask that your home be free of alcohol/ substances during the process
- Monitor the effects of the medication you are being prescribed and will help you identify and manage withdrawal symptoms
- Assist you to set your recovery goals and support you to develop an action plan to achieve those goals
- Offer support to friends or family member/s that are able to help during this time
- Refer you to other services/agencies where necessary (e.g. CADS counselling service, physiotherapy)
- Review your treatment with the CHDS medical team as required and plan for completion of your withdrawal
- Keep in contact with your GP, CADS clinician (if you have one), or anyone else as required.

### Planning your treatment

We will work with you to develop a treatment plan that ensures you receive appropriate care and meet the goals you set for yourself. We will regularly review your treatment plan by:

- Seeing how your withdrawal/ stabilization is progressing
- Updating your current goal/s for your alcohol or substance use
- Identifying the situations you might find particularly difficult (“high risk situations”) and ways to prevent lapse or relapse
- Identifying current supports and what other recovery resources you would like to build and access in the future
- Looking at further supportive options.

We can review your treatment if you request a review and if:

- There’s a change in your circumstances
- You harm yourself or someone else, or someone harms you
- You decline treatment and support or are planning on leaving CHDS against medical advice
- You are using additional substances/alcohol on top of prescribed and agreed medications
- CHDS receives reliable information from another person that is relevant and significant to your treatment.

If you miss an appointment/meeting the CHDS nurse will try to contact you and your support person if you have one. Other people involved in your care such as your GP may be contacted as well.

## Helping you and your support people through the process


Being in a safe and supportive environment free of alcohol and drugs will support you in your withdrawal/ stabilisation.

- Supportive friends and family can play an important role in this process. Before you begin it's helpful to talk with them about needing an alcohol and drug free environment
- Regular small nutritious meals and remaining well hydrated by drinking water are important
- Daily routines are important: No matter how bad you feel, staying in bed can make you feel even worse. Plan to get up, shower, and do some light activity
- Your CHDS nurse is happy to talk with you and your friends/family and to explain the process of withdrawal/ stabilization. The nurse can give information about what support is likely to be needed and helpful
- Support is available from CADS for friends and family. Your CHDS nurse can talk with you about options like a Family & Friends group at CADS Counselling Service.

## Withdrawal symptoms

- It is normal to experience withdrawal symptoms when coming off alcohol and/or other drugs
- Your CHDS nurse will discuss with you common withdrawal symptoms, and how to manage these. Written information is also available
- Mild symptoms may persist after the end of the withdrawal but will gradually diminish as your body recovers.

Tell your nurse if these symptoms increase and/or you experience vomiting, confusion, agitation or hallucinations (disturbed hearing sight and sensation).

 Get urgent medical attention if you have a fit/ seizure. Call an ambulance on 111

## Completing treatment

Planning for completing treatment with CHDS (also known as discharge planning) is an important part of the process. The focus is on assisting you to achieve your goals and ensuring you have enough support in place when your treatment with CHDS ends. Your discharge plan will include:

- Ideas on how you can maintain your goals and minimise the chances of a lapse or relapse
- Information about other services/ agencies/ resources available to you
- CADS Counselling Service can be helpful during and after you've completed your withdrawal. If you're not already engaged with CADS Counselling the CHDS nurse can make a referral to your closest CADS unit and someone from there will contact you.

CHDS may remain in contact with you after you've had your last withdrawal-related medication to ensure there are no complications from the process and to confirm your follow up plans.

## Follow Up

After you have completed your time with us our Consumer Liaison will give you a call to ask you a few questions about your experience with our service and to see how things are going for you. We encourage you to take part as it's your feedback that helps us provide you with the best possible care. Thank you in advance!

## Useful phone numbers

Alcohol and Drug Helpline	0800 787 797	CADS Counselling Service	0800 845 1818
Al-Anon	0508 425 2666	Narcotics Anonymous	0800 628 632
Alcoholics Anonymous	0800 229 675	Quitline (to stop smoking)	0800 778 778

If you need more information about alcohol withdrawal speak to your CHDS nurse or phone the team Mon – Fri 8.30am-5pm on 09 815 5830