

# MEDICAL DETOX PROGRAM



**The Medical Detox Program** (medical withdrawal management) is a medically monitored process to help individuals withdraw from drugs or alcohol and safely manage their withdrawal symptoms. Everyone has a different experience with detox depending on their history of alcohol or drug use and several other factors which may include underlying medical conditions.

Our treatment philosophy is to provide a wide variety of approaches to meet the needs of the individual, understanding that the stages of recovery and unique circumstances are different for each person. **At Day One Society, we believe people can shift from dependency to self-reliance through increased self-confidence, self-esteem, structure, and an appreciation for the potential of self-determination.**

Day One Society would like to thank the following funder/supporter of this program:



“The staff are all amazing people who cared for me while I suffered through severe alcohol detoxification.

It was a painful experience, both mentally and physically, and I believe that, without their trained and professional care, I could have died from the ordeal.”

(Anonymous)

## Medical Detox Program

The Medical Detox Program at Day One Society, Phoenix Centre facility welcomes you into the first step of your recovery process. We recognize that the decision to enter a medical detox program can be difficult. The Detox staff are committed to making you feel safe and supported as you move through the withdrawal process.

### Detox Program Provides

- A medically safe detox (all clients are seen by a physician within their first 24 hours in detox)
- Crisis Counselling
- Assessment
- Referral information or access to program Discharge Coordinator

### What happens during a normal day in detox?

- House meeting
- Client participation in chores
- Wellness program
- Nutrition group
- Educational groups
- Videos
- A.A. & N.A. information meetings

### Program Costs—covered by BC Medical

In some cases, medication costs may be the client's responsibility.

### Length of Stay

Clients need to plan on a minimum of a 5-to-9-day average length of stay. Time may be extended depending upon several factors.



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