

# Adult Detox Recovery Program

## Frequently Asked Questions

### **What is Medical Detoxification?**

The sustained use of certain substances causes adaptations within the body. Once the use of those substances is discontinued, those adaptations can result in discomfort, pain and sometime life-threatening complications. These are known as acute withdrawal symptoms and may include anxiety, restlessness, joint pain, stomach cramps, nausea, insomnia, and others. The goal of Medical detoxification is to provide a safe, comfortable withdrawal from these substances with the support of medical and clinical. Medical staff will help to provide control of acute withdrawal symptoms through supportive care, 24/7 nurse monitoring, medications and client education.

### **What Medications might I be given while in withdrawal?**

Several prescription medications are used during the detoxification process to help with the various withdrawal symptoms. These medications are used to: prevent seizures, lower anxiety, reduce muscle and body aches, help with sleeplessness, and improve abdominal discomfort. We also offer a variety of over the counter medications for common ailments: headache, diarrhea, upset stomach, allergies, heartburn, and constipation. Please notify your detox nurse if you are experiencing discomfort.

### **What will I do during withdrawal?**

Our detox area is co-ed and dormitory style rooms. Games, puzzles, television and reading materials are provided for your use.

A nurse will be assigned to care for you and offer support and treatment. You will meet a provider for initial assessment and follow up daily. A Therapist will provide support and assessment for recommended level of care upon completion of detox. You will be expected to engage in addiction, health and educational groups to help prepare you for success in recovery.

### **How long does withdrawal take?**

Your condition will be assessed daily by medical and clinical staff. You will no longer require medical detox once the severity of your symptoms has decreased enough to allow you to be comfortable without medication and/or medical monitoring. This process varies from individual to individual but on average is 3-5 days.

### **What happens once I complete detox?**

Upon completion of medical detoxification, Detox Recovery staff will help you transition into the next level of care. You will have arrangements made prior to discharge for outpatient, Intensive outpatient or residential treatment.

### **Will I be able to make phone calls or receive visitors?**

No incoming calls are allowed to Patients; however there is designated phone times to allow patients to talk with their family and to make arrangements for aftercare. There are also designated visitation hours, and each patient is allowed two visitors, 12 years of age or older.

**Will I be allowed to use tobacco?**

Tobacco use is allowed during designated times. All tobacco products brought to the unit must be new, unopened packages. Electronic cigarettes must be disposable (no refills or chargers) and in unopened packaging.

**Visitation & Family Meetings**

During regularly scheduled visitation and family meetings the Trillium Center asked that patients have two visitors at a time, and ask that visitors do not bring purses, bags, cameras or cell phones on the unit.

**Is insurance required?**

Baptist Health accepts all types of insurance, including private carriers, Medicaid and Medicare. However, we do not turn away any patient's due to being uninsured, under insured or for having an inability to pay.

**How can I find out more?**

Call 1.800.395.4435 or 606.523.5900 to speak to a Treatment Specialist.