

## **A QUICK GUIDE TO PLANNED ALCOHOL DETOX IN CORNWALL & ISLES OF SCILLY**

**If you are dependent and are considering withdrawing from alcohol this leaflet outlines the options available.**

**Step 1 To ensure that you get the detoxification and withdrawal programme that is best suited to you, and any your family/carers, please see With You, where a Recovery Coordinator will carry out an assessment with you to, and organise the detox option you have chosen.**

**With You will also work closely with every patient to prepare for a detox and to arrange support afterwards in the post detox period.**

### **You can detox:**

#### **AT HOME 'Home Detox'**

**A GP led detox for people with a low level of alcohol dependency plus:**

- Severity of Alcohol dependency Questionnaire score of less than <40 (SADQ is the score that indicates how severe your alcohol use may be)
- Must have a responsible carer/support available to look after you during the detox
- No complex medical or mental health conditions including no history of fitting during alcohol detox
- Low levels of additional drug use, your GP will make a decision about whether any other medication or illicit drug use may impact on detoxification
- Must have somewhere to live during the detox
- Must be willing and able to attend the doctors surgery or local pharmacy 3 times in the week of the detox
- No history of violence during alcohol detox

#### **With You Nurse supported Home Detox**

**A detox at home supervised by With You staff**

- SADQ expand<30
- Must have a responsible carer/support available to look after you during the detox

- **No complex medical or mental health conditions including no history of fitting during alcohol detox**
- **Low levels of additional drug use, your prescriber will make a decision about whether any other medication or illicit drug use may impact on detoxification**
- **Must have somewhere to live during the detox**
- **Must be willing and able to attend the local With You base 3 times in the week of the detox**
- **No history of violence during alcohol detox**

#### **Community Hospital Alcohol Detox (CHAD)**

**A service jointly delivered by With You, GPs and 2 Community Hospitals**

- **SADQ <50**
- **No carer or support available**
- **Home situation not stable enough to support a home detox**
- **May have previous failed community alcohol detoxes**
- **May have physical health issues**
- **May have minor mental health issues**
- **No history of violence during alcohol detox or in clinical setting**

#### **Residential Detox**

**Delivered in a specialist dedicated detox unit (Boswyns or Broadreach)**

- **SADQ >50 or lower if other reasons are apparent**
- **Not suitable for community detox**
- **Additional drug use that may lead to increased risks during detox**
- **May mental health issues or illness**
- **May be progressing onto secondary residential rehab**
- **May require a detox from both alcohol and drugs, or stabilisation**

For access to any of these services, please contact:

**With You in Cornwall 0333 2000 325**