

# The Detox Experience

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# Why the confusion?

- drug workers & service users need **clarity** on the issues, options & actions to access treatment relevant to their location & region
- care planning that works clients towards the eligibility criteria
- range of pre treatment planning options to help them choose the most effective setting
- re-tox & a client agreed fall back position if they don't succeed
- realistic post detoxification support whether it's symptomatic prescribing or detox peer support group
- pre-care through care & aftercare that's "care planned"
- no punitive response to failure
- high light the positives & applaud their efforts

## Pre-treatment planning options to help them choose the most effective setting optimised for your locality

- primary care
- specialist out patient
- specialist / collaborative home detoxification
- specialist in patient
- i/p kick-start & o/p with support & aftercare
- general hospital
- residential rehabilitation

flexibility and open mindedness

# Avoid coming from inappropriate positions

- repair despair
- harsh treatment due to local shared care / dip/ criminal justice issues
- naive unsophisticated care planning

## Deal with outstanding issues

- insomnia
- anxiety
- depression
- dual diagnosis
- nutritional preparation

# Coping mechanisms

- detox peer support groups in pre & post planning
- H.A.L.T (*hungry angry lonely tired*)
- relapse prevention
- overdose prevention
- clarity around gaba - serotonin – yoga – acupuncture
- why when & where to turn for help
- utilize “12 steps” NA/AA/CA/GA/SA (*if appropriate*)
- preparation, planning, & back up plans

**Abstinence is a process not an event & detox is on the route**