

## THE REFERRAL PROCESS

**Clients are able to self-refer by scheduling an Intake Assessment with Substance Use Intake at 1119 or 1125 Pembroke or by calling 250-519-3485.**

**Referrals** are accepted from MHSU clinicians (ACT, AOT, SAMI, 713) or physicians and community outreach workers can refer through MHSU Substance Use Intake (250-519-3485).

### **Referral information should include:**

- Substances use history, social history, medical and psychiatric concerns, current medications, legal involvement, falls risk assessment and history/risk of violence or self-harm.
- Please also include current housing and funding information and recovery goals.
- Due to the length of the program, clients are encouraged to start thinking of post-detox or treatment plans prior to admission.
- Please note: seamless transitions to Stabilization or Treatment are not guaranteed and must be organized prior to detox admission.
- Please ensure you include current contact information.
- New referrals are reviewed by the Detox team 7 days/week and triaged according to client needs. Those with the highest needs for medical detox will be prioritized for service.

### **Waitlist:**

Once the referral has been submitted, clients are encouraged to leave a voicemail with Substance Use Intake (250-519-3485) 1-2x/week to follow-up on the referral and maintain position on the waitlist. Substance Use Intake will contact the client when a bed becomes available.

While on the waitlist, clients are encouraged to attend Connections group at 1125 Pembroke Street for support while waiting on bed availability and to discuss post-detox planning.

### **AT ADMISSION**

All clients will be required to provide a urine drug screen and breathalyzer upon admission to determine level of intoxication and withdrawal risk. Belongings brought on to the unit will be searched and put through bed-bug protocol.

### **Clients are required to have:**

- TB chest x-ray (within the last 6 months). If you do not have one, please notify Substance Use Intake prior to admission.
- All current medications (including inhalers) for physician to assess at admission.
- No more than one small suitcase worth of belongings.

***There is no charge for this service.***



Mental Health and Substance  
Use Services

Withdrawal Management  
Services



Phone #: 250-519-3485

Fax #: 250-381-3222

Location: 5A – 2334 Trent Street,  
Victoria, BC

## ABOUT COMMUNITY MEDICAL DETOX

- Provides a 24-hour medically supervised withdrawal management for people in acute withdrawal in an inpatient setting.
- People who come to Community Medical Detox do so voluntarily. For the safety of the client, they are expected to stay on the detox unit for the duration of their stay; however, they are free to discharge at any time.

### **Community Medical Detox Welcomes Diversity**

- Welcomes people with concurrent mental and physical health issues regardless of race, religion, culture, sexual orientation or ability.
- Provides support for persons in the early phase of recovery to address the medical, psychological, social and spiritual needs through accessing community resources.
- Treats people with dignity, compassion and respect as individuals.

### **Program Expectations**

- Persons applying to the Community Medical Detox are expected to be ambulatory and able to manage their own self-care.
- While staying at the Community Medical Detox people must remain abstinent from drugs and alcohol.
- Smoking is not permitted during the stay. Nicotine Replacement Therapy is available.
- Clients are expected to participate in recovery groups held on the unit.
- Clients and staff work collaboratively to manage withdrawal symptoms, establish

recovery goals and develop a post-detox plan.

- People admitted to Medical Detox must be able to manage their behaviours. **Any form of harassing, threatening or abusive behaviour will result in immediate discharge.**

## HOW OUR SERVICES WORK

- Community Medical Detox has 22 acute care beds available for individuals who have a high risk of severe biomedical complications as a direct result of their withdrawal process.
- Client's length of stay is approximately 7-days depending on their medical needs.
- Registered Nurses, Psychiatric Nurses and Addiction Workers are available 24-hrs/day.
- Detox physicians will review and assess medications upon admission. Please bring any medications, including inhalers, with you at admission.
- Any changes to existing medication or new medications will be ordered by the detox physician.
- Physician may recommend a psychiatric consult, which are available by physician referral.
- Meals and snacks are provided daily. Detox has the ability to accommodate most dietary restrictions.
- Clients are allowed to have visitors once during their stay. Staff and client will arrange visitation times.

## WHAT SHOULD I BRING?

**Community Medical Detox offers a safe and clean environment for clients to safely complete medical withdrawal. Any weapons, substances or paraphernalia are strictly prohibited.**

At the Community Medical Detox, there are shared rooms and a shared common living area/group room and dining area. Meals and hygiene supplies are provided.

- Bedding and towels are supplied and residents are not permitted to bring their own bedding.
- Residents are asked to bring one small suitcase with enough clothing for a one-week stay as well as essential toiletries and a few personal items.
- Comfortable clothing and footwear is encouraged.
- Personal cell phones and other electronic devices are not permitted.
- Residents are asked **not to** bring their vehicles to the Community Medical Detox, as pay parking at RJH is very limited.
- Residents might want to bring a folder, notebook, books and pens.
- Any items that are not allowed on the unit will be stored until discharge.

**Reflecting Our Commitment to  
Excellent care, for everyone,  
everywhere, every time.**

