

The Referral Process

Clients can obtain a referral from the following services:

- Attend your local MHSU services building
- Through your family physician or nurse practitioner
- Community OAT prescriber
- Self referral option for those living remotely or with limited access to services *must meet criteria*

Referrals are accepted from MHSU clinicians through Pathways. Physicians and community partners can refer via faxed referral to **Fax# 250.739.5892**. Please call Clearview directly should you require a copy of our referral form and we can email or fax to you directly.

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 phone Clearview Detox regularly to check in and maintain position on the waitlist. This is especially helpful if the client does not have a phone number they can be reached on directly. Clearview Detox will contact the client when a bed becomes available.

While on the waitlist, clients are encouraged to pursue post-detox planning. This can include, but is not limited to:

- Treatment centre applications
- Connection with local MHSU services/groups
- AA/NA, finding a sponsor
- Community Prescriber for OAT

On Admission

All clients will be required to provide a urine drug screen 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:

- All current medications (including inhalers, diabetic supplies, creams, etc) for physicians and nurses to review on admission.
- No more than one small suitcase worth of belongings.
- No outside food or drinks are allowed to be brought in. If you bring them to Clearview, they will be stored for you to take with you when you discharge.



Mental Health and Substance Use Services

Withdrawal Management Services

CLEARVIEW DETOX

Phone #: 250.739.5891

Fax #: 250.739.5892

Location: 967 Haliburton Street,
Nanaimo, BC V9R 6N5

**Reflecting Our Commitment to
Excellent Care for Everyone,
Everywhere, Every time**

About Community Medical Detox:

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

Clearview 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.

Program Expectations:

- Persons referred to Clearview Detox must be ambulatory and able to manage their own self-care.
- While staying at Clearview Detox, clients must remain abstinent from drugs and alcohol.
- Smoking is not permitted on site. 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 Clearview Detox must be able to manage their behaviours. Any form of harassment, threatening or abusive behaviour will result in immediate discharge.

How Our Services work:

- Clearview Detox has 12 acute care beds available for individuals who have a high risk of severe medical complications as a direct result of the withdrawal process.
- Client's length of stay is approximately 7-10 days depending on their medical needs and treatment plan.
- Registered Nurses, Psychiatric Nurses and Addiction Workers are available 24-hrs/day.
- Detox physicians will review and assess medications upon admission.
- Any changes to existing medication or new medications will be ordered by the detox physician.
- Meals and snacks are provided daily.
- Hygiene supplies are provided.
- Detox has the ability to accommodate most dietary restrictions.
- Client rooms are shared spaces with two clients per room.
- Visitors are not permitted, however, clients will have access to phone and hardwired computer. There is Wifi at Clearview Detox and you are welcome to bring your personal laptops and/or cell phones for use.

What Should I 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 small electronic devices.
- You may want to bring a folder, notebook, books and pens.
- Any items that are not allowed on the unit will be stored until discharge.

What I can't bring:

- Please do not bring any form of bedding, towels, pillows, stuffed animals, etc. These items bring with them a risk of bed bugs. All linens will be provided for you.
- Do not bring your vehicle, there is NO parking available.
- **Any weapons, substances or paraphernalia are strictly prohibited** These items will be disposed of.