

KENWARD TRUST



Your Recovery Getting Started with detoxification



Getting well after you have been using addictive substances, may mean that you need to start with detoxification (detox) to get the substance you have been using, out of your system. It is not always necessary to go into hospital for this but it is often necessary to have some help and support while you go through this process. The purpose of this support is to enable you to engage with your own recovery process so that after Detox, you can maintain being drug free and get your life back.

The Kenward Trust detox programme enables you to complete your detox and go straight into the rest of your recovery without the hazard of physically moving from one to the other.

Your full recovery programme must be arranged with Kenward and your Care Manager, before you enter the detox programme. Kenward Trust has a range of approaches from which you can choose. They are all abstinence based, therefore, should you decide to use substances again, this will be seen as a decision to leave the programme.

If your **recovery programme** is at Kenward House or Kenward Barn then the detox facility is at Kenward House. If your recovery programme is to be at Boons Park then your detox facility will be at Boons Park.

The detox programme will be monitored by the same local Doctor, who will also take care of your general health needs. During this time you will be introduced to the Recovery Programme and begin to examine the benefits of being drug-free, as well as beginning to look at some of the issues which led you into unmanageable drug use. You will have the opportunity to identify how your life has been governed by your drug of choice. You will be able to **develop goals** which, in the rest of your recovery programme, you will be able to work to achieve.

How will it be done?

If you are an Opiate user.

There are a number of drugs that can be prescribed to help you if you are dependent on opiates, such as heroin or methadone.

Once the drug is out of your system the Recovery Programme will help you achieve the changes you want to make.

Withdrawal at Kenward will be by the use of Subutex (Buprenorphine)

If you are ready to come off opiates and want to detox, the physical withdrawals from Subutex are less severe than those from heroin or methadone. However you can't take heroin or methadone and Subutex at the same time.

The way Subutex works means that although it can still stimulate the opiate receptors in the brain enough to prevent withdrawals, most people who take it don't get a strong opiate effect.

This will be a real plus especially if you:

- haven't been using for very long;
- have low tolerance for heroin;
- are on a low methadone dose; or
- find methadone really slows you down.

If you are currently taking Heroin you can switch to Subutex after up to 48 hours since your last use of Heroin. The amount of Subutex you will be prescribed will be calculated to your particular personal circumstances and you will then be safely withdrawn over a period of 7 to 14 days.

If you are currently using Methadone you will need to **reduce your daily intake to 30ml or less before coming into this detox.** This is necessary so that the Subutex does not induce withdrawal symptoms in the early stages of treatment. The initial reduction can be done in the community with the support of your drugs workers, before you come into detox. treatment.

Having established that you have not used Methadone for 36-48 hours, Subutex treatment will commence.

How will it be done?

If you are an alcohol user

Many alcohol users are familiar with detoxing themselves, using reducing amounts of alcohol; others will have experienced 'home' detox, where a prescribed substitute drug is used. The potential for brain 'damage' with alcohol withdrawal (as with alcohol use) is higher than with other drugs and we need to be clear what the 'risks' are to you. If you have a history of blackouts, or delirium tremens (DTs), severe liver damage, heart attack or other organ failure, then Hospital In-patient detoxification is recommended.

However, if you would be considered a suitable candidate for a home detox but (say) do not have the home support that this would require, the Kenward detox will be a suitable choice.

If you are misusing Benzodiazepines (Valium, Librium) maybe in combination with other substances

Depending upon the length and level of use, this will be a straight forward reduction of the drug over an agreed period and at an agreed rate. You will be required to 'contract' to this regime, which will not be changed once begun.

We know that some people may be discharged from a Hospital detox from Alcohol and still be prescribed benzodiazepines; these will be reduced as above.

If this applies to you, you will join in with the Recovery programme immediately.

If you are using other drugs (cocaine, amphetamines, crack cocaine, glue, LSD, MDMA and others)

An appropriate medication regime will be established. You will join in with the Recovery programme immediately.

Your recovery

During your detox there will be an individual plan of activities appropriate to your stage of recovery. You will join the Recovery Group, as soon as you are able to participate. You may be able to join in some activities and be offered alternatives for others.

Who can benefit?

- **You can benefit** if you are male and can be safely withdrawn from any drug (including Alcohol) and if you intend to pursue a programme of recovery at one of the Kenward Trust first-stage projects.
- **You can benefit** if you are a male between the ages of 20 and 60 years. Men outside of this range will need to establish that there are no prevailing medical or personal reasons, which would make this inappropriate.
- **You can benefit** if you want to be drug free and are willing to go through a process which may at times be uncomfortable but will get you to your goal.
- **You can benefit** if you are willing to work at your recovery with our support.

The Kenward Trust detox programme

Other helpful information:

- The Detox Handbook
- The Rehab Handbook
- Your Recovery -
So you want to get well?

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“ Detox was not the greatest
event in my life - but it was the
gateway to getting my life back
and I have never regretted it. ”

James

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