

# THE DETOX PROCESS

## WHAT IS DETOX?

**de·tox** /dē'täks/  
INFORMAL

*noun: detox; plural noun: detoxes*

**a process or period of time in which one abstains from or rids the body of toxic or unhealthy substances; detoxification.**

"he ended up in **detox** for three months"

*verb: detox; 3rd person present: detoxes; past tense: detoxed; past participle: detoxed; gerund or present participle: detoxing*

**abstain from or rid the body of toxic or unhealthy substances.**

"he checked into a hospital to **detox**"

## THE 3 MAIN STEPS OF DETOX

### EVALUATION

Clinicians determine current condition and develop individualized treatment plan.

### STABILIZATION

Detoxification process, with clinical management of withdrawal symptoms.

### PREPARATION

Clinicians prepare individuals for post-detox treatment once medical detox is achieved.

## WITHDRAWAL SYMPTOMS

### PHYSICAL

**FLU-LIKE SYMPTOMS: CHILLS, TREMORS, NAUSEA, SHAKING, SWEATING**

**POOR APPETITE**

**BODY ACHES, HEADACHES, AND GENERAL FATIGUE**

**IN SEVERE CASES: HALLUCINATIONS, SEIZURES, SEVERE DEHYDRATION, HIGH BLOOD PRESSURE, RAPID HEART RATE, DEATH**

### PSYCHOLOGICAL

**MOOD SWINGS, IRRITABILITY, DEPRESSION, ANXIETY, ANGER, AND OTHER FORMS OF EMOTIONAL VOLATILITY**

**MENTAL FOG, CONFUSION AND MEMORY LOSS**

**DIFFICULTY SLEEPING**

**VIVID DREAMS/NIGHTMARES**

**INTENSE CRAVINGS FOR THE DRUG IN QUESTION**

## TYPES OF DETOX PROGRAMS

*The many paths to recovery.*

#### NAOMI

Recently relapsed alcoholic. Previous outpatient treatment. Wants to try a residential program for the first time.

#### SAMUEL

Heroin/Opioid use. Tried outpatient treatment twice before, residential once. Needs stable environment and medical assistance with detox.

#### MARINA

Abusing prescription painkillers for about 3 months, no previous substance use problems. Doesn't want to spend too much time away from her children.

#### GEORGE

Alcoholic with some other health problems. Excellent home support system, wants to stay with family during treatment.

#### WILL

Opioid/Heroin Addiction. Has been in addiction treatment programs multiple times. Recently had severe depressive episode.

	TREATMENT LOCATION	LEVEL OF MEDICAL SUPPORT
AMBULATORY DETOXIFICATION WITHOUT EXTENDED ONSITE MONITORING	In client's home, at an outpatient treatment center, or a combination.	NONE - No medical supervision or monitoring.
AMBULATORY DETOXIFICATION W/ EXTENDED ONSITE MONITORING	In client's home, at an outpatient treatment center, or a combination.	LOW - Medical monitoring for several hours daily while at treatment center.
CLINICALLY MANAGED RESIDENTIAL DETOXIFICATION	At a residential treatment facility.	MEDIUM - Medical assistance available 24-hours per day.
MEDICALLY MONITORED INPATIENT DETOXIFICATION	At a residential or inpatient treatment facility.	HIGH - Medical monitoring and support 24-hours per day.
MEDICALLY MANAGED INTENSIVE INPATIENT DETOXIFICATION	At a medical inpatient treatment facility.	VERY HIGH - Heavy medical supervision and monitoring 24-hours per day.