

## home based withdrawal

Up to 7 home visits are made over a 7 to 14 day period according to client needs and the substance in withdrawal.

- \* Clients need to be motivated and agree to comply with the programme guidelines
- \* Assessment by the withdrawal nurse and GP indicates that a home based withdrawal would be safe and appropriate
- \* Withdrawal occurs within the comfort and convenience of the client's home environment
- \* It is anticipated that clients will experience only mild to moderate withdrawal symptoms, and have not previously experienced withdrawal complications such as a withdrawal fit or delirium tremens
- \* The client does not have a serious medical or psychiatric condition which would complicate the withdrawal
- \* A friend, family member or significant other must be available throughout the withdrawal period to supervise and support the client
- \* The withdrawal nurse will offer the guidance, support and education to the client's support person
- \* It is preferable that clients have access to a phone

**Address all correspondence to**

**THE CEO  
CENTRAL BAYSIDE COMMUNITY HEALTH  
SERVICES**

**HEAD OFFICE**

**335 NEPEAN HIGHWAY PARKDALE**

**TEL 8587 0200 FAX 8587 0210**

**Outpatient Withdrawal Service  
is located at**

**Central Bayside**

**Community Health Services**

**335 Nepean Hwy Parkdale 3195**

**8587 0200**

**&**

**Bentleigh Bayside**

**Community Health Service**

**Gardeners Rd. East Bentleigh 3165**

**9575 5333**



**WE WELCOME YOUR COMMENTS**

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**PLEASE RETURN TO HEAD OFFICE  
B-013 Dec 2005**



## **ALCOHOL & OTHER DRUGS SERVICE**

**OUTPATIENT WITHDRAWAL**

**HOME BASED WITHDRAWAL**

Do you, or does someone you know  
have a problem with Alcohol or  
other Drugs even prescription pills  
or over the counter medicines?

**335 Nepean Highway Parkdale 3195  
Telephone 8587 0200 Fax 8587 0210  
Email : [info@cbchs.org.au](mailto:info@cbchs.org.au)  
Web Site : <http://www.cbchs.org.au>  
Registration No. A0034938T  
Working Smoke Free**

# non-residential withdrawal programmes

## Outpatient and home based withdrawal programmes

These non-residential withdrawal programmes offer a safe and supportive option which enable clients to remain in their own environment while withdrawing under the guidance and support of a specialist drug and alcohol nurse.

- \* These services are free, confidential and primarily for the residents of Bayside Glen Eira and Kingston
- \* Any substance can be dealt with, including prescription or over the counter medicines, (eg. Alcohol, Amphetamines, Antihistamines, Benzodiazepines, Cannabis, Cocaine, Codeine, Heroin, Methadone)
- \* The programme operates from the community health centre from Monday to Friday 8.30am. to 5pm. with after hours contact by special arrangement for clients currently participating in the programme.

### THE PROGRAMME INCORPORATES

- \* assessment and discussion of treatment options
- \* guidance in planning and preparation for the withdrawal
- \* referral to the client's regular GP or other local doctor for the medical component. ie. check-up, blood tests and prescription of withdrawal medications as necessary
- \* liaison with the doctor as needed throughout the withdrawal period
- \* support for both the client and any family or significant other who will provide support during the withdrawal period
- \* withdrawal monitoring and counselling
- \* harm minimisation and overdose prevention education
- \* health education
- \* relapse prevention counselling
- \* referral for post-withdrawal counselling and linkage to community supports according to individual needs
- \* in cases where it is anticipated a more severe or complicated withdrawal could occur, clients would be referred for a residential or hospital admission, then followed up by the Outpatient or Home Based Withdrawal Programme

# outpatient withdrawal

The treatment period will span approximately 14 days to 6 weeks according to the substance in withdrawal and clients' individual needs. However, benzodiazepine withdrawals may take considerably longer.

This program is suitable for those clients who will be able to attend the centre during their withdrawal, do not wish to have home visits, or do not wish to disclose their substance use to others. However, it is preferable that clients do have a support person throughout the withdrawal period.

### IT IS EXPECTED THAT

- \* Clients be motivated, agree to comply with the programme guidelines and able to take responsibility for their withdrawal.
- \* Clients attend the community health centre (Bentleigh Bayside or Parkdale) for their appointments with the drug and alcohol nurse.
- \* The client does not currently have a serious medical or psychiatric condition which would complicate the withdrawal.

### WITHDRAWAL SYMPTOMS

- \* It is anticipated that clients will experience only mild to moderate withdrawal symptoms, and have not previously experienced withdrawal complications such as withdrawal fits or delirium tremens.

### ASSESSMENT

- \* by the withdrawal nurse indicates that a home based withdrawal would be safe and appropriate.