



HOME BASED WITHDRAWAL MANAGEMENT & DETOX PROGRAM

Start your journey from the comfort of
your home, free of cost.

604.596.4321 ext. 21160
Webform: options.bc.ca
13583 81 Ave, Surrey, BC V3W 3C6



Our Home Detox Program

OUR MISSION

A healthy, caring and safe withdrawal management from drugs and alcohol in the privacy of people's own homes without stigma.

OUR COMMITMENT

We provide medically supervised withdrawal management services and support at home for patients who choose to withdrawal management from substances, and their families. Services are free of cost to community members over 19 years of age living in Surrey, Delta, Langley and White Rock. We offer services in English, Hindi, Urdu and Punjabi.

OUR TEAM

- Doctors, nurses, outreach workers, counsellor, Psychiatric Nurse and relapse prevention worker
- Local pharmacy provides prescribed medications
- 10 counselling sessions at no cost
- Ongoing care and community supports with a relapse prevention worker

HEALTH EVALUATION & MEDICATION MANAGEMENT

We create each patient's personalized withdrawal management plan. An initial nursing assessment is followed by an in-person or virtual visit from the Addiction Physician. Our team works extended hours 7 AM to 7 PM, seven days a week for daily outreach during the withdrawal phase to assess, administer medication and support patients and families.

RELAPSE PREVENTION AND SUPPORT GROUPS

We ensure continuity of care by providing a discharge summary to the client's family physician. Our program counsellor can provide 10 counselling sessions at no cost. A private, safe, medically supervised withdrawal management can help start your recovery journey.

Intake and Referrals

INTAKE CRITERIA

- Client must reside or be staying in the following areas we serve; Langley, Surrey, Delta, Cloverdale, Ladner and Tsawwassen.
- Must be 19 years or older, and be willing to participate in the home withdrawal management. Participation is voluntary.
- No history of having seizures, current untreated deep vein thrombosis, or delerium tremens. *Assessed on Case by Case Basis
- Not currently being seen by another addictions physician.

SUBSTANCES WE SERVE

- Alcohol
- Amphetamines
- Opioids
- Nicotine
- Marijuana
- Cocaine
- Afeem
- Stimulants

REFERRAL PROCESS

Individuals, family, friends, loved ones, care providers, and more can refer a client on their behalf, or clients can refer themselves.

Ways to refer:

1. Intake line : 604.596.4321 ext. 21160
2. Email: home.detox@options.bc.ca
3. Web form: <https://www.options.bc.ca/program/home-based-addictions-support-and-detox-program>

We respond to all inquiries within 24-72 hours and usually see clients for initial assessment within the week.

CONTACT:

Program intake line: 604.596.4321 ext 21160

Program Manager: Brittany Atkinson

brittany.atkinson@options.bc.ca
604.830.7693 Direct Cell



PATIENT-CENTRED WITHDRAWAL

1 INITIAL ASSESSMENT

We respond to requests for home withdrawal management within 72 hours. Our staff calls for an intake, the call will be for about 30 minutes.

2 HEALTH EVALUATION

Our nurses and outreach workers visit you at your home to complete a detailed medical assessment, and schedule your appointment with an Addictions Physician.

3 CUSTOMIZED DETOX STRATEGY

Initial visits from physician are in-person or virtual to create an individualized medically supervised withdrawal management plan. Medications are provided free by a local pharmacy.

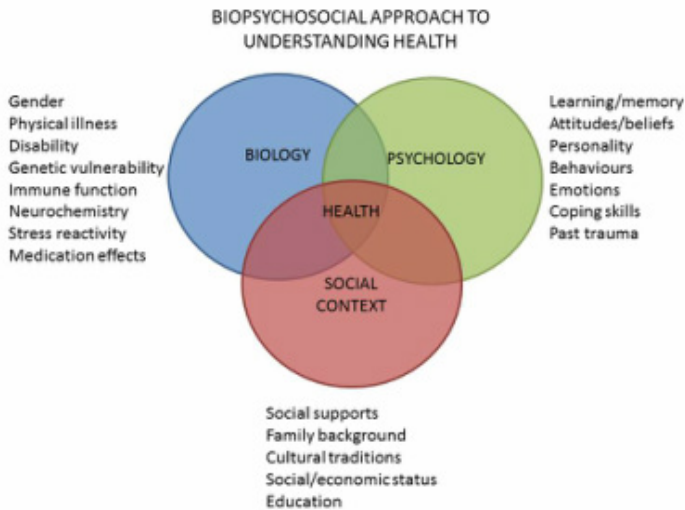
4 MEDICATION MANAGEMENT

Our team works extended hours, 7 am to 7 pm seven days a week, to ensure patient safety and administer medications. Initially, we visit patients once-twice daily to ensure a safe withdrawal.

5 RELAPSE PREVENTION

Our team continues to work alongside you for 6 months working on recovery planning, counselling, and group engagement.

OUR APPROACH TO HOLISTIC CARE



Our approach to healing takes a holistic approach at looking at the entire person from a biological, social and psychological context. We have a team of addictions counsellors, nurses, relapse prevention workers and physicians to assist in this approach.

We meet the client where they are at in the comfort of their own home. We are able to keep the individual around their supports, and comforts of culture, food, and family. This approach allows the change to occur at the base level with all parties involved. We offer counselling and groups to the individuals as well as those who are supporting them.

Ways we assess the biopsychosocial aspects of health:

- In depth history taken by our nursing team
- Vitals and lab work taken
- Social history discussion around supports and community involvement
- Medication information and education
- Discussion on Coping skills and relapse prevention skills
- Family and individual counselling for trauma and other interpersonal concerns.
- Referrals and connections to community resources
- Individualized care plans and treatment plans

Relapse Prevention



01.

CREATING A TOOLBELT OF SKILLS AND KNOWLEDGE

Our team offers 1-1 counselling and relapse prevention sessions where you are able to develop individualized care plans for your recovery. Working with staff to determine your triggers, coping skills, and to aid in your long term success.

- Smart Recover worksheets
- 1-1 family education supports
- 1-1 coping mechanism education

02.

ATTENDING GROUPS

We offer a variety of FREE groups such as:

- Naloxone training
- SMART RECOVERY
- Family Drop in
- Individual groups
- Addictions 101
- Recovery 101
- Mindfulness
- *referrals to other community groups.

03.

DEVELOPING SUPPORTS

Having a supportive environment can help you maintain your sobriety. We can assist you in developing those supports by:

- Nurses can provide discharge summaries to your family physician for continuum of care
- Community group referrals can be completed for you to engage in
- Providing education and information to loved ones supporting you



ESTABLISH A STRONG SUPPORT SYSTEM

Most people who maintain long-term sobriety surround themselves with a supportive network of friends, family or peers in recovery. During challenging times, they can lean on this support system for encouragement and understanding.

EMBRACE HEALTHY COPING SKILLS

Developing and practicing healthy coping practices such as mindfulness, exercise, or creative outlets helps manage stress and triggers without turning to substances.

COMMIT TO ONGOING SELF-IMPROVEMENT

Successful sobriety often involves therapy, self-reflection, and ongoing efforts to address underlying issues contributing to addiction.

ESTABLISH ROUTINE AND STRUCTURE

Creating a stable routine and structure in daily life can be crucial. It helps individuals build a sense of purpose, reduces uncertainty, and minimizes opportunities for impulsive behaviours.

AVOID HIGH-RISK SITUATIONS

Individuals maintaining long term sobriety often learn to identify and avoid situations or environments that may trigger cravings or jeopardize their recovery. This proactive approach helps in preventing relapses.

Resources

Home Detox:	604.596.4321 ext 21160
Crisis Line:	604.951.8855 1.877.820.7444
Suicide Prevention Line:	988
Emergency:	911
Urgent Care and Response Center:	604.953.6200
Surrey Substance Use:	604.580.4950
Roshni Clinic:	604.953.6190
Rapid Access Clinic:	604.587.3755
Safe Point- Supervised Consumption Site:	604.587.7898
Creekside Withdrawal:	604.587.3755
DEW program:	1.888.587.3755
Opioid Treatment Surrey North Community Health Center:	604.583.5666
Opioid Treatment- White Rock Opioid clinic:	604.541.6844
Quibble Creek Sobering Assessment Center:	604.580.4950
Overdose Prevention Site- Peacepoint White Rock:	604.541.6844
Alliance Clinic Surrey:	604.582.5826
Phoenix Society:	604.583.7166
Diversity:.....	604.597.0205
Sources:	778.731.9195
Moving Forward counseling:	877.485.5025



Bob Gill

“Home Detox is a wonderful program. It assisted me in achieving my goals. Dr. Stamm is a great listener and a very caring person. The outreach nurses and staff/counselors are very supportive and helpful. It’s a great option for South Asian community members who have family support available at home. The program removes the stigma attached to seeking/getting help. I highly recommend it.”

Patient Testimonial



Pearl B

“I met with my new counsellor today. Sunny is absolutely amazing. And all scheduled for session #2 next week! and I can’t wait. I feel so much gratitude for my awesome team! Today is another, beautiful day! With so many more beautiful days to come! I’m so happy, feel proud, feel healthy! One day at a time. I’m doing minutes at a time LOL, it’s working for me! I love you, Pearl. You’ve got this, girl.”