

# Outpatient Withdrawal Management (Detox) Services



We are a team of nurses working together with other community based services including physicians, Peers, and others, to provide you with caring, and compassionate planned withdrawal management services.

**Mental Health &  
Substance Use Services**

**For more information  
call 310-MHSU (6478)**

**Available in:**

Kamloops  
Kelowna  
Penticton  
Vernon



824191 Jun 2-23

**Outpatient Withdrawal Management (Detox) Services** support you to withdraw from or reduce alcohol use. We can also support you to stabilize on OAT therapy if you need additional support to do so and are referred by a local OAT provider.

We can offer you prescription medications to support you with withdrawal/detox symptoms and your recovery goals. We can provide this care face to face, virtually, and in your home.

**Who would benefit** from outpatient alcohol withdrawal management (detox)? If you live in the Kamloops, Kelowna, Vernon or Penticton area and...

- want to withdraw from alcohol and need support to do so safely
- have access to safe housing
- have a support person for the first 72 hours of your planned withdrawal
- have access to a phone
- any chronic health conditions are well managed

**Who would NOT benefit** from outpatient alcohol withdrawal management services?

You will be offered connection to live-in withdrawal management services if your goals require 24hr medical care or you **have any of the following:**

- Complex medical and / or mental health needs
- Dementia, memory loss or confusion
- Insulin Dependent Diabetes Mellitus (IDDM)
- Seizure disorders (Epilepsy or withdrawal seizures) or history of delirium tremens (DTs)
- Pregnancy
- Using a combination of substances that would pose a risk of complicated withdrawal

Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Däkelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Syilx, and Tsilhqot'in Nations.



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