



De Paul Treatment Centers

Detox Client and Family Information

De Paul Treatment Centers provides medically managed Alcohol, Opioid and Stimulant detoxification services for adults. The detox process usually lasts 2-10 days depending on the substance(s) you use, on how heavily you have been using, how long you have been using, mental health and physical health status.

Admissions Process

- Any individual seeking treatment must arrive at the De Paul Treatment Centers location in downtown Portland at 1312 SW Washington St., by 7:30 a.m., Monday through Friday. There is no guarantee of being admitted, it is dependent on bed availability and individual medical evaluation.
- Most insurance accepted including the Oregon Health Plan. For stimulant detoxification and MAT services only Health Share of Oregon Insurance accepted (Tuality not accepted). Please visit the De Paul website at www.depaultreatmentcenters.org for a list of accepted insurance.
- Any individual with private insurance or who lives outside the Clackamas, Multnomah or Washington County areas must call De Paul's Access Center during business hours Monday – Friday, 7:30 a.m. – 5:00 p.m. at (503) 535-1151 for further screening before arriving at the facility.

Your Role

- Bring in at least a 7-day supply of your current prescription medications with a valid label and in the original pharmacy container. We will provide medication management for withdrawal symptoms and **safe detoxification, but you're responsible** for your routine medication.
- Focus on rest & recovery.
- Drink plenty of fluids.
- Nourish your body. You will be provided with 3 meals plus snacks each day.
- Keep staff informed about how you are feeling so they can manage your detoxification effectively.
- The detoxification process can be uncomfortable and stressful. Please be respectful of roommates, other clients and staff in order to reduce unnecessary stress.

Monitoring

- Upon admission your personal belongings will be stored in a secure area. You will be provided scrubs, shower shoes, hygiene supplies and linens for your stay in the detoxification unit. No personal items are allowed while in detoxification.
- Registered nurses will care for your detoxification needs during your stay 24 hours a day, 7 days a week. They are responsible for assessing your health, progress and readiness for transition. They do so by

completing physical and withdrawal assessments, checking vital signs, administering medications and providing education on withdrawal symptoms, treatment and recovery support.

- The De Paul detox floor is co-ed and will be monitored by camera 24 hours a day – except when you are in the bathroom.
- Staff will frequently need to monitor and assess you to ensure safe and comfortable medical detoxification. In order to facilitate this, you need to remain in your room unless you are escorted by staff or scheduled for activities in an assigned area.
- A Licensed Medical Provider (LMP) will meet with you within 24 hours of your admission to complete a history and physical and discuss your treatment plan.

Detox Medications

The LMP will order medications to support a safe detoxification with minimal discomfort. Some of the medications that might be ordered for you are:

- Diazepam, Librium, Lorazepam – for withdrawal symptoms
- Buprenorphine – for opiate detoxification and dependence
 - In collaboration with Dr. Paul Conti and Pacific Premier Group, you may be appropriate for continuing buprenorphine maintenance treatment. This is a self-pay option for services.
- Naltrexone – for opiate/alcohol dependence
- Methocarbamol – for muscle/body aches
- Trazodone – for insomnia
- Hydroxyzine – for anxiety
- Promethazine, Ondansetron – for nausea and vomiting
- Clonidine – to control vital signs and anxiety
- Dicyclomine – for abdominal cramps

Smoking

De Paul is a tobacco-free facility. Smoking, vaping, chewing tobacco, nicotine gum, and lozenges are not permitted. Smoking cessation services and adjunctive therapy through prescription of Nicotine Replacement Therapy are available based on individual's needs.

Phone calls

No phone calls or messages are allowed while in detox to prevent relapse triggers. You can make 1 phone call while you are having an integrated alcohol and drug assessment with a counselor present for support.

“The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.” - Norman Cousins