



# De Paul Treatment Centers

## Adult Detoxification FAQs

### What is Medical Detoxification?

The sustained use of certain substances causes adaptations within the body. Once the use of those substances is discontinued, those adaptations can result in discomfort, pain and sometime life-threatening complications. These are known as acute withdrawal symptoms and may include anxiety, restlessness, joint pain, stomach cramps, nausea, insomnia, and others. The goal of Medical detoxification is to provide a safe, comfortable withdrawal from these substances with the support of medical and clinical. Medical staff will help to provide control of acute withdrawal symptoms through supportive care, 24/7 nurse monitoring, medications and client education.

### What medications might I be given while in withdrawal?

Several prescription medications are used during the detoxification process to help with various withdrawal symptoms. These medications are used to: prevent seizures, lower anxiety, reduce muscle and body aches, help with sleeplessness and improve abdominal discomfort. We also offer a variety of Over the Counter medications for common ailments: headache, diarrhea, upset stomach, allergies, heartburn and constipation. Please notify your detox nurse if you are experiencing any discomfort.

### Does De Paul offer Suboxone for withdrawal?

De Paul provides appropriate clients with buprenorphine for opiate detoxification.

You will be evaluated for buprenorphine maintenance treatment (MAT). If this is an appropriate recommendation medical staff will discuss with you.

Clients may have withdrawal support medications ordered while they are in treatment and are financially responsible for medication and treatment costs after the transition to residential.

### What will I do during withdrawal?

Our detox areas are co-ed and dormitory style. Games, puzzles, television and reading materials will be provided for you to use.

A nurse will be assigned to care for you and offer support and treatment. You will meet with a provider for initial assessment and follow-up, when appropriate. A Counselor will provide support and assessment for recommended level of care upon completion of detox. You will be expected to engage in addiction, health and education groups on your 3rd day of detox to help prepare you for success in recovery.

## **How long does withdrawal take?**

Your condition will be assessed daily by medical and clinical staff. You will no longer require medical detox once the severity of your symptoms has decreased enough to allow you to be comfortable without medication and/or medical monitoring. This process varies from individual to individual but on average is 3-5 days.

## **What happens once I complete detox?**

Upon completion of medical detoxification, De Paul staff will help you with resources for recommended care.

## **Will I be able to make phone calls or receive visitors?**

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, which is typically on your last day.

## **Will I be allowed to smoke?**

Smoking is not allowed while in detox. Chewing tobacco, nicotine gum, and lozenges are also not permitted. We will provide nicotine patches to help with withdrawal symptoms if you need them.

## **Is insurance required?**

Most insurance is accepted, including the Oregon Health Plan. For stimulant detoxification only Health Share of Oregon Insurance accepted. Please visit the De Paul website at [www.depaultc.org](http://www.depaultc.org) for a list of accepted insurance. If your private insurance or live outside the Clackamas, Multnomah or Washington County areas you must call De Paul's Access Center during business hours Monday – Friday, 8:00 a.m. – 5:00 p.m. at (503) 535-1151 for further screening before arriving at the facility.

## **What is the admissions process?**

You must be at the De Paul Treatment Center located in downtown Portland at 1312 SW Washington St., by 8:00 a.m., Monday through Sunday. Clients will be admitted on a “first come, first serve” basis along with individual medical triage assessment. There is no guarantee of being admitted, it is dependent of bed availability. To check bed availability in advance, call the Detox Availability Hotline at (503) 546-8311. The hotline will be updated throughout the day, every day, when beds become available. No private insurance admits will be done on the weekend.

## **How can I find out more?**

Call 503-535-1151 to speak with a De Paul Treatment Access Specialist.