

Detoxification Presentation

Behavioral Health Board

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Report Documents

- Original Detoxification Report, issued in Fall 2007
- Status Memo in February 2008
- Status Memo in June 30, 2012
- Detoxification Report, September 2013
- All documents are located at www.slocounty.ca.gov
- The documents build upon each other

Definitions: Detoxify

- Webster Dictionary “to cause someone to stop using alcohol or drugs by special treatment;” “to remove harmful substances from the body.”
- The duration of the detox process varies between substances used and between the individual’s own physiology.
- Depending upon the individual’s substance use disorder, history and current environment will determine the level of care needed during the detoxification process.
- Not everyone needs detoxification and detox is not always the first step in the treatment process.

“San Luis Obispo County doesn’t have a Detox”

Detoxification is medical process, it is not a place

Detoxification is currently occurring in our County in a variety of locations.

Continuum of Detoxification Program Modalities

- Outpatient detoxification
- New idea: Detoxification Team (mobile)
- Social model residential detoxification
- Medical detoxification (usually hospital based)

History in San Luis Obispo County

- From 1972 to 1982 a non-medical detox center (16 beds) existed in this very room (associated with General Hospital) run by County Drug and Alcohol Services. The detox center closed to reductions in State funding and the expansion of General Hospital.
- From 1982-1987 no detoxification services existed.
- In 1987 County Drug and Alcohol Services piloted a home detox program that continued until 1996.
- In the mid-1990s, French Hospital Summit Place existed and Central Coast Support Services (acupuncture) had detox programs
- In 2001, General Hospital closed and DAS closed the outpatient detox program.
- Outpatient detoxification program was started up again in 2008.

“Those who need detox are a diverse group”

There is not a one-size fits all solution.

Innovative Proposal

- Detoxification Team: .50FTE Nurse Practitioner, 1.0 FTE licensed psychiatric technician or licensed vocational nurse, and 1.0 FTE case manager.
- Each team member with specific roles to expand the availability of outpatient detoxification and to increase successful completions.
- Mobile team, but not 24/7. Accept direct warm hand-offs and referrals from others.
- Cost \$305,724 for first year (with one-time expenses). Some costs reimbursed by medical.
- Serve 150 individuals in the first year, 60 day length of stay, rate of re-admission less than 15%.

“What have we done so far about the need for detox?”

Highlight: County Drug and Alcohol Services outpatient detoxification program

Protocols established:

- Methamphetamine Withdrawal Support
- Alcohol Detoxification
- Opiate Detoxification

What are some options for expansion of serving Detoxification needs?

See Comparison Table handout from the Detoxification Report dated September 2013.