

What is Detox and Stabilization?

Detox (Withdrawal Management) from drugs and alcohol is the first step in the treatment process and recovery. An average length of stay in detox is 4-7 days. Most youth experience only mild to moderate withdrawal symptoms when they stop using drugs and alcohol, and have few physical needs beyond a safe, nurturing environment in which to detox. The 180° Coordinator meets with the youth in the caregiver's home to assist with the detox process.

Stabilization enables youth to continue to address their drug and alcohol issues and begin rebuilding their lives. The stabilization period may last up to 3 months. Education, harm reduction, and relapse prevention are emphasized. Stabilization involves returning to school or searching for work, doing recreational activities, and making other significant lifestyle changes.

Caregivers have daily contact with the 180° Coordinator and/or Caregiver Support Worker.

180° Youth Detox and Stabilization is funded by Island Health.

Referral and Intake

Referral: Call 250-286-0611 and ask to speak to the 180° Coordinator.

Needs Assessment: Youth meets or speaks on the phone with Coordinator to determine suitability for program.

Medical Screening: Youth meets with a doctor to assess appropriateness for non-medical detox.

Acceptance: Youth is accepted to the program and welcomed into an available care home.

Intake: Intake takes place during our open hours Monday to Friday 8:30 a.m. - 4:30 p.m.

Service Plan

Following acceptance into the program, a service plan is developed with the youth to address his or her needs. These may include:

- Detox (Withdrawal Management)
- Substance use/harm reduction education
- Stabilization
- Educational/vocational needs
- Life skills
- Safety planning
- Transition planning
- Family relationships
- Nutrition
- Health needs
- Independent living skills
- Social/recreational needs
- Mental health issues

Program Outcomes

In 2014-2015:

- 71% of participants reported an improvement in their emotional health
- 100% of youth identified that their risky behavior was reduced
- 100% of youth felt their caregivers supported them in reaching their recovery goals

180° Detox and Stabilization Program

Comments from 180° Clients:

"I have found new interests and I'm now able to set healthy boundaries. I'm trying to have non-using friends."

"I eat healthy and see the doctor now. I have found a job and can depend on myself."

The 180° Detox (Withdrawal Management) and Stabilization Program provides young people ages 12-19 with a comfortable, home-based setting to withdraw from harmful substances and transition to a healthier lifestyle. Youth reside in John Howard Society Family Care Homes. Youth can self refer. They can also be referred by family, friends, social workers, probation officers, schools, or community agencies. Services are free. We keep personal information confidential – except when we become aware of potential harm to the youth or others, or when a disclosure is required by Court. Our counsellors have a minimum of a Bachelor's degree in social work, nursing, or a related field, with specialized training or experience in the area of alcohol and drug use.

Mission Statement

The John Howard Society of North Island is a charitable organization whose mission is to provide programs and support to help children, youth, and families lead safer, healthier lives.



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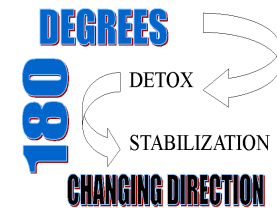
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Youth Detox and Stabilization



Building Safer and Healthier Communities



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