

Eastwood Recovery Center

Detox Client Handbook

Welcome. This is intended to give you some guidance for getting the most out of the program and will answer some questions you have.

Welcome to Eastwood Recovery Center. We recognize that it took courage and commitment to reach out for help and enter treatment.

- We are here to support you. Please let medical staff or recovery techs know if there is anything you need.
- The other guys who are in treatment have struggled like you have, and they will try to help you through the toughest parts if you let them.
- There are always staff and peers available to talk to if you're having a rough time or have questions. Almost all the staff are in recovery, so they know what a courageous step it is to come into detox and treatment.
- The medications will take effect within the first 24 hours, which will show when your vital signs are stable.
- Despite medication, you will still be uncomfortable. There is no way to detox without discomfort, but the pain will pass. Soon you will start to feel better.

Things that help you move through it faster are:

- Drinking more water (flushes the drugs/alcohol out)
- Eating protein and fruit (nutrients needed to heal)
- Getting up and moving when you can (activity creates endorphins to help you feel better)
- Sleep – we have natural sleep aids available
- Other things that can help:
 - Distracting yourself – coloring, reading, journaling, talking
 - Participate in groups if you are able – it gives your mind something else to focus on
 - Connect with others – you are not alone.
- Detox is 3-5 days depending on what is medically necessary.
- Detox alone fails. That means that almost 100% of people who leave after just completing detox continue to use when they leave or return to use shortly after they leave.
- We highly recommend you stay for treatment. Give yourself the best chance possible to get better. Detox and treatment are both voluntary, and people who complete treatment at Eastwood Recovery Center have a great success rate. You will see that from the alumni that come back for meetings and support.

- While you are in detox we highly encourage you to participate in the mealtimes, morning reflection group (9am), peer recovery group (3pm), recovery meetings (7:30pm), and the gratitude meeting (9pm). You are also welcome to participate in group therapy and didactic if you want to talk about things and learn more about recovery. See attached schedule.
- If you decline participation in treatment, we will work with you on a plan for after detox. Please let us know.
- Family is welcome to visit on Wednesday or Saturday. See visitation form.
- Smoking is allowed outside in designated smoking area only during scheduled smoke breaks. Staff will always be present during smoke breaks. We place cigarette butts in the receptacles and keep our surroundings clean. Thank you for NOT throwing cigarette butts away inside.
- We remain in the facility throughout treatment. If you leave the building without permission, you will be considered discharged.

There are resources available to you while you are here:

- See medical staff for sleep resources
- See recovery tech staff for help with phone calls, concerns, case management, housing, etc.
- Laptop is available to apply for Medicaid and look up resources. See recovery tech to borrow the laptop. It is not to be used for facebook, email, music, etc.
- The payphone is available after 4pm daily. Incoming calls are not available unless there is an emergency. If you cannot afford the payphone, please see the nursing staff for a phone pass.

Medical staff will determine when you are ready to transfer from detox to residential treatment. If you leave against therapeutic advice, withdrawal medications do not leave with you.

We are grateful to work with you as you start this new path.