

## Alpha Healing Center 10 days Detox Program

### What is Detox?

Set of medical interventions aimed at managing acute withdrawals which can happen when the body is clearing the toxins out of the system.

**Medical Assessment:** A thorough evaluation by medical professionals to assess the individual's physical and mental health status, substance use history, and any co-occurring medical conditions. This assessment helps determine the appropriate level of care and the need for medication-assisted detox, if necessary.

**Medication-Assisted Detox:** In cases of certain substances, such as alcohol or opioids, medications may be administered to manage withdrawal symptoms and reduce cravings. Medical supervision is provided to ensure the safety and comfort of the individual during this process.

**Supportive Environment:** Rehab facilities provide a supportive and drug-free environment to help individuals focus on their recovery without distractions or temptations.

**24/7 Medical Supervision:** Continuous monitoring by medical staff to ensure the safety and well-being of the client throughout the detoxification process.

**Aftercare Planning:** Preparation for the next steps in the client's recovery journey, including recommendations for on-going treatment or support after detox.

### Purpose of Detox program:

Clients likely to benefit from detox program

-Clients having time constraints

-Lapsed and Relapsed clients

-Clients who have been to other rehabs

### Program: 10 days in-house treatment program

Medical management will include medicines for withdrawal management like Benzodiazepines, Painkillers, Antacids, Gabapentin etc. If needed, iv fluids also can be given.

Depending on the type of the substance and patient's physical health status-craving reducing medicines can be started like Naltrexone, Acamprosate, Baclofen, etc.

Assessment and Mental Status Examination (MSE) by psychologist.

### **Logistics:**

Staying in detox room for minimum 72 hours and then after Doctor's assessment they can be shifted to the cottage.

During the stay clients can also access the following:

1. Addiction group sessions
2. 2-3 AA sessions
3. Outdoor and Indoor activities

The following is a general outline for a 10-day detox treatment plan at Alpha Healing Center for a client. However, it's crucial to remember that treatment plans should always be tailored to the individual's specific needs, substance use history, and any co-occurring medical or psychological conditions. Therefore, it's essential to consult with qualified healthcare professionals for personalized advice and guidance.

### **Day 1: Admission and Assessment**

Intake and admission process, where the patient is welcomed to Alpha Healing Center.

Comprehensive medical and psychological assessments to understand the patient's mental health status and addiction history by Doctor and Clinical Psychologist.

Development of an individualized treatment plan based on the assessment.

### **Days 2-5: Medical Detoxification**

Medication-assisted detox under 24/7 medical supervision to manage withdrawal symptoms and ensure the patient's safety and comfort.

Monitoring vital signs and adjusting medications as needed during the detox process.

Supportive care and counselling to address any emotional challenges during this phase.

Individual AA/NA sessions and group therapy sessions to begin addressing the aspects of addiction and to develop coping strategies. **(Only after Dr suggests)**

### **Days 6-7: Stabilization**

Continue monitoring the patient's physical and mental health.

Individual AA/NA sessions and group therapy sessions to begin addressing the aspects of addiction and to develop coping strategies.

Introduction to psychoeducation and relapse prevention techniques.

### **Days 8-9: Therapy and Counselling**

More intensive individual session with Clinical Director to understand the need of in-patient rehab.

Group therapy sessions to know deeper into the underlying issues contributing to addiction.

### **Day 10: Aftercare Planning**

Finalize the patient's aftercare plan, which may include continuing care options such as outpatient therapy or support group participation.

Connect the patient with community resources and support groups to maintain sobriety post-rehab.

Conduct a comprehensive discharge meeting to ensure the patient is prepared for their next steps.

It's essential to emphasize that detox alone is not a complete treatment for addiction. A comprehensive addiction treatment plan should include on-going therapy, counselling, and support to address the psychological, social, and behavioural aspects of addiction.

Note: There will be no individual Psychotherapy sessions

**Cost of the program:** [Includes Stay in detox, food and recreational activities]

Economy Occupancy (Only males)-1.25Lakhs

Twin Sharing Occupancy- 1.50lakhs

Semi Deluxe Occupancy-2.00Lakhs

Deluxe Occupancy- 2.50Lakhs

### Deposit:

INR 15,000 to be paid at the time of admission. Deposit will be utilized for Medicines, Outside Food, spa, medical appointment to Vadodara/Bodeli, laundry and any other item which is ordered through Alpha.

### **What is allowed/Not allowed?**

- 2 phones will be allowed in all room categories but both have to be submitted between 9 am to 4 pm.
- The patient can carry packed sealed cigarettes & they can smoke in the smoking zone during smoking hours. Smoking timings (5.30 am-8.45 am, 12.30 pm to 1.30 pm, 4.00 pm-9.00 pm, and 10.00 pm to 10:30 pm) Loose packs will not be allowed. (E-cigarettes are not allowed).
- Clients will not be able to go out of the center during their treatment unless there is a medical emergency that is substantiated by evidence & only after approval from a doctor. If the client still wishes to go then he/she will be discharged against medical advice with no refund.
- Clients can carry packed items like dry fruits, chocolates, and dry snacks with them. Loose/home packed items will not be allowed inside.
- Groceries or any other personal items as permitted can be ordered through an external vendor by family/clients & payment has to be paid directly to the vendor.
- Any patient requiring hospitalisation due to a medical emergency, the entire cost of treatment will have to be borne by the family & bill to be settled with the hospital directly.
- Chewing tobacco/Gutka is strictly not allowed inside the center

### Medicine Rules:

- Medicines will be charged on full strips & at MRP only by our associated vendor.
- Leftover medicines will be given back to you. (Medicines prescribed by Doctor & if stopped due to any reason will be billed for full strip at MRP & client can take balance tablets. Outside medication is not allowed once admission is done

### Disclaimers:

- Alpha Healing Center will not be responsible for any items lost from the room during their stay at the center.
- Cell phones and laptops are not allowed for use between 9 am to 4 pm in any occupancy. Cell phones are to be handed over in the morning to the client manager in a process meeting & can be collected back after 4 pm.
- Programme fee is NON REFUNDABLE.

### Some of the Recreational Facilities at Alpha:

Alpha Healing Center is spread across 10 acres and has a variety of recreational activities to keep you engaged. The therapies are only carried out from 9.30am to 4pm. Post 4pm, you have a lot to do to keep yourself entertained and never get bored.

You also get an opportunity to make friends, play games, workout together or simply take a walk at our beautiful facility

Apart from the mentioned activities, we also offer:

- Karaoke nights twice every week
- Delicious meals 3 times a day and high tea
- Cricket
- Fully equipped gymnasium
- Music room with plenty of musical instruments
- Library
- Paid Spa