

What is home detox?

*Home detox allows
an individual to
withdraw from
alcohol and/or
other addictive
substances in the
privacy of their
own home*

Funded by:
Ministry of Health, Interior Health Authority

**For information or help
contact the following**

June Robins, Coordinator Home Detox Program

Rocky Mountain Lodge
Room 119
20—23rd Avenue South
Cranbrook, BC
V1C 5V1
Ph: 250-417-6171
Fax: 250-489-1734
Pager: (250) 417-8113
june.robins@interiorhealth.ca

East Kootenay Addiction Services Society

202-1617 Baker Street
Cranbrook, BC V1C 1B4
Ph: 250-489-4344
Fax: 250-489-1020
ekand@cintek.com

**East Kootenay
Addiction Services Society**

Sep 03

East Kootenay Addiction Services Society

Cranbrook Home Detox Program

**Withdraw from
alcohol and/or other
addictive substances
in the familiar environment
of your own home**

Cranbrook Home Detox Program

How you access the program

1. Call the Program at 417-6171. If you reach the answering machine, please leave a message. Messages are checked regularly, including weekends, and all calls will be returned as soon as possible.
2. A screening process is done to determine your eligibility for the program
3. When eligibility requirements are met, nurses with experience in the addictions field will arrange and monitor the home detox
4. Staff will assist you in obtaining a doctor should you require one
5. You will be encouraged to make an appointment with an alcohol and drug counsellor to develop a treatment plan

Advantages to you

Supervised and safe

Confidential

Quiet, familiar environment

Support for family/partner

Follow up counselling

Referral to other resources

Other services that may be offered include:

- *Education on nutrition, exercise, recreation and stress management*
- *Brief counselling for you and your family*
- *Referral to community services*
- *Education and support for family*
- *Advocacy*