



Community Withdrawal Program (Detox at Home)

Referral Fact Sheet

GPs and Allied Health Providers

The Community Withdrawal Program is a new service offered by QuIHN that is designed to provide withdrawal support to people who are wanting to cease their drug and/or alcohol use from the comfort of their own home. This service is for patients with a substance dependence issue that are predicted to experience **low to moderate** signs and symptoms of withdrawal.

People deemed suitable for the service will be supported by a team that includes, an Alcohol and Other Drugs (AOD) Nurse Practitioner, Registered Nurse, AOD Counsellors, as well as a support person (if required). GP support may also be coordinated into the patient's treatment plan as necessary.

The following outlines the key **eligibility criteria** for people wishing to access this service:

- The person presents with substance use issues in alignment with the below:
 - Alcohol: Ingests 25 standard drinks maximum per day
 - Benzodiazepines: Ingests 40mg maximum per day (diazepam equivalent)
 - Cannabis: Smokes 20 cones maximum per day (approx. ¼ ounce)
 - Amphetamines (ice, cocaine): Using 1 gram maximum per day
 - Opioids: please refer, assessment of use is required by QuIHN nurse practitioner
 - Polydrug use: please refer, assessment of use is required by QuIHN nurse practitioner
- The person is willing to participate in this program including signature agreement to the Program Guidelines.
- The person is willing and able to follow directions to support ceasing AOD use.
- The person has a suitable home environment to participate in this program (i.e., alcohol/drug free, no major domestic tensions or family issues, no other people requiring significant care)
- The person can access emergency treatment if required during the withdrawal process.
- The person IS NOT pregnant.
- The person DOES NOT have a history of severe symptoms from AOD withdrawal (e.g., hallucinations, seizures, tremors).
- The person DOES NOT have serious liver damage (e.g., Liver Function Tests).
- The person DOES NOT have an unstable mental health condition (e.g., psychosis, depression, anxiety, bipolar disorder, schizophrenia, suicidal ideation, thoughts of self-harm).
- The person DOES NOT have any other serious medical condition that would pose increased risk during AOD withdrawal (e.g., respiratory insufficiency, cardiac conditions, neurological conditions, unstable diabetes).

In terms of process, QuIHN will make contact direct to the referred person and schedule in an assessment to ensure they meet all eligibility criteria. The referrer will also be contacted upon receipt of referral and notified of assessment outcome once completed.

Referral Templates are available in PDF, Medical Director and Best Practice. Templates can be downloaded from [GCPHN](#) and [QuIHN](#) websites.

If you wish to clarify any of the above information or wish to speak to someone in the QuIHN Community Withdrawal Team please contact QuIHN on 07 5520 7900 or email your query to admin.cwp@quihn.org.