

- The Centre does not allow the use of cell phones, pagers or laptop computers (or any device with a camera, or Wi-Fi).
- The TV may be turned on at anytime during the day but must be off by 11:30 pm.

PHONE CALLS

Pay phones can be used for personal calls up until 11:30 pm. Office phones are available for all treatment-related calls. Please bring quarters or a Bell Resident (not Mobility) calling card for personal phone calls.

DISCHARGE

- Your stay at the Detox Centre is voluntary and you can discharge at anytime.
- Leaving the Centre without proper authorization is grounds for discharge.
- While here, staff will assist you in your planned development for discharge.
- The staff will attempt to give you 24 hours notice prior to discharge and assist you in contacting community services.

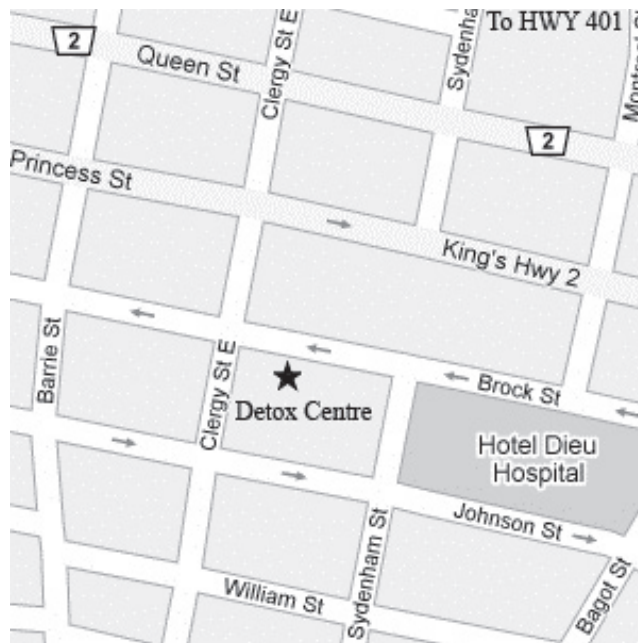
IN-HOUSE MEETINGS

These meetings are held in the Detox Centre and are open to the public:

- Alcoholics Anonymous (AA)
Monday & Saturday at 6:30 pm
- Narcotics Anonymous (NA)
Friday at 8:00 pm & Sunday at 7:30 pm
- Relapse Prevention Group
Tuesday & Thursday 11:00 – 12:00 pm

There are additional group meetings held exclusively for Detox Centre residents.

LOCATION




Detox Centre
withdrawal management services

240 Brock Street
Kingston, Ontario K7L 1S4

OPEN 24 HOURS/DAY
7 DAYS/WEEK

Phone: 613-549-6461
Fax: 613-546-4254



Hôpital
Hotel Dieu
Hospital

KG+ Hôpital Général de
Kingston General
Hospital

YOU ARE NOT ALONE

Alcohol and drug abuse are serious problems. The only way someone can stay free from the problems associated with substance abuse is to learn new ways to manage his or her life. The staff of the Hotel Dieu Detox Centre can help with this process.

WHAT IS THE DETOX CENTRE?

The Detox Centre is a place where people can sober up in a safe, supervised environment. People stay for a short period of time and receive support that will help prepare them for recovery from their addictions.

The Detox Centre is a non-medical facility and staff will not provide medications to help clients withdraw from their addictions.

The Detox Centre cannot support clients in Suboxone/Methadone, Gamma Hydroxybutyrate (GHB), Benzodiazepine and/or Barbiturate withdrawal unless a physician provides medical clearance. Please contact the Centre for further information.

WE OFFER

- Short-term, non-medical withdrawal management services for those who want to detoxify from alcohol and/or drugs, short term residential support to those awaiting intake into a treatment program & overnight preventative admissions to people at risk of relapse.
- Supportive counselling including referrals to community services, introduction to mutual-help groups and treatment planning.
- Walk-in or telephone crisis and support response.
- Complete confidentiality.

WHEN YOU ARRIVE

- Two staff members will briefly interview you at the door prior to admission.
- Upon admission there is paperwork to be completed, which requires you answering additional questions in the office.
- You and your belongings are searched for any alcohol, drugs or anything that may be dangerous or illegal.
- All medications must be given to staff for approval and lock-up. **Most medications are not allowed for the first 12 hours.** Medications, as well as all of your valuables, are locked up for safekeeping.

- You will rest in an observation area at staff's discretion.
- When you are able to, you are required to shower before leaving the observation area and all clothes you bring in will be laundered.
- You will be assigned to a semi-private room when you are feeling better.

DETOX HOUSE RULES

- When you are in the common areas of the Detox Centre, you are required to wear appropriate clothing.
- To reduce sleep disturbance, only decaffeinated products are permitted.
- The women's living quarters are off-limits to all male residents, and the men's sleeping areas are off-limits to all females. Any sexual contact between residents will result in an immediate discharge from the Centre.
- For security reasons, doors are locked at all times.
- Cigarette breaks take place every hour for 15 minutes in the designated area outside. Smoking is not permitted inside the Detox Centre.
- There are no passes and no personal visits allowed.
- Drinking alcohol or using non-approved medications and/or illicit drugs is grounds for discharge. The Centre is subject to random search.