

## What is Detox and Stabilization?

**Detox** from drugs and alcohol is the first step in the treatment process and recovery. An average length of stay in detox is 4-7 days. Most youth experience only mild to moderate withdrawal symptoms when they stop using drugs and alcohol, and have few physical needs beyond a safe, nurturing environment in which to detox. The 180 Degrees Coordinator meets with the youth in the caregiver's home to assist with the detox process.

**Stabilization** enables youth to continue to address their drug and alcohol issues and begin rebuilding their lives. The stabilization period may last up to 3 months. Education, harm reduction, and relapse prevention are emphasized. Stabilization involves returning to school or searching for work, doing recreational activities, and making other significant lifestyle changes.

**Caregivers** have daily (week day) contact with the 180 Degrees Coordinator and/or Caregiver Support Worker.

*180 Degrees Youth Detox and Stabilization is funded by the Vancouver Island Health Authority.*

## Referral and Intake

**Referral:** Call and ask to speak to the 180 Degrees Coordinator and/or Alcohol and Drug Intake Worker.

**Needs Assessment:** Youth meets or speaks on the phone with Coordinator to determine suitability for program.

**Medical Screening:** Youth meets with family doctor to assess appropriateness for non-medical detox.

**Acceptance:** Youth is accepted and placed in an available bed. A service plan is developed.

**Intake:** Intake process takes place during business hours Monday to Friday.

## Service Plan

Following acceptance into the program, a service plan is developed with the youth to address his or her needs. These may include:

- Detox
- Substance abuse/harm reduction
- Stabilization
- Educational/vocational needs
- Life skills
- Safety planning
- Family relationships
- Nutrition
- Health needs
- Independent living skills
- Social/recreational needs
- Mental health issues

## Program Outcomes

In 2010-2011:

- 100% of participants were very satisfied with the 180 Degrees Program
- 80% of participants had decreased risky behaviours associated with alcohol and drug use
- 80% of participants had improved school attendance
- 100% of participants had reduced their drug and alcohol use or stopped using completely since being in 180 Degrees

## 180 Degrees Detox and Stabilization Program



The 180 Degrees Detox and Stabilization Program provides young people ages 12-19 with a comfortable, home-based setting to withdraw from harmful substances and transition to a healthier lifestyle. Youth reside in John Howard Society Family Care Homes. Youth can self refer by contacting the 180 Degrees Coordinator. They can also be referred by family, friends, social workers, probation officers, schools, or community agencies. Services are free. Personal information is kept confidential and will not be shared without the youth's written approval, except when we suspect or know of child neglect or harm to self or others, or are required by court.

## Mission Statement

The John Howard Society of North Island is a charitable organization whose mission is to promote and foster safer and healthier communities by providing appropriate programs of rehabilitation, education, prevention and healing for those who need an opportunity to achieve, maintain or regain a balance within their communities.

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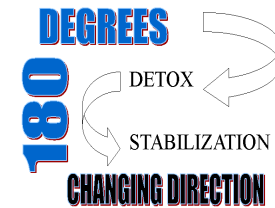
The John Howard Society  
of NORTH ISLAND  
Since 1967



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Communities**

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