



## Outpatient Detox Program

The Outpatient Detox Program is a six week outpatient counseling and detox program provided by Integral Care in which services Region 7 that includes 30 counties surrounding Travis County. The program is located at 1165 Airport Blvd Austin, Texas 78702. The program is open 7 days a week with primary office hours of 7am-3pm Monday thru Friday and 7am to 11am on Saturday and Sunday and is licensed to serve 20 individuals. \* *Weekend hours may vary depending on needs and census*

### Target Population/Medical Necessity

- Individuals who are physically dependent on **opioids** (i.e. heroin, most pain medications such as Vicodin, Hydrocodone, OxyContin)) or **alcohol** i.e. persons whose conditions meet the diagnostic criteria for an Axis I Opioid Use Disorder or Alcohol Use Disorder (experiencing withdrawal)
- Individuals who, due to withdrawal symptoms, are seeking medical detox of **opiates or alcohol** through the assistance of medications, under the supervision of a physician and an interdisciplinary treatment team in an outpatient setting.

### Admission Process

Individuals may request services by contacting the Outpatient Detox Program directly at 512-804-3465 or 512-804-3463. A screening will be conducted to determine level of services and then an appointment will be scheduled for the next available admission date. Financial and further clinical eligibility will be assessed on scheduled day of admission. In the event a slot is unavailable at the time of request for services, an individual will be placed on a waitlist. Individuals who are placed on a waitlist for services should maintain contact directly with the program at 512-804-3465 or 512-804-3463 and inform of any changes to demographic information on file. Program staff will attempt to contact each individual weekly on the waitlist to confirm interest in services and inform of approximate remaining wait time before admission date.

### Admission Considerations

Individuals referred and seeking services with the Outpatient Detox Program must demonstrate a willingness to participate in the program. Participation consists of addressing substance use issues through meeting regularly with a case manager at least once weekly, participating in group counseling three times weekly, and daily visits with a nurse for monitoring and medication administration, as prescribed daily by the staff physician. Individuals may be asked to refrain from all drug use prior to day of scheduled admission in order to observe withdrawal prior to medication administration and may experience withdrawal during treatment until stability is reached. Outpatient Detox does not treat pregnant women due to contraindications during pregnancy and can/will provide referrals for maintenance services available with Integral Care (OBOT or NTP). Individuals who are suffering from an untreated/poorly controlled medical problems such as diabetes or hypertension will also need to be evaluated and/or obtain medical services prior to approval of admission. For alcohol detox, severe liver disease (cirrhosis), or history of seizures or DT's are contraindicated for services in an outpatient setting. For Opioid detox, it is also contraindicated when there is the presence of benzodiazepine abuse/dependence and will be provided with referrals on how to access inpatient detox services in the area or region. Individuals will also need to be assessed/evaluated on a case by case basis with the treatment team staff when homelessness is present or is a potential before admission.

### Services Provided

- Assessment
- Random Urinary Drug Testing
- Service Coordination and Planning
- Individual and Group Counseling
- Linkage and Referrals
- Chronic Disease Education and Skills Training
- Management of Withdrawal Symptoms thru use of Medications (i.e. Subutex, Librium)