

## Background

“A journey of a thousand miles begins with a single step”

-Confucius

A detoxification from drugs or alcohol is often the first step toward recovery from a substance use disorder (SUD). Two types of detox centers are medically managed detoxification program (medical model) and a non-medically managed detoxification program (social model).

*The medical model of detoxification* is for individuals diagnosed with severe substance abuse issues, in poor health and have existing medical conditions that require medical intervention. They may require prescribed medications to aid in the detoxification process. Medical detox is completely under the close care of a physician and supporting medical staff. This type of detoxification is usually conducted in a hospital setting.

*The non-medical detoxification model* is primarily for clients with moderate drug and alcohol dependency problems. These individuals do not have a long history of chemical dependency, do not have medical issues and are willing to go through detoxification without the use of prescribed detox drugs. The social model is not medically supervised. It emphasizes creating a safe and supportive environment with other like-minded individuals who are struggling with similar substance dependency issues.



## Priority Admission

- ✓ Pregnant women
- ✓ Pregnant women needing SUD treatment
- ✓ Injecting drug users
- ✓ Others needing SUD treatment



## How to Contact the Alcohol & Drug Program

Santa Barbara County Department of  
Behavioral Wellness  
300 North San Antonio Road, Bldg 3  
Santa Barbara, CA 93110-1332  
[countyofsb.org/behavioral-wellness](http://countyofsb.org/behavioral-wellness)  
805.681.5440

## Santa Barbara County Alcohol and Drug Program

## Non-Medical SUD Detoxification Program

- ✓ Background
- ✓ Program Components
- ✓ Goals
- ✓ Linkage Between Detox and Treatment
- ✓ Location
- ✓ Priority Admission



SANTA BARBARA COUNTY  
DEPARTMENT OF  
**Behavioral Wellness**  
A System of Care and Recovery

## Goals

There are three primary goals in a Social Model Detoxification program:

- ✓ Withdrawal from chemical dependency in a safe and supportive environment.
- ✓ Education on the primary drugs of dependence and introduction to the principles of alcohol and other drug recovery.
- ✓ Preparation, discharge and referral of client for admission to a California Certified Substance Use Disorder Treatment program.

## Linkage Between Detox and Treatment

Studies confirm that providing access to treatment services immediately following detoxification for substance abuse is critical for achieving positive outcomes for patients (Gerstein and Harwood 1990).

Additionally, Motivational Interviewing or motivational counseling during the detoxification phase of treatment will increase the probability of client engagement and commitment to entering treatment once detoxification is completed.

Research has shown these types of programs to be associated with greater participation in treatment and resulting in positive treatment outcomes (CSAT 1999).

## Location of Non-Medical Detox Programs

### Santa Barbara:

CADA Project Recovery-Detox

816 Cacique Street

Santa Barbara, CA 93101

Ph: (805) 564.6057; Fax: (805) 963.8849

### Lompoc:

GSSI- Another Road Detox

604 W. Ocean Avenue

Lompoc, CA 93436

Ph: (805) 736.0357; Fax: (805) 737.0389

### Santa Maria:

GSSI- Recovery Point

401- B West Morrison

Santa Maria, CA 93454

Ph: (805) 347.3338; Fax: (805) 653.0813

*A detoxification from drugs or alcohol is often the first step toward recovery from a substance use disorder.*



## Components

- ✓ 24-hour care is provided by California Alcohol Drug Program certified SUD counselors
- ✓ First Aid and CPR certified staff, on-site, at all times.
- ✓ A well balanced meal is provided 3 times a day
- ✓ Drug and alcohol education provided to the client on a daily basis, either in group or individual counseling
- ✓ Health information, nutrition and physical exercise are part of the daily activities
- ✓ Case management and service referrals are provided and transition to a AOD Tx program