

Detoxification

We offer a safe, clinically sound and cost-effective adult inpatient detoxification service.

- The program can accommodate individuals withdrawing from a variety of substances including alcohol, opiates, and benzodiazepines.
- For patients detoxifying from opiate addictions, protocols include the use of suboxone, a medication that works to reduce the effects of opiate dependence and prevents withdrawal symptoms.
- Stonington Institute can also provide limited detoxification services for patients using methadone.

Transportation can be arranged by contacting the Admissions Office or Assessment Center.



The Ambulatory Detox Program is an outpatient detox service for adults. The service focuses almost exclusively on clients not meeting managed care standards for inpatient detoxification. Outpatient detox services include group therapy, education and on-site monitoring by a Psychiatric APRN, working under the supervision of the Institute's Medical Director.

GROUP TOPICS INCLUDE:

- Relapse Prevention
- Anger Management
- Stages of Change
- Healthy Relationships
- Stress Reduction
- Commitment to Change
- Recovery Circle
- Managing the Urge to Use
- Identifying Social Supports
- Substance "Refusal" Skills



DAILY SCHEDULE

8:30 AM	Breakfast	(Cafeteria)
9:00-9:45 AM	Education Group	(Atrium)
10:30-11:15 AM	Spirituality Group	(Atrium)
12:30-1:00 PM	Lunch	(Cafeteria)
2:00-2:45 PM	Art Therapy Yoga	(Art Room) (Atrium)
3:15-4:00 PM	Recreation/Recovery Video/Individual Therapy	
4:00-5:30 PM	Journaling/Recovery Assignment/Music Therapy	
5:30-6:00 PM	Dinner	(Cafeteria)
7:30-8:30 PM	AA/NA Meeting	(Unit Lounge)
11:00 PM	Lights Out	



STONINGTON INSTITUTE

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