



Galway  
**Simon**  
Community



**Benzodiazepine  
Community**

**Detox**

**Information Leaflet**

# About Us

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Galway Simon Community Detox Service is a pilot project which has been set up to help support people who wish to detoxify from benzodiazepines and who are homeless, or at risk of homelessness.

Though benzodiazepines can be beneficial when used appropriately, long term use can lead to increased tolerance and dependence.

Our Community Detoxification Service is specifically interested in engaging with individuals who have developed such a dependency and are interested in seeking to have this dependency addressed.

## Aims & Objectives

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Using a psychosocial model of service delivery, the service will support clients to reduce or stop their use of benzodiazepines.

The central focus of the service is to adhere to a client centred approach, working in partnership with the client towards mutually identified treatment goals.

# How We Work

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Client's will be assigned a key worker who will meet with them on a weekly basis to provide psychosocial support, including:

1. Information and preparation for the benzodiazepine detoxification.
2. Together with their GP, support them throughout the detoxification process.
3. Provide ongoing aftercare support.

## **Information**

Key workers and clients will engage in a process where the effects, side effects and risks of benzodiazepine use will be discussed and clarified.

## **Preparation**

An evaluation of the clients benzodiazepine use and associated dependency will inform the agreed reduction regime. This will be completed when a client presents to the key worker with 2 – 4 weeks of completed drug diaries.

## **Stabilisation**

We will refer the client for an assessment with a GP who will advise the client on how best to stabilise and reduce their benzodiazepine use. In preparation for the medical detox the client will continue to meet with the key worker for psychosocial support and continue to complete weekly drug diaries.

## **Medical Detox**

Clients who have completed the stabilisation phase will progress to the medical detox phase. Following GP assessment, the client will begin a detox schedule, which will be monitored closely and slowly tapered down as per the agreement with the GP. The goal of this medication regime, is to lead to successful detoxification from benzodiazepines, with minimal withdrawal symptoms.

## **Aftercare and relapse prevention**

An essential feature of our service is to provide aftercare. Clients who successfully finish a detoxification programme are still at serious risk of relapse. Keyworkers will have ongoing contact with clients weekly, focusing on relapse prevention and aftercare.

# Linking In With GP

An essential part of the programme is that we will liaise with your GP. As they will be the prescribing GP for the medical detox. Where the client does not have a GP, Galway Simon Community will support a client to access the GP for homeless services, for the specific purpose of benzodiazepine detoxification.

## Support Planning



From the outset, a support plan will be devised that will be unique to the client's needs. The client will contribute to the support plan which will be reviewed regularly. Though the focus of the plan is to facilitate change within the community, residential detox options can be explored, followed by rehabilitation and aftercare.

# Access to Service

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Clients can access the service by attending our weekly drop in clinic, which takes place on Wednesdays at 9.30 am to 12.30 pm in Dominick Street.

Referrals are also accepted from other agencies as well as self-referrals.

Following initial contact, an arrangement will be made to meet with clients directly.

# How to Contact Us

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A referral can be made directly by a client, or on behalf of a client by contacting a member of the Community Detox team through the following ways:

## Drop In Clinic

Wednesdays, 9.30am-12.30pm  
64 Dominick Street Lower, Galway  
(above Corless Formalwear)

## By Phone

**Gerry**

Contact number

085 871 2236



**Tanya**

Contact number

085 872 0731



## By Email:

detox@galwaysimon.ie



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## **Galway Simon Community**

18 Tuam Road Centre, Tuam Road, Galway, H91 X2N4

[www.galwaysimon.ie](http://www.galwaysimon.ie)

[info@galwaysimon.ie](mailto:info@galwaysimon.ie)

091 381828

[f /galwaysimon](https://www.facebook.com/galwaysimon)

[t @galwaysimon](https://www.twitter.com/galwaysimon)