



## PERSONALIZED TREATMENT PLAN INCLUDES:

- Nurse online intake assessment prior to admission (COVID-19 pre-screening included)
- 24/7 nursing care/monitoring under the direction of addiction physicians
- Medication monitoring and administration
- Supportive Counselling
- Nutrition Consultation
- Online recovery coaching
- Online access to registered therapist consultation for aftercare
- Access to online 12-step meetings
- Connecting to community resources
- Introduction of mindfulness practices (optional)
- Discharge and aftercare development

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Travel arrangements available within 150kms.



# TERRADYNE WELLNESS

Private Detox  
and Withdrawal  
Management  
Services for  
Drugs & Alcohol

"Supportive programs  
that include  
detoxification,  
rehabilitation, and  
aftercare achieve the best  
long-term results"

-Statistics Canada, 2015





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### COMMON WITHDRAWAL SYMPTOMS

Symptoms that may be present during the initial stage of detox include but are not limited to: anxiety, depression, paranoia, muscle tension, shakes, lethargy, irritability, erratic behaviour, difficulty breathing, fevers, insomnia, headaches, tremors, and seizures. Symptoms may vary depending on the substance being withdrawn from.

At Terradyne, we are fully equipped to deal with the physical and psychological impacts of detoxing. Individuals will be monitored 24/7 by registered nurses and addiction-experienced physicians.

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### YOUR DETOX EXPERIENCE

Individuals will be housed in their own private rooms with TV and WIFI access. Length of stay will be determined by our healthcare team based on individual needs and can range from 5 to 7 days. Your individualized detox plan will be overseen by registered nurses and physicians. All meals and snacks will be provided. Smoking is permitted within the designated smoking area.

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### WHY IS DETOX NECESSARY?

Our bodies adapt to addictive substances both physically and mentally, and when that substance is no longer a part of daily life, detrimental consequences can be a result of that.

Medically-assisted detoxification and withdrawal management is always the safest, and most comfortable way to rid the body of the dangerous impacts of substances on the mind and body.

At Terradyne, we are able to detox individuals from opioids, alcohol, benzodiazepines, and stimulants.



### Fees

All individuals will be medically assessed to determine if detoxification is needed. Fees are inclusive of all services provided.

### Aftercare

- Online and telephone access to a nurse for the first 30 days post-discharge.
- 6-week online group therapy program 3 times per week for 1 hour per session facilitated by Registered Therapist
- Recovery and support coaching