

Detox Process & What to Expect:

Simple Checklist

- ☐ Did my phone screen and got my arrival time
- ☐ Packed ID, meds list, and comfortable clothes
- ☐ Arranged rides/childcare/pet care
- ☐ Wrote my top 3 goals for detox
- ☐ Picked a step-down level (IOP/PHP/Residential/Outpatient) with the team
- ☐ Scheduled first aftercare appointment before discharge