

# 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