

## **What is Penn Foundation's Outpatient Detox (Ambulatory Detox) Program?**

The outpatient detox program meets you where you are, aligns a detox plan based on your medical history and current physical exam, and safely and comfortably helps you successfully begin your recovery journey. Our highly trained, experienced and licensed staff provide support, guidance and compassionate care. They also provide administration and monitoring of withdrawal medication, including administration and monitoring of psychotropic medication by qualified nursing staff, as necessary.

## **Can you treat withdrawal symptoms from all substances?**

Yes, we have experience in treating symptoms associated with the withdrawal from opiates, Benzodiazepines and alcohol.

## **How is detox handled safely in an outpatient service?**

Clients are initially assessed to make sure it is safe to manage their care through our outpatient detox program. Medication administration and ongoing monitoring throughout the detox process continues. Our goal is to make sure that each client has a comfortable and therapeutic experience that prepares him or her to move on to the next level of treatment.

## **How can I get connected to care?**

Call 215.257.9999 to speak with our intake team about your interest in this care option.

## **What insurance plans are accepted for the outpatient detox program?**

Penn Foundation is approved to provide outpatient detox services to commercially insured individuals. Please call us to see if your plan offers coverage at 215.257.9999.

## **What's involved with the initial assessment and what will I experience during withdrawal?**

A level of care assessment will be completed to evaluate the recommended level of care and if this is an option of care for your individualized experience. After completion of the level of care assessment your insurance will be contacted for authorization. You will receive a nursing assessment, a psychiatric evaluation, and your care plan will be set for your identified needs. We work alongside with you to address your withdraw symptoms with our care team.

## **How long will I be in the Outpatient Detox Program?**

Individuals are typically in outpatient detox for five to seven days.

## **Can I stay in outpatient treatment at Penn Foundation following detox?**

Once admitted to our Outpatient Detox Program, Penn Foundation immediately begins working to develop an individualize treatment plan that includes discharge/transfer planning, referral arrangements, serial nursing assessments and other educational services. Penn Foundation's full continuum of outpatient services provides individuals with the level of care they need as they progress through their recovery journey. Our compassionate team walks alongside of you as you progress through each stage, regaining hope, implementing positive change and building relationships that will continue to support you as you learn to live life in recovery.

## **Is Penn Foundation's Outpatient Detox service a dual diagnosis program?**

Yes. In addition to the physical exam, a mental health focused assessment for patients taking or prescribed psychotropic medication is conducted. A comprehensive psychosocial assessment, psychological and psychiatric consultation is conducted as appropriate.

## **Whom can I contact if I have additional questions?**

For more information about our inpatient/rehab programs, call us at 215.257.9999 or email us at [rchelp@pennfoundation.org](mailto:rchelp@pennfoundation.org).