

IN HOME DETOX PILOT PROGRAM



“Enhancing Community Health, Safety and Well-being”

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TABLE OF CONTENT

01 INTRODUCTION

02 THE CURRENT SITUATION

03 BENEFITS OF IN HOME DETOX PROGRAMS

04 KEY PROGRAM ACTIVITIES

05 PROGRAM CHALLENGES AND BARRIERS

06 SUCCESS STORIES OF WELLNESS PROGRAMS

07 IMPLEMENTING IN HOME DETOX PROGRAMS

08 FUTURE PROGRAM EXPANSION

WELCOME TO THE IN HOME DETOX PROGRAM

The In-Home Detox Pilot Program will be a comprehensive initiative designed to provide personalized detox services within the comfort and safety of an individual's home. The program will be staffed by a multidisciplinary team, including nurses, mental health professionals, and traditional healers, ensuring that care is holistic and culturally relevant.



THE CURRENT SITUATION

Substance use disorders continue to be a significant challenge within the Tsilhqot'in Nation including Tl'esqox, contributing to a range of health issues, including chronic illness, mental health disorders, and premature mortality. The lack of accessible, culturally appropriate detoxification services exacerbates these challenges, leading to a cycle of dependency and marginalization.



4.0X

First Nations people experienced a death rate 4.0x higher than other residents of the region in 2024.



68

First nations people died from toxic drug poisonings in 2024. This is a 9.7% increase from the 62 deaths in 2023.



60.3%

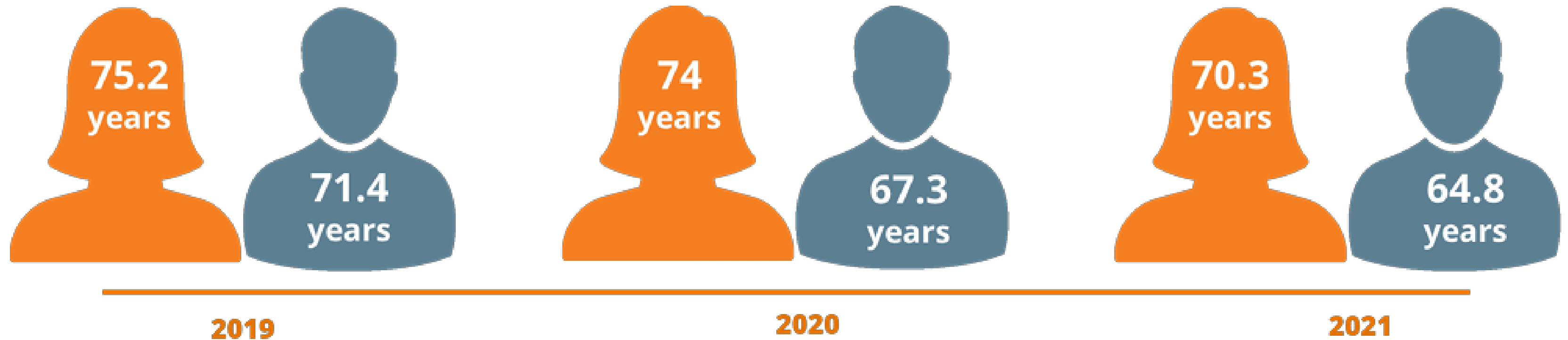
% of males affected within the 68 deaths



39.7%

% of females affected within the 68 deaths

Change in First Nations Life Expectancy During the COVID-19 Pandemic



- Between 2019-2021
 - the toxic drug emergency had the greatest impact on decreased life expectancy for First Nations people, followed by COVID-19
 - life expectancy decreased by 6.6 years for First Nations men
 - life expectancy decreased by 4.9 years for First Nations women
 - By comparison, life expectancy decreased by 1.1 years for other residents



4.5%

Of the regions population
are First Nations



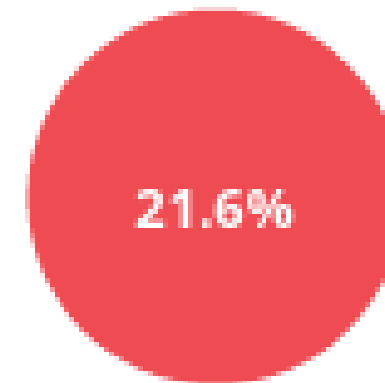
21.6%

of toxic drug poisoning
are FN in 2024

First Nations People are Disproportionately Represented in
Toxic Drug Poisoning Events



**First Nations people make
up 4.5%** of the region's
population.



21.6% of toxic drug poisoning
events in 2024 were First
Nations people.

BENEFITS OF THE PROGRAM

The In-Home Detox Pilot Program will directly address the physical, mental, emotional and spiritual health of participants by providing medical care and supervision during detoxification.



IMPROVED HEALTH OUTCOMES

safe detoxification, reducing the risk of complications and improving overall health



IMPROVED MENTAL HEALTH

the program will also address the psychological aspects of substance use, leading to improved mental health outcomes



REDUCED ACUTE AND CHRONIC ILLNESS

timely and effective detox services, the program will help to reduce the incidence of these illnesses, leading to a healthier community overall



SENSE OF SAFETY AND BELONGING

reduces the anxiety and stress associated with traditional detox programs but also fosters a greater sense of safety and belonging



KEY PROGRAM ACTIVITIES

- **Initial Assessment and Care Planning:**
 - Each participant will undergo a thorough assessment to develop a personalized care plan that addresses their physical, mental, and spiritual needs.
- **Medical Supervision and Support:**
 - Qualified healthcare professionals will provide 24/7 medical supervision during the detox process, ensuring that participants are safe and comfortable.

➤ **MH & SUBSTANCE USE COUNCELLING**

Participants will receive ongoing counseling and support from mental health professionals to address the psychological aspects of substance use and promote long-term recovery.

➤ **CULTURAL AND SPIRITUAL CARE**

Traditional healers will be involved in the care process, offering cultural and spiritual support that is vital to the healing journey of our community members.

➤ **F/U & AFTER CARE**

The program will include follow-up services to monitor progress, provide continued support, and prevent relapse.



KEY PROGRAM ACTIVITIES CON'T

- **Trauma-Informed Therapy**

- trauma-informed counseling that helps individuals process their experiences and build coping strategies

- **Culturally Relevant Practices**

- such as healing circles, traditional ceremonies, and connection to the land, will be integrated into therapy and recovery support.

➤ **PEER MENTORSHIP**

Peer mentors will help build trust, reduce stigma, and offer guidance, sharing their own stories to inspire hope and resilience.

➤ **RECOVERY CIRCLES**

Peer-led support groups will offer a space for individuals in recovery to share their challenges and successes, inclusive of all genders, and specific groups will be available for women, men, and 2SLGBTQIA+ individuals

➤ **RELAPSE PREVENTION EDUCATION**

education and tools to identify triggers, manage cravings, and maintain healthy coping mechanisms including mindfulness practices, stress management techniques, and creating supportive environments

PROGRAM CHALLENGES & BARRIERS

Tl'esqox presents an innovative and much-needed approach to addressing the overdose crisis, but several significant challenges and barriers must be acknowledged and strategically addressed.

➤ **WORKFORCE
RECRUITMENT AND
RETENTION**

➤ **INFRASTRUCTURE
AND LOGISTICAL
LIMITATIONS**

➤ **LIMITED HOUSING AND
POST-DETOX SUPPORTS**

➤ **COMMUNITY STIGMA AND
MISTRUST**

➤ **SUSTAINABLE
FUNDING AND
PROGRAM
CONTINUITY**

➤ **COMPLEX CLIENT NEEDS
AND HIGH RISK OF
RELAPSE**

SUCCESS STORY - IH

“When people with substance use challenges make the courageous decision to reach out for help, there needs to be services to meet them where they are at,” said Sheila Malcolmson, Minister of Mental Health and Addictions. “With new outpatient withdrawal management options across the Interior, more people will be able to access the help they need – faster....”

SUCCESS STORY - VANCOUVER COASTAL

Sandy-healthcare worker and Dave- tradesman, wanted to seek treatment together and he needed to be available to work, so detoxing away from home wasn't a viable option. "We also felt we would lose our jobs if our employers knew about our drug use, because there's still so much stigma," says Sandy.

"We are so appreciative of what the START team has done for us. Being able to detox at home with my husband and have a support team of doctors and nurses certainly contributed to our success," says Sandy.

IMPLEMENTING THE PROGRAM

01

MEDICAL PROTOCOLS

Policies, procedures, monitoring, workflow mapping, checklists, crisis response plans

02

QUALIFIED STAFF

Doctor, NP, Nurses, HCA, Peer leaders, Mental Health practitioners

03

INFRASTRUCTURE

Vehicle, Medical supplies including vital sign monitors, naloxone kits, PPE, and detox support items, laptops, ipads

04

COMMUNITY PARTNERSHIPS

IH VSUD physicians, Mental Health providers, community, family members, treatment centers, post-detox/ tx care, second stage housing

05

COMMUNITY INVOLVEMENT

Engagement, consent protocols, and advisory input from community voices

FUTURE PROGRAM EXPANSION VISION

Staying ahead of wellness trends is crucial for maintaining a competitive edge.
Here are some trends we focus on:

➤ **DISAGGREGATED DATA
COLLECTION**

data will be collected and
analyzed based on sex, gender,
age, and other intersecting factors

➤ **TRAINING AND EDUCATION**

providing training to local health
workers, caregivers, and families

➤ **MOBILE DETOX
SERVICES WITH A
DEDICATED VEHICLE**

➤ **GEOGRAPHIC LOCATION**

expanding services to other
communities and community
members living away from home

➤ **SUSTAINABLE CHANGE**

create lasting change by
addressing not only the
immediate crisis but also
the underlying social
determinants of health, such
as isolation, trauma, and lack
of culturally relevant
healthcare services

THANK YOU

Questions?

If you would like help to develop a community specific In
Home Detox reach out:

HEALTHDIRECTOR@TLESQOX.COM