

# Community Benzodiazepine Detox in a Low Threshold Service

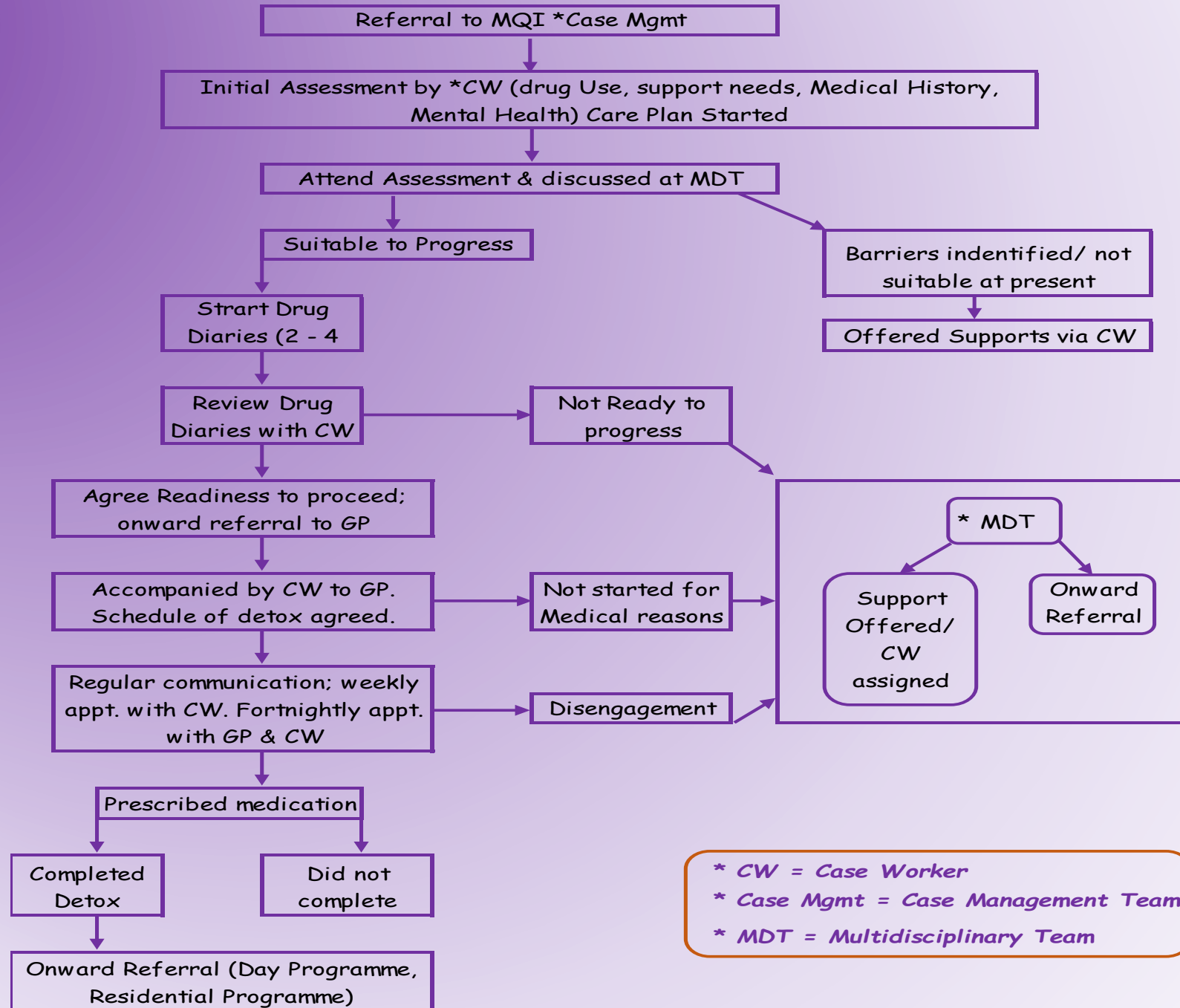


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# What's Involved in MQI's Community Benzodiazepine Detox

- Initial assessment by caseworker covering drug use, strengths and supports, medical history, mental health.
- Client discussed at multidisciplinary team (MDT) for suitability for a community benzodiazepine detox.
- Between two to four weeks of drugs diaries at least.
- Weekly appointments with caseworker.
- Fortnightly appointments with prescribing doctor at least.
- Client led care plans with regular care plan reviews.
- Pathways to onward referrals and sign posting to appropriate services.
- Ongoing psychosocial support post detox. These sessions involve relapse prevention, harm reduction and interagency care plans.

# MQI Community Benzodiazepine Detoxification Pathway



\* CW = Case Worker  
 \* Case Mgmt = Case Management Team  
 \* MDT = Multidisciplinary Team

# MQI Open Access Service Community Benzodiazepine Detox

- Criteria is one of the biggest blocks to treatment in Ireland for service users with poly drug use issues. At MQI's Open Access Service with the support of our Prescribing Doctors GMQ medical we have tailored our community benzodiazepine detox to meet the needs of service users at where they present.
- Our drugs diaries phase is a minimum of 2 to 4 weeks.
- If a client is struggling we extend the diaries phase and provide additional case work support.
- If a client is not on opioid substitution treatment we provide support to access this treatment with GMQ medical.
- We currently have 9 case workers trained in providing community benzodiazepine detox's.
- We support clients with case work supports who are still using heroin this is done in one to one sessions.
- In case work sessions we use tools like Reduce the use, CRA, CBT, M.I



**Merchants Quay Ireland**  
Homeless & Drugs Services

# Community Benzodiazepine Detox

## 2016 to date

**94**

total number of CBD Clients

**16** - Average number of Steps per CBD

**13**

In Progress...

**81**

Closed

**84**

Unique Clients

- 17 Clients are now Benzodiazepine free.
- 05 Clients started at 40-30mls and went down to 2-10mls.
- 10 Clients started at 40-30mls down to 12-20mls.
- 08 Clients went from 40-30mls down to 22-30mls.
- 07 Clients never started the programme.
- 09 Clients went as far as 1-2 weeks diary.
- 04 Clients were not suitable for the programme.
- 03 Did not attend.
- 07 Clients went into Residential Treatment.
- 14 Completed detox only.
- 07 initiated diaries but never followed up further.
- 13 Clients disengaged from the programme.

# Gaps & Blocks

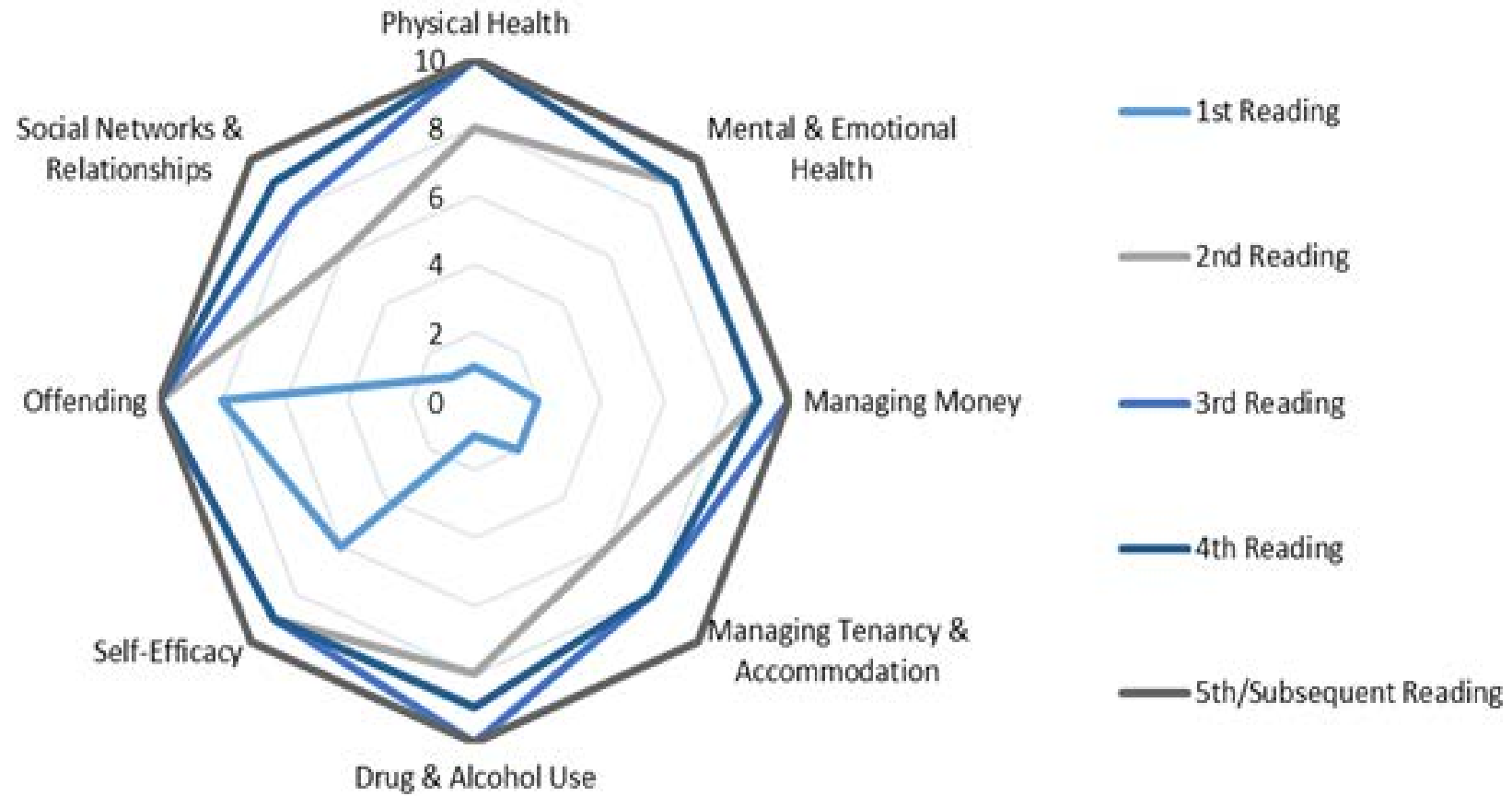
- Clients suitable for a detox but do not have accommodation.
- Clients may not have an entitlement to register for housing in Dublin.
- Clients rough sleeping.
- Some GP's don't facilitate Community Detox's.
- Criteria blocks to access Community Detox's.
- Chaotic drug use.
- Clients with undiagnosed / poor mental health.

**MQI Outcome Map** \* Score each area from 1 to 10, and provide a note detailing why that score was chosen

	<i>Score</i>	<i>Notes</i>
Accommodation	<input type="text"/>	
Managing Money	<input type="text"/>	
Mental Health	<input type="text"/>	
Offending	<input type="text"/>	
Physical Health	<input type="text"/>	
Self-Efficacy	<input type="text"/>	
Social Networks & Relationships	<input type="text"/>	
Substance Misuse	<input type="text"/>	



# Outcome Map,



**Thank You.....**