



## Virginia DMHMRSAS Office of Substance Abuse

**Guidance Bulletin No. 2003-01**

**Issue Date: March 31, 2003**

**Title: Managed Withdrawal Training Manual**

[    ] **Advisory (Best Practices)**

[ **X** ] **Mandate (Requirement)**

### **RECIPIENTS:**

- Community Services Boards (CSBs), Behavioral Health Authorities (BHAs), and Local Government Departments (LGDs) with Policy Advisory CSBs;
- Licensed Social Detoxification Programs;
- Department of Criminal Justice Services (DCJS);
- DMHMRSAS Office of Licensing

**PURPOSE:** To disseminate the updated Managed Withdrawal Training Manual to providers who serve, or who may serve, consumers in licensed Managed Withdrawal Programs. The Managed Withdrawal Training Program provides participants with the basic knowledge and skills necessary to function as entry-level staff in Managed Withdrawal Programs (e.g. “social detox programs”). The training program provides skills in the following areas:

- Understanding the process of managed withdrawal;
- Determining the appropriateness of managed withdrawal for any given individual;
- Application of Social Setting Detoxification techniques;
- Monitoring individuals through sub-acute withdrawal;
- Correctly identifying the signs and symptoms of impending medical/psychiatric emergencies and referring individuals with these conditions to the appropriate emergency service for care and managing these individuals until help arrives;
- Managing the milieu within a variety of settings;
- Assisting individuals to plan for recovery and post-detoxification treatment;
- Discharging individuals appropriately; and
- Referring detoxified individuals for further treatment and acting as their advocate within the larger community services system.

**BACKGROUND:** The current Managed Withdrawal Training Manual (formerly known as the Social Setting Detoxification Manual) was completed eight years ago. It needed to be revised to reflect current best practices and behavioral health standards. In the Spring of 2002, OSAS formed a consensus development committee consisting of clinicians, program managers and administrators, and Central Office program consultants. The committee met three times between April and June 2002 to develop the revised draft of the manual. This draft was reviewed by several managers of Managed Withdrawal Programs in the field, the Chair of the Virginia Association of Community Services Boards (VACSB) Substance Abuse Council, and the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services’ (DMHMRSAS) Medical Director. Appropriate recommendations were incorporated into the document. The resulting document is now ready for distribution.

**POLICY:** Workers who have direct contact with individuals in Managed Withdrawal Programs must successfully complete the Managed Withdrawal Training Program, to be delivered by persons who have successfully completed the Managed Withdrawal Training of Trainers Program. Medical and/or other personnel may provide training assistance as appropriate. In addition, these workers must be certified in cardiopulmonary resuscitation (CPR) and standard first-aid or first responder training. This training program meets the Department's licensing regulations regarding staff training:

*“The provider shall document staff training in the areas of:*

- 1. Management of withdrawal; and*
- 2. First responder training; or*
- 3. First aid and CPR training.”*

(Refer to Rules and Regulations for the Licensing of Providers of Mental Health, Mental Retardation and Substance Abuse Services, Direct-care training for providers of detoxification services. 12 VAC 35-105-1080, effective September 19, 2002.)

## **SOURCES OF FURTHER INFORMATION:**

### **Web Links to other Managed Withdrawal Information:**

- Substance Abuse & Mental Health Services Administration (SAMHSA)  
[www.samhsa.gov](http://www.samhsa.gov)
- SAMHSA, Center for Substance Abuse Treatment (CSAT)  
[www.samhsa.gov/centers/CSAT2002](http://www.samhsa.gov/centers/CSAT2002)
- American Society of Addiction Medicine (ASAM)  
[www.asam.org](http://www.asam.org)

### **Other References:**

Galanter, M. and Kleber, H. eds. Textbook of Substance Abuse Treatment. Washington, DC: American Psychiatric Press, 1994.

Graham, AW, and Schultz, TK. eds. Principles of Addiction Medicine, Second Edition. Chevy Chase, MD: American Society of Addiction Medicine, Inc. 1998.

Mee-Lee, D. ed. Patient Placement Criteria for the Treatment of Substance-Related Disorders, Second Edition Revised (PPC-2R). Chevy Chase, MD: American Society of Addiction Medicine, Inc. 2001.

Sullivan, J.T.; Sydora, K.; Scheidman, J.; Naranjo, C.A.; and Sellers, E.M. Assessment of alcohol withdrawal: The revised Clinical Institute Withdrawal Assessment from Alcohol Scale (CIWA-Ar), *British Journal of Addiction*, 84: 1353-1357, 1989.

US Dept. of HHS, SAMHSA, Treatment Improvement Protocol (TIP) Series, #19: Detoxification from Alcohol and Other Drugs. 1995. DHHS Publication No. (SMA) 95-3046, Printed 1995.

Ventura, Green, Shaner & Liberman. Training and quality assurance with the brief psychiatric rating scale: “The drift buster,” *International Journal of Methods of Psychiatric Research*, 1993.