

APRIL 4 – 6, 2023

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# First Nations Health & Wellness Summit



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Health through wellness

Sharing wise, community-driven practices for wholistic wellness

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# Withdrawal Management and Detox



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# What We Will Discover

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Definitions

Symptoms of Detox

When to seek medical help

Types of Withdrawal Management

How to decide on type of service

Supports

Planning



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# Definitions

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## **Detoxification:**

- A component of the withdrawal process
  - Chemical Release

## **Withdrawal Management:**

- Caring for symptoms of detox
- Ongoing connection and planning



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# Physical Signs and Symptoms

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- Nausea, diarrhea, vomiting
- Sweating, temperature or chills
- Increased heart rate/blood pressure
  - Headaches
  - Cramping
- Muscle and bone pain
  - Exhaustion



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# Psychological Signs and Symptoms

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- Anxiety, confusion, paranoia
  - Mood swings
- Vivid dreams, interrupted sleep
  - Agitation and irritability
  - Depression
  - Cravings



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# Seek Medical Care

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Seizures or severe tremors

Vomiting/Dehydration

Hallucinations or Delusions

Unmanageable Pain

Extreme Agitation or Foreboding

Medical complications



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# Types of Withdrawal Management

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Medical Detox

Social Detox

Home-based Outreach

Land-Based Healing



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# How do you decide on best choices?

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Closest medical care

Services/staff available in community

Substances and Conditions



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# Treatment Planning

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Goals of community member

Transitions to treatment or outreach

Aftercare



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# Traditional and Cultural Supports

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Whether in community or detox facility:

Elder engagement

Inclusion of ceremony

Traditional medicines and care

Linked with Two-Eyed Seeing



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# FNHA Supports

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Virtual Substance Use and Psychiatry

Doctor of the Day

Community Health Nurses

Mental Health Providers

Treatment and Recovery Navigation



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# Questions?



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