**Step Two: Are you ready for detox?**

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| **As you move forward toward your admission date… are you ready?**  **From 12 weeks to 14 days before you go, your service needs to:** | **Tick and date when you are ready** |
| Ensure your GP summary is dated within the **12 weeks prior** to admission date. |  |
| Ensure requested blood tests/medical, clinical investigations are completed and recorded **a maximum of 8 weeks prior** to placement start and are provided to your chosen provider via [WestMidsDetoxReady@cgl.org.uk](mailto:WestMidsDetoxReady@cgl.org.uk) as soon results are known.  This will allow for repeat or further blood tests /investigations to be requested by your chosen provider if necessary. |  |
| Regularly check how you are feeling about detox, do you still feel motivated, and do you have any concerns? |  |
| Tell us about any changes in your motivation – we would like you to ideally attend your community appointments in the **4 weeks leading up to your admission date** but we know this is not always possible |  |
| Tell us immediately if you change your mind about your planned admission - please advise us as soon as possible by email at [WestMidsDetoxReady@cgl.org.uk](mailto:WestMidsDetoxReady@cgl.org.uk) |  |
| Support you if you are someone who uses alcohol to use our ‘Drink Down’ process in the community in the lead up to admission – your local Multi-disciplinary Team will confirm if this is appropriate for you. |  |
| Undertake health tests as required to support the health and safety of your chosen detox unit – inclusive of pre-placement lateral flow test provision as required |  |
| Ensure that there is a face-to-face contact with you booked **7-10 days prior** **to admission** to:   * + confirm the admission process   + confirm transport arrangements   + to assess any deterioration in physical/mental health   + to assess any increase/decrease in drug use   + to complete the ‘**Are you Ready?’** update form. |  |
| Email the update form to referral administrators at [WestMidsDetoxReady@cgl.org.uk](mailto:WestMidsDetoxReady@cgl.org.uk) following the above appointment. |  |
| Liaising with the West Midlands Framework Team at the earliest opportunity around any change in referral status – related either to length of stay or complexity. |  |