



### Assessment Phase • 2–3 weeks

- Assessment form completed; patient asked to sign consent to contact GP.
- First clinician appointment.
- Care package posted to patient (breathalyser, thiamine, safety information).
- Blood tests arranged and a home visit to take blood.
- Patient asked to source and submit a GP Summary.
- Daily drinks diary begins.
- Second clinician appointment: meet designated support person, plan detox start date.
- Doctor review: medical history, blood results, detox plan with medication dosing regime (diazepam or chlordiazepoxide). Medication prescribed electronically for first 48hrs of detox.

Letter sent → Letter to GP (brief): update & plan including prescribing intent

### Detox Phase • 7 days

- Daily detox reviews: clinician assesses patient, scores symptoms, tailors that day's medication dose.
- Further instalments of prescriptions issued per the patient's personal regime.
- Post-detox doctor review: re-assess and discuss suitability for anti-craving medications (e.g. acamprosate, naltrexone).

Letter sent → Letter to GP (detailed): treatment summary & progress to date, copy of blood test results, prescribing updates (for information only)

### Aftercare Phase • 11 months

- Continued 1:1 work with patient's dedicated clinician.
- Access to in-house 90-minute CBT / SMART Recovery group sessions (7 sessions across the week, patient can attend any).
- Continued medication reviews (if on anti-craving medications).

Updates as needed → Update letters: e.g. medication-related changes

Letter sent → Letter to GP: Discharge Summary