



**THE COLEMAN
INSTITUTE**
FOR ADDICTION MEDICINE

A GUIDE TO UNDERSTANDING
ALCOHOL DETOX

THECOLEMANINSTITUTE.COM



BREAK FREE FROM ALCOHOL DEPENDENCE

If you or someone you love is struggling with alcohol use, know that you're not alone in this, and recovery is within reach. [The Coleman Institute for Addiction Medicine](#) offers a highly effective outpatient detox protocol that helps people take their first step toward recovery, with safety, comfort, and compassion.

Our approach is designed to help patients complete detox from alcohol in as little as three days; it can be completed over a long weekend, without the need for hospitalization. With thousands of patients treated and a **95% detox completion rate**, our caring team of medical professionals is here to help you heal.

UNDERSTANDING ALCOHOL USE DISORDER

Alcohol misuse has made a devastating impact on millions nationwide. While alcohol is legal in the United States and socially accepted, its widespread availability and cultural normalization often mask the risks of addiction.

Some individuals begin drinking socially or to cope with stress, but over time, alcohol use can escalate into [physical and psychological dependence](#). For many, stopping alcohol use triggers withdrawal symptoms so severe, such as tremors, anxiety, seizures, and even [delirium tremens](#), that quitting without medical support can be extremely challenging and even dangerous.

Unlike some other substances, [alcohol affects your entire body](#), contributing to a wide range of health complications, including liver disease, cardiovascular problems, and an increased risk of cancer. Its role in accidents, injuries, and mental health struggles further amplifies its toll on individuals, families, and communities.

RELEVANT ALCOHOL ADDICTION STATISTICS:

178,000 DEATHS EACH YEAR IN THE U.S. ARE ATTRIBUTABLE TO EXCESSIVE ALCOHOL USE, MAKING IT THE THIRD-LEADING PREVENTABLE CAUSE OF DEATH. ([CDC](#))

29.5 MILLION PEOPLE AGES 12+ HAD ALCOHOL USE DISORDER (AUD) IN 2021. ([SAMHSA](#))

1 IN 10 ADULTS IN THE U.S. STRUGGLES WITH ALCOHOL. ([NCADD](#))

CHOOSING A DETOX METHOD THAT IS RIGHT FOR YOU

Getting through withdrawal without medical support is not only extremely difficult, but it can also be very dangerous. Choosing a safe and effective detox option is one of the most important steps in starting recovery.

SELF-DETOX (COLD TURKEY)

Stopping alcohol use suddenly without medical supervision often leads to extreme withdrawal symptoms, such as delirium tremens (DTs), seizures, and a high risk of relapse. This approach is unsafe and not recommended.

INPATIENT DETOXIFICATION

Medical detox in a hospital or rehab setting typically lasts several weeks, with a completion rate of ~63% ([Journal of Addiction](#)). It can be expensive, disruptive to daily life, and may not even be covered by insurance. These facilities generally use minimal comfort medications.

THE COLEMAN INSTITUTE'S ALCOHOL DETOX

Our outpatient detox method is completed safely and comfortably in as little as 3 days. It avoids the disruption of inpatient or residential care. With a **95% completion rate**, it's a proven and compassionate path to recovery.

HOW THE COLEMAN METHOD WORKS

BEFORE DETOX BEGINS:

A licensed medical provider pre-screens the patient via telemed. Patients are instructed on when to stop drinking, typically at midnight the night before their first appointment.

DAY ONE:

Patients arrive in mild withdrawal. Our clinical staff will measure vitals, take blood work, perform an EKG, administer a breathalyzer, and conduct an assessment by a licensed provider and a recovery support specialist. Phenobarbital and other comfort medications are given according to the clinical need determined by the medical provider.

DAY TWO:

Comfort medications continue and are adjusted to manage withdrawal. Patients also meet with our recovery support specialist to develop a plan for long-term recovery.

FINAL DAY:

A comprehensive treatment plan for long-term sobriety and plans for follow-up medical care are established. Long-acting naltrexone (**Vivitrol**) and Antabuse can be given to support ongoing recovery.

BENEFITS OF THE COLEMAN METHOD

- Outpatient detox in as few as 3 days
- 95% completion rate & 25+ years of experience
- No long inpatient stay or anesthesia required
- Non-addictive medications to reduce discomfort
- Expert Addiction Medicine clinical staff
- Naltrexone injections to reduce cravings
- Access to case manager & medical providers up to 6 months post-detox

WHAT YOU SHOULD DO **AFTER DETOX**

We believe that detoxification is only the first step in one's recovery journey. We strongly encourage each patient to seek a treatment program that aligns with their needs. Starting therapy, counseling, or even a support group after detox is critical to a successful recovery.



TYPES OF RECOMMENDED TREATMENT MODALITIES INCLUDE:

CLINICAL CASE MANAGEMENT (INCLUDED IN YOUR CARE)

A dedicated case manager helps you coordinate care and stay on track during your recovery. **At The Coleman Institute, we provide case management in person or via telehealth for up to 6 months post-detox.** Your case manager can provide resources and referrals to our recommended treatment modalities listed below.

INDIVIDUAL THERAPY

Personalized therapy to support your well-being, such as [Cognitive Behavioral Therapy](#) (CBT), [Dialectical Behavioral Therapy](#) (DBT), and more.

GROUP THERAPY

Peer-based support led by a group therapist focused on reducing isolation and building connections with others in recovery.

FAMILY COUNSELING

Improves communication, addresses relationship dynamics, and educates loved ones about the effects of substance use disorders.

SUPPORT GROUPS

Community-based meetings that offer shared experiences, encouragement, and accountability.

RECOMMENDED TREATMENT MODALITIES CONTINUED:

PARTIAL HOSPITALIZATION PROGRAM (PHP)

A structured recovery program offering intensive support during daytime hours.

INTENSIVE OUTPATIENT PROGRAM (IOP)

Structured outpatient treatment that fits into your daily routine, with some centers offering both day and night options.

OUTPATIENT PROGRAM (OP)

A flexible support option for those who are more confident in their sobriety and do not require as much support.

RESIDENTIAL TREATMENT

Inpatient care is usually 30 to 90 days long for those needing around-the-clock support.

SOBER LIVING HOMES

Safe, substance-free housing that provides structure, accountability, and community as you focus on your recovery.

REAL TESTIMONIALS FROM OUR PATIENTS

“Everyone is so nice, helpful, and non-judgmental. I got the help I needed.”

- Anonymous Alcohol Detox Patient

“I felt genuinely cared for. The staff was wonderful. It was not as stressful as I expected a detox to be. The detox process was rapid with minimal discomfort. Wonderful, respectful staff.”

- Anonymous Alcohol Detox Patient

“I had been drinking daily for a few years & I really wanted to stop but could not do it on my own. The program really helped!”

- Anonymous Alcohol Detox Patient



**THE COLEMAN
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BEGIN YOUR RECOVERY TODAY

Compassionate, effective alcohol detox is available. Contact The Coleman Institute for Addiction Medicine to learn more about our Outpatient Alcohol Detox Program!



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