

WHAT TO EXPECT

- 1 A comprehensive assessment
- 2 A designated keyworker
- 3 A care plan
- 4 A clear introduction to current programme participation
- 5 A stable base to explore your personal journey
- 6 Behavioral awareness and management skills
- 7 Lapse and relapse awareness
- 8 Craving and coping skills development
- 9 Self-esteem & confidence
- 10 Health and wellbeing awareness
- 11 Interagency work
- 12 An opportunity to explore and prepare for possible further move on and treatment options.

“BEING ABLE TO ACCESS SANKALPA GAVE ME A CHANCE TO BELIEVE AGAIN, TO TRUST.”

FEMALE CLIENT



Supporting Individual Rehabilitation Pathways

HOW TO MAKE A REFERRAL

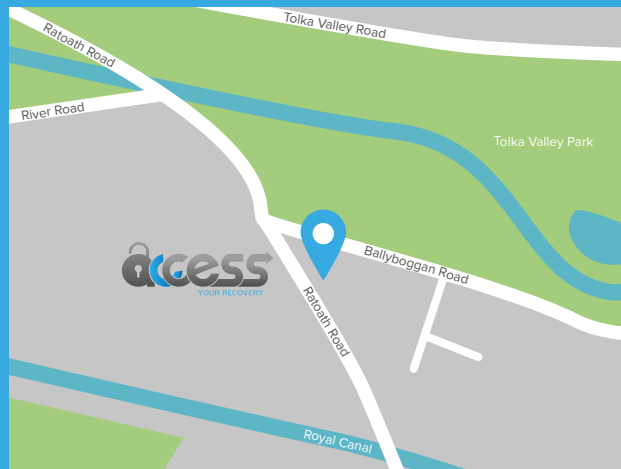
- ▶ Email or phone the staff office for a referral pack or download the referral form from the website
- ▶ Complete referral form and submit to the Sankalpa team office by post/email
- ▶ Response regarding receipt of referral will be within 5 working days.

CONTACT DETAILS

Post: Sankalpa, Unit 8, Glasnevin Business Centre, Ballyboggan Road, Dublin 11

Phone: (01) 830 2690 Email: hello@sankalpa.ie

Web: www.sankalpa.ie



LOW THRESHOLD
ASSESSMENT AND
CRISIS MANAGEMENT
ONE TO ONE SUPPORT



Supporting Individual Rehabilitation Pathways



TURNING
POINT



ACCESS



CONNECT

WELCOME TO THE SERVICE

The **ACCESS** programme acts as the first port of call for many of our service users, both past and present.

It has a dual function in regards to assessments and crisis management. For many service users **ACCESS** is the portal through which they can access the brief intervention needed in times of unforeseen stress, relapse and/or family issues.

Sankalpa deliver a low intensity evidence based psychosocial model encompassing structured interventions aimed at stabilising and/or reducing the harm associated with illicit substance use.

The model is informed by Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), Community Reinforcement Approach (CRA), Adult Education, Creativity (art, film, music), Complementary Therapies and Social Activities.

There are clearly defined referral pathways into and out from **Sankalpa** and our services form part of a wider continuum of care. Best practice inter agency protocols, case management and coordination are at the core of our service provision.

The model works with individuals; however, it recognises that the wider community is affected by the issues surrounding addiction. In that we aim to build both individual and social rehabilitation and recovery, capital among our service user group and progress them towards greater social inclusion and re-integration within the wider community.

Our outcome indicators include the *Outcome Star*, *CRA* tools and the use of eCASS, and service user satisfaction surveys. These provide clinical data to verify reduced substance use, evidence and participation and overall progression rate.

Using the modalities of The Community Reinforcement Approach (CRA) and Cognitive Behavioural Therapy (CBT), we support individuals to address their addictions as a barrier to exiting homelessness.

HOW WE DO IT

- ▶ **ACCESS** is up to 12 weeks in duration
- ▶ An allocated core support team
- ▶ An Individualised client led support plan
- ▶ The use of the *Outcomes Star* and the *Holistic Needs Assessment*
- ▶ Weekly keyworking sessions & crisis Interventions
- ▶ Social programme initiatives & health and wellbeing programmes

CRITERIA

- ▶ 18 + Male or female
- ▶ From D7/11 priority given but not exclusive
- ▶ Poly drug addiction
- ▶ Will attend scheduled one to one sessions and partake in the assessment process
- ▶ Willing to engage with key workers and case management systems

HOW WE WORK

We use the tools from the Community Reinforcement Approach and Cognitive Behavioural Therapy to provide this low threshold recovery programme. These include;

- ▶ Care planning
- ▶ Comprehensive assessments
- ▶ Happiness scale
- ▶ Goals of counselling
- ▶ Functional analysis
- ▶ Communication skills
- ▶ Substance refusal skills
- ▶ Problem solving skills
- ▶ Sobriety sampling
- ▶ Relapse prevention
- ▶ Systematic encouragement
- ▶ Group work
- ▶ Crisis intervention
- ▶ Social skills
- ▶ Health and wellbeing
- ▶ Mental health links
- ▶ Key working and 1:1s
- ▶ Positive Behavioural change contracts
- ▶ Medication stabilisation.