

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 Meaningful work experience in locally based businesses and organisations
- 13 Career preparation including CV and interviewing skills
- 14 Identify training and development needs through Individual learning plans (ILP)
- 15 An opportunity to explore and prepare for further progress into education or employment.

**“I CAN SEE A FUTURE OPENING UP FOR ME”
FEMALE CLIENT**



Supporting Individual Rehabilitation Pathways

HOW TO MAKE A REFERRAL

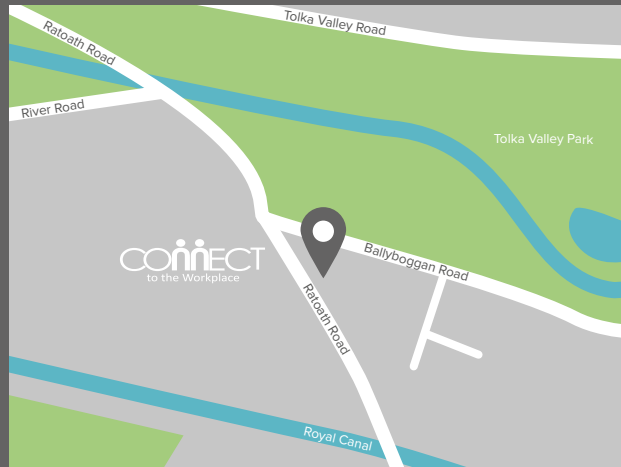
- ▶ Email or phone the staff office for a referral pack or download the referral form from the website
- ▶ Complete referral form and submit to the Sankalpa team office by post/email
- ▶ Response regarding receipt of referral will be within 5 working days.

CONTACT DETAILS

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SPECIALISED THERAPEUTIC COMMUNITY EMPLOYMENT WORK PLACEMENT PROGRAMME



Supporting Individual Rehabilitation Pathways



TURNING
POINT



ACCESS



CONNECT

WELCOME TO THE SERVICE

The **Connect** programme involves developing strong relationships with a range of local employers. The programme provides the participants with work readiness development and therapeutic supports to help them regain self confidence, work related skills, communication skills, CV development, interview preparation, placement supports, advocacy and individual educational needs assessed and addressed.

Connect matches people to work placement opportunities where they will gain meaningful work experience. **Connect** aims to engage employers where work placements have the potential to develop into full time or part time employment.

The model is informed by Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), Community Reinforcement Approach (CRA), Adult Education, Creativity (art, film, and music), complementary therapies and social activities. We also provide supports to the employer / placement provider to ensure a positive experience for all involved.

We have developed the reputation of providing high quality placements with emphasis on maintaining the clients rehabilitation through understanding service users who are managing many complex traumas.

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

Participants engage in a personalised and individually formed care plan that includes, group work, one to one key working sessions, inter agency working, GP and medical liaison, social initiatives and further external referrals. This component of the programme is provided in line with the *National Drug Rehabilitation Framework*. As part of this, with the service user's permission, **Sankalpa** will engage with other agencies to ensure an integrated care pathway is designed to address each individual service users' needs. This is developed in line with the National Protocols.

CRITERIA

- ▶ 18 +
- ▶ Male or female
- ▶ Drug free* for minimum of three months. Written verification from medical practitioner may be required
- ▶ D7/11 priority given but not exclusive
- ▶ Methadone free (or similar treatment) within the previous 3 months. Written verification from medical practitioner required
- ▶ Eligible for CE programme. Written verification from DSP required
- ▶ Wanting to prepare for and return to the workplace
- ▶ Committed to maintaining your individual recovery and rehabilitation
- ▶ Willing to engage with key workers, case management, assessment and supervision processes
- ▶ Active participation in therapeutic group work
- ▶ Active participation in developmental group work
- ▶ Active participation and engagement in individualised 1:1 support sessions and key working
- ▶ Will commit to the hours of work placement agreed only.

Notes:

*Drug free: refers to all prescribed and non prescribed mood altering medications/ substances.

HOW WE WORK

We use the tools from the **Community Reinforcement Approach, Cognitive Behavioural Therapy, Motivational Interviewing** in our work.

These include;

- ▶ Care planning
- ▶ Comprehensive assessments
- ▶ Happiness scale
- ▶ Goals of counselling
- ▶ Functional analysis
- ▶ Communication skills
- ▶ Substance refusal skills
- ▶ Problem solving skills
- ▶ 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.