

## 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.

“TURNING POINT IS A SAFE PLACE FOR ME TO BE WHEN I CAN'T CONTROL MY OTHER ENVIRONMENTS.”

MALE CLIENT



Supporting Individual Rehabilitation Pathways

## HOW TO MAKE A REFERRAL

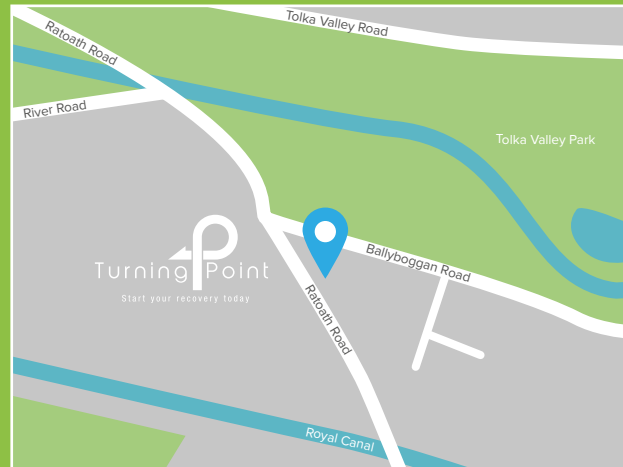
- ▶ Email or phone the staff office for a referral form or download the referral form from the website
- ▶ Complete referral form and submit to the Sankalpa team office by post/email
- ▶ Response regarding receipt of referral will be within 5 working days.

## CONTACT DETAILS

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

**Phone:** (01) 830 2690 **Email:** [hello@sankalpa.ie](mailto:hello@sankalpa.ie)

**Web:** [www.sankalpa.ie](http://www.sankalpa.ie)



  
Turning Point  
Start your recovery today

## STABILISATION PROGRAMME

  
Sankalpa<sup>®</sup>  
Addiction Services

Supporting Individual Rehabilitation Pathways



TURNING  
POINT



ACCESS



CONNECT

# WELCOME TO THE SERVICE

**Turning Point is a 9 - 12 month, stabilisation programme for those service users experiencing poly-substance addiction issues, with placement priority for those service users residing in the Finglas & Cabra areas.**

**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.

**Turning Point** focuses on providing a therapeutic environment, addiction awareness skills and substance misuse understanding, to support service users in developing their motivation and resilience to make lifestyle changes in relation to their individual rehabilitation pathway. The programme involves a focused group work programme, reduce the use initiatives, dedicated one to one key working sessions with project workers, health and well-being initiatives, art & music programmes and social initiatives.

The 9 – 12 month programme aims to create positive and meaningful change through an integrated programme of therapeutic, psychosocial and education programmes, with a focus on key skills, such as addiction awareness, managing cravings, reduce the use initiatives, developing honesty, communication skills, health and wellbeing, substance awareness, as well as lapse and relapse awareness and personal development.

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.

# HOW WE DO IT

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
- ▶ From D7/11 priority given but not exclusive
- ▶ Looking to become stable
- ▶ Poly drug addiction history and actively willing to undertake stabilisation of illicit and non prescribed / street bought drug use
- ▶ Clients with a mental / emotional health diagnosis are willing to undertake stabilisation of prescribed medication and engagement of mental / emotional health services
- ▶ Motivated to undertake individualised addiction recovery pathway
- ▶ Will actively participate and engage in the programme as agreed with your key worker
- ▶ Will actively participate and engage in scheduled one to one sessions
- ▶ Will actively participate and engage in group work
- ▶ Undertake the assessment and care planning process
- ▶ Actively engage with key workers and case management systems.

# HOW WE WORK

We use the tools from the **Community Reinforcement Approach, Cognitive Behavioural Therapy and Motivational Interviewing** to provide a low threshold **Assessment and crisis management one to one based 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.