

OUR SERVICES

Sankalpa works to empower people to address their individual drug and alcohol issues, by providing low threshold access services, day stabilisation programmes and targeted training and employment placements for those in recovery.

We work through advocacy and partnership, leading towards the development of both individual and social recovery. Referrals from Finglas and Cabra are given priority however we accept referrals from outside this catchment area.

SANKALPA OFFERS THREE DISTINCT PROGRAMMES FOR SERVICE USERS

ACCESS provides one to one key-working, brief interventions and acts as the assessment route to our other programmes

TURNING POINT: a 9-12 month group based stabilisation programme for poly-drug addiction issues

CONNECT: a DSP Community Employment Scheme specialising in therapeutic community work placement. As part of our criteria all Connect participants must be stable and drug-free.

We run a number of Drop-In sessions where you can learn more about our service and the supports we can offer you. Contact our staff for more information and drop-in times

HOW TO MAKE A REFERRAL

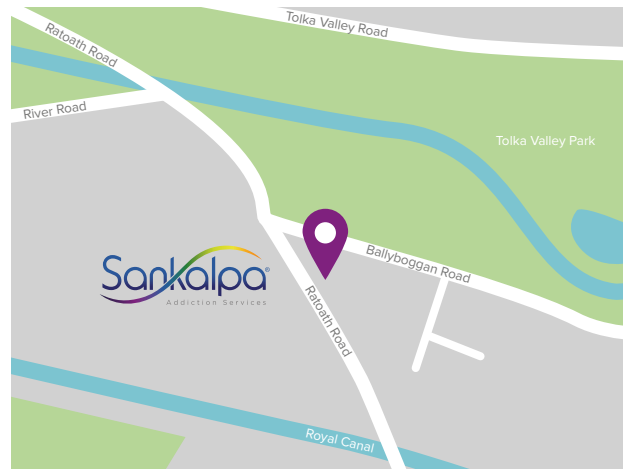
- Email or phone the staff office for a referral form or download the referral form from the website
- Complete referral form and submit to the Sankalpa team office by post/email
- Response regarding receipt of referral will be within 5 working days.

CONTACT DETAILS

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

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

Web: www.sankalpa.ie



EMPOWERING PEOPLE TO MAKE A CHANGE

Sankalpa[®]
Addiction Services



TURNING POINT



ACCESS



CONNECT

SERVICE SPECIFICATION

Sankalpa is a drug and alcohol addiction rehabilitation service, providing a range of high quality services to men and women with problematic substance use. Sankalpa remains focused on maintaining a low threshold, evidence based service provision to clients with priority given to those from the D7/D11 catchment area.

OUR AIMS

We manage, deliver and review our addiction rehabilitation service in the Dublin 7 and 11 area, to assist people with their individual addiction issues and to support them on their rehabilitation pathway through the provision of therapeutic, evidence based, developmental, qualitative and creative programmes.

WE ARE COMMITTED TO WORKING WITH OUR SISTER SERVICES TO SUPPORT SERVICE USERS ON A CLEAR AND PROGRESSIVE TREATMENT AND REHABILITATION PATHWAY CATERED TO THEIR INDIVIDUAL NEEDS.

OUR ETHOS

- To support service users on their individual treatment plan regarding their rehabilitation pathway
- Provide a safe working environment for all staff, service users, volunteers and placements by adhering to all Health and Safety legislation including fire safety, data protection, child protection and mental health structures.
- To provide a safe therapeutic and learning environment.
- To provide high quality interventions in accordance with best practice.
- To work in partnership with other agencies to maximise pathways and potential outcomes for our service users
- To provide care and case management and adhere to the National Protocols.
- To ensure good working relationships with external service providers.
- To operate in a transparent and empowering manner.
- To provide a health and wellbeing aspect to our addiction treatment services.
- To support service users in achieving their desired goals and to refer them to additional external supports where necessary.
- To underpin all our work with a human rights approach.

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.