



LEARNING FROM THE PAST, LIVING IN THE MOMENT, LOOKING TO THE FUTURE.

# ANNUAL REPORT



## VISION

“That all presenting drug & alcohol issues can be individually supported.”

## MISSION STATEMENT

“To empower people to address their individual drug & alcohol issues, by providing low threshold access services, day stabilisation programmes and targeted training and employment placements for those in recovery, through advocacy and partnership, leading towards the development of both individual and social recovery, in Finglas & Cabra.”

## VALUES

Honesty

Respect & Dignity

Empowerment

Accountability & Transparency

Quality & Improvement

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## CHAIRPERSON'S FOREWORD

As Chair of Sankalpa I am pleased to welcome our 2018 Annual Report and highlight how Sankalpa has gone from strength to strength in terms of programme development over the last number of years. Sankalpa endeavours to support those who continue to use alcohol and drugs to improve their quality of life; to support those wishing to make changes within their substance misuse and also those who have recovered from problem substance use and wish to reintegrate back into training and employment. The ACCESS, Turning Point and Connect Programme are therefore invaluable services for the Finglas and Cabra areas.

Sankalpa spent 2018 reviewing and evaluating service provision, particularly the Connect Programme. This internal review happened in response to consecutive years of change in Government policy, and within state agencies such as the Department of Social & Employment Protection. These changes increased pressure and responsibilities on Sponsor groups trying to host and deliver Community Employment Drug Rehabilitation Programmes and on participants accessing CE.

This review allowed the Board to consult with all the relevant stakeholders and beneficiaries to identify the best way to move forward with the Connect Programme to best meet the need of those in recovery wishing to reintegrate back into the community. This process was invaluable for all involved and changes made meant the programme not only reached its capacity but had to expand to meet the demand.

2018 has also seen substantial change within Sankalpa with the appointment of a new manager and new staff team members. Edel Ambrose joined the team as Manager in October 2018 and with her long history of working frontline and managing services for people who use drugs and who are homeless, we are delighted to have her expertise, her leadership skills and her passion for those who are most marginalised in society on board.

The ongoing needs of service users has changed over the past number of years and Sankalpa remains a point of contact for those requiring low threshold and crisis support through the ACCESS service. The Turning Point Day Programme provides structured

therapeutic group work and one to one key working and care planning for those ready to address their substance misuse issues and make changes.

Although there are huge challenges in supporting those who have drug or alcohol problems here in Sankalpa the team have worked hard to empower individuals to take the lead in their treatment and rehabilitation, to explore all opportunities and options available to them and to remove some of the barriers often put in place that prevents or hinders their recovery and growth. This could not be achieved without the close working relationships with other statutory, community and voluntary service providers and the shared care approach that we use.

I would also like to thank our funders, the Health Services Executive and the Department of Employment and Social Protection, for your ongoing support and engagement. On behalf of the Board, I would like to thank Edel Ambrose (Manager) and her team of professional staff as their commitment to Sankalpa and service users is admirable.

And especially, a very special acknowledgment to all those who have accessed Sankalpa and will do so in the future; for taking that very courageous first step to make positive permanent change in their life – we wish you a rewarding journey.



Jennifer Clancy  
CHAIRPERSON

## MANAGER'S SUMMARY

**Sankalpa has seen a year of significant Change, Learning and Development in 2018. The organisation continues to run three core programmes, underpinned by a commitment to evidence based interventions, professionalism and quality services. We continue to challenge service users to reduce their use, stabilise on prescribed medications and take steps towards reaching their goals. We recognise the Individual Service User and their unique circumstances on a case by case basis. We believe that true recovery stems from open and honest dialogue and a willingness to learn on the part of both service providers and service participants.**

Reflecting on 2018, I found inspiration in the practical examples of the work performed by the staff and service users in Sankalpa. I am delighted to include some examples of this incredible work in this Report. It is a true privilege to be a part of these journeys.

The title of this report “Learning from the Past, Living in the Moment, Looking to the Future” is a summation of our approach in the past year. The organisation saw a number of staff changes in 2018 and we are enormously grateful for the hard work performed by all our colleagues (both past and present) who have created solid foundations on which the organisation continues to build. I would like to extend a special thanks to my predecessor, Elfrieda Carroll, who has been so supportive and helpful.

2018 has seen us continue to work closely with our partners throughout Dublin and the Finglas-Cabra Local area. We'd like to thank the HSE and DSP for the support and funding that enables us to work with those who access our services. We'd also like to thank the CDETB for their continued educational supports that provide our service users with accredited learning with a thought-provoking programme.

Sankalpa continued to respond to increasing numbers of clients presenting to our service in 2018. We have grown the range of services and groups on offer in response to this. Sankalpa shall continue to maintain professional, collaborative and responsive relationships with all statutory funders during 2019. Through open, accountable and transparent communication we shall report on the value for money provided by our range of services to the most vulnerable members of Irish society today.

On behalf of our clients, staff and volunteers we thank you for your support in 2018, without which we could not have delivered our services nor supported the positive and long-term change in our clients lives- thank you. We look forward to your continued support in 2019.

Finally, I would like to thank the Board members for their time and expertise - so generously offered to Sankalpa. We look forward to the coming year working together to empower people to address their individual drug and alcohol issues and support them through their recovery journey.

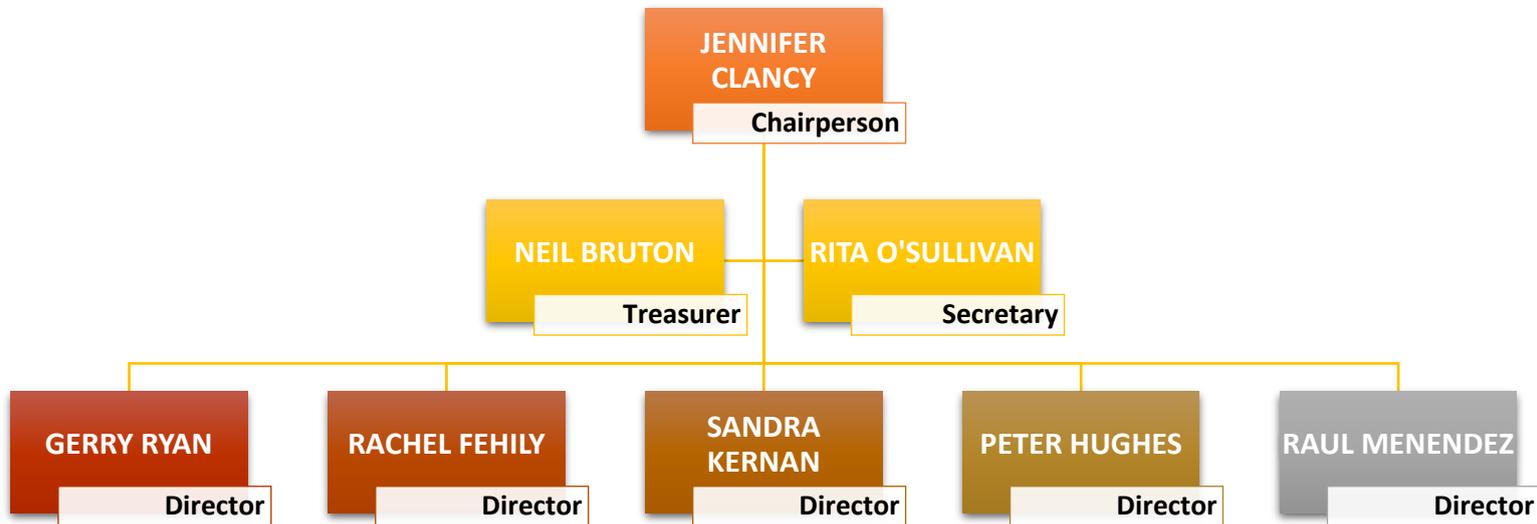


Edel Ambrose  
**MANAGER**

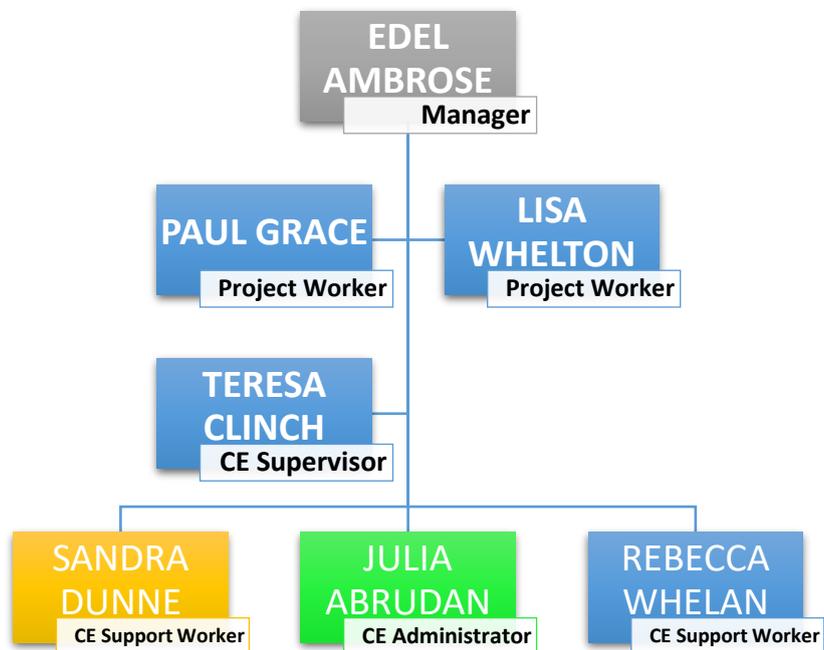


# SANKALPA ORGANORAM 2018

## SANKALPA BOARD:



## SANKALPA MANAGEMENT AND ADMINISTRATION:



## SERVICE SPECIFICATION

Sankalpa is a drug and alcohol addiction treatment centre, providing a range of high-quality day services to men and women with problematic substance use. Sankalpa remains focused on maintaining a low threshold, evidence-based service provision with priority given to service users from the Dublin 7 /11 catchment area.

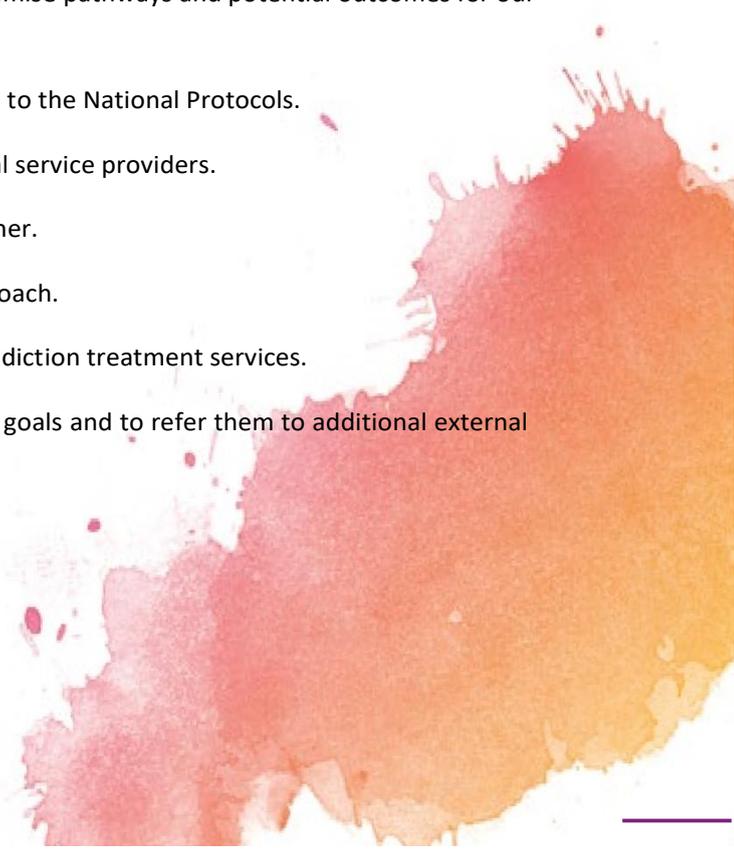
### OUR VISION

That all presenting drug and alcohol issues can be individually supported.

### OUR MISSION STATEMENT

To empower people to address their individual drug & alcohol issues by providing low threshold access services, day stabilisation programmes, and targeted training and employment placements, for those in recovery, through advocacy and partnership; leading towards the development of both individual and social recovery in Finglas and Cabra.

### 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 underpin all our work with a human rights approach.
  - 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.
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# SANKALPA IN ACTION- PRINCIPLES OF WHAT WE DO

**EVIDENCE BASED PRACTICES:** We deliver an evidence-based psychosocial model, encompassing structured interventions aimed at stabilising and/or reducing the harm associated with problem 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. Our service offers clearly defined entry and exit referral pathways, working as part of a wider continuum of care for each individual accessing Sankalpa. We strive for service excellence by adhering to interagency protocols and the National Quality Standards Framework (NQS).

The model works with individuals experiencing substance misuse issues and recidivist behaviour patterns. The model also recognises that the wider community is affected by many of these issues surrounding addiction. We aim to guide individuals towards social rehabilitation and inclusion and progress them towards re-integration within the wider community.

Our outcome indicators include the Outcome Star, CRA tools, Matrix scaling (AUDIT, DUDIT, CUDIT Measures), eCASS, progression plans and service user satisfaction surveys. These provide clinical data to verify reduced substance use, evidence and participation and overall progression rates.

**ACCESSIBLE SERVICES:** Sankalpa believes in having accessible services that meet service users' needs. Sankalpa offers three stages along the continuum of care: ACCESS (Low Threshold; drop in, in-reach group), TURNING POINT (Non-residential structured day program), and CONNECT (work placement program).

**CONTINUUM OF CARE:** Sankalpa understands that substance misuse/addiction does not define a person. At Sankalpa, each service user is seen as individual with unique individual care needs. Sankalpa addresses the needs of the person as a whole, and not just the addiction. We believe that this is at the core of rehabilitation in order to achieve a positive treatment outcome.



**SANKALPA BELIEVES IN HAVING ACCESSIBLE SERVICES THAT MEET SERVICE USERS' NEEDS. AT SANKALPA, EACH SERVICE USER IS SEEN AS INDIVIDUAL WITH UNIQUE INDIVIDUAL CARE NEEDS.**

**QUALITY STANDARDS:** Sankalpa adheres to Quality in Alcohol and Drug services (QuADS) and are looking at the feasibility and implementation of “Better, Safer Healthcare Standards” as part of our Strategic Plan for 2017-2020.

**COMPLIANCE:** Sankalpa has various systems and audits in place to ensure that we, as an organisation, are in compliance with best practice standards, legislation and governance. We have rigorous financial monitoring bodies, an external auditor and clinical governance (adhering to clinical Governance Code implemented in 2018). Organisational governance, supervisions, QuADS for case management, DSP regulations for education and training services, Service Level Agreements and Key Performance indicators are strictly adhered to in order to ensure strategic goals are continually achieved.

**GOVERNANCE:** Corporate & Clinical Governance is the responsibility of the Board of Directors, every board member upon induction receives a copy of the Board policies and procedures handbook. The Manager and the Board oversee the quality and safety in Governance, Finance, HR, Health and Safety and risk management. All board and subgroup meetings are conducted as per best practice and there is documentary evidence in place to support this along with the group’s Terms of Reference.

We are committed to working with our partner services to provide service users with clear and progressive treatment and rehabilitation pathways, unique to their individual care needs. This is evident through our partnership approach in the Dublin 7 / 11 catchment area and beyond. Partner services include: FAST, The LOFT, the HSE, DSP, CDETB, Tiglin, Merchants Quay Ireland and MQI residential treatment, Voyages programme, TRP, CAP, The STAR Project, Ballymun YAP, Soilse, Coolmine, and the Local Drugs and Alcohol Task Force.

**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.**



# SANKALPA IN ACTION – SERVICE USERS LEARNING FROM THE PAST

*Research, Reflection, Knowledge:*



# SANKALPA IN ACTION – SERVICE PROVISION SUMMARY:



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 facilitating both 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. With this in mind, 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 WORK

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

- **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





# SANKALPA IN ACTION – SERVICE PROVISION SUMMARY



The links between substance misuse and a host of socio-economic conditions - such as poverty, unemployment, educational disadvantage, social exclusion and housing problems are long established (Citywide, Stop the Stigma. 2018)

The socio-economics of the Cabra/Finglas electoral area displays a series of indicators, including high unemployment rates, low education attainment and poverty that influence the underlying causes of drug and alcohol problems within the area. The Pobal HP Deprivation index 2006-2016 suggests that the basic pattern of disadvantage has remained intact in areas such as Cabra/Finglas despite an end to the recession and bail out in 2011.

With a total population of 58,835 the Cabra/Finglas area has an overall relative deprivation score of -3.1 according to the Pobal HP Deprivation index 2016, this categorises the area as marginally disadvantaged. However, when this data is further investigated it is evident that certain areas within the electoral area are actually considered very disadvantaged, for example, Finglas South C has a score of – 20.3 and Cabra West A has a score of – 12.7. Further demographic data from the area show that there is an unemployment rate of 18.6% for males and 14.6% for females. The proportion of those with primary level education only is at 19.8. The ESRI (2018) recently reported that low educational attainment and/or living in an urban area are important factors to consider when looking at barriers to social inclusion.

## **TURNING POINT:**

Sankalpa's Turning Point stabilisation programme is a structured non-residential day programme. It offers a full-time integrated programme of therapeutic, educational, holistic and social interventions for those who are contemplating reducing or eliminating their problematic substance misuse. The approach utilised is a person centred evidenced based psychosocial model encompassing structured interventions through a combination of modalities including motivational interviewing (MI), community reinforcement approach (CRA), cognitive behavioural therapy (CBT) and mindfulness. The programme runs for up to 12 months in duration and has capacity for up to 12 individuals.

Turning Point aims to support individuals on their personalised care plan to make positive and purposeful lifestyle changes by developing coping strategies including: motivation, resilience, altering negative thought processes and managing stress. We deliver this through focused group work, dedicated keyworking, case management, interagency work, medical & legal liaison, and future internal and external referrals. This is provided in line with the National Drug Rehabilitation Framework and is also consistent with the 5 goals as set out in the drug and alcohol national strategy "Reducing Harm, Supporting Recovery: "A health-led response to drug and alcohol use in Ireland" – 2017 – 2025".

Turning Point offers therapeutic groups such as Reduce the Use 3, SMART recovery, check In/Out, and concerns and affirmations to name a few. The educational groups are facilitated at a level 3 QQI qualification and subjects include Numeracy & Literacy & Confidence Building.

Individuals on the programme have expressed the importance for support in creating more positive ways to spend their time. As a result, we included activities such as The Film Festival to the organisation. Individuals from the Turning Point programme played an integral role in the success of this cinematic experience at Sankalpa. Other activities included an art exhibition, mindful walks and a local history research project.

**Outcomes**

Expected outcomes are that individuals will exit the programme medication compliant, treatment/detox/rehab prepared. It is also envisioned that individuals participating on the Turning Point will achieve a level of stability in other areas such as mental health, accommodation, relationships, financial, legal and social.

Turning point worked with 25 individuals who were contemplating reducing or eliminating their substance misuse in 2018, of these individuals 19 were male and 6 were female.

2018 saw 178 referrals into Turning Point. Of this 25 took part on the programme. There were 2393 group hours offered to Turning Point Individuals in 2018.

- ✓ **15 reported a reduction in their substance misuse.**
  
- ✓ **9 individuals reported significant improvements in mental health issues related to their substance misuse**
  
- ✓ **17 individuals reported improvements in relationships**
  
- ✓ **5 individuals reported improvements in social areas in their lives**
  
- ✓ **2 individuals reported an elimination of criminal activity (Recidivism!?!)**
  
- ✓ **8 individuals reported an improvement in their household budgeting/financial**
  
- ✓ **1 individual became drug free and was referred into Connect**
  
- ✓ **3 individuals entered residential treatment/rehab/detox and became drug free**



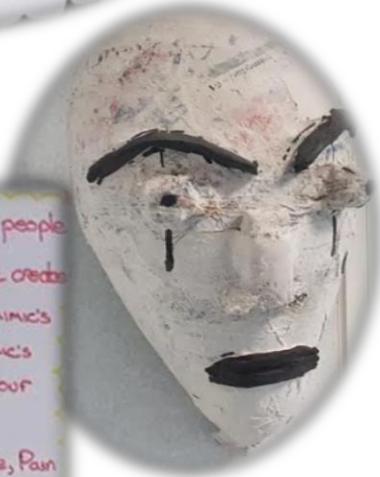
# SANKALPA IN ACTION – SERVICE USERS LIVING IN THE MOMENT

*Expression, Honesty, Accountability:*



This clown mask represents a Messer, Joker, i.e. the class clown that hides worry, fear, emotions, anxiety, Hurt.

HIS MASK IS the Mime, he mimics other people behaviour and actions, speech, language. He creates a world that doesn't exist, an illusion, he mimics emotion, he creates invisible barriers, a mimics use's performance and entertainment through humour and fantasy.  
Behind the mask is shyness, insecurity, Pain Softness, shame, loneliness, Prehensile.



This mask is a strong man. IS tough he is a manipulating person. He likes to put fear into people. He gets off on the power. under This mask is? Fear, guilt, anxiety, vulnerability, Hurt, coldness.

THIS MASK GIVES THE IMPRESSION OF A HAPPY PERSON WHO SEEMS HAVE NO WORRIES. NO PROBLEMS WHICH IN FACT A FRONT TO SUPPRESS THE REAL EMOTIONS ARE STRESS, worry, NERVOUS, ~~FEAR~~ DEPRESSION, SHYNESS, HURT, NO FUTURE NOT LOOKING FORWARD TO CERTAIN OCCASIONS LONELY



# SANKALPA IN ACTION – SERVICE PROVISION SUMMARY



Connect to the workplace program, is a therapeutically led, personal development addiction recovery CE programme, that aims to equip clients with work readiness skills and placement experience. The Connect to the workplace program is unprecedented in that it is unique in its structure, approach and implementation. A service user may be in placements for up to 5 years.

Connect acknowledges a major social economic issue facing the majority of individuals with a background of substance misuse or recidivist behaviour, and a lack of equal opportunity for employment. Thus, service users may find it difficult to access opportunities to find gainful employment. The 'Connect to the workplace' program endeavours to address these issues by bridging the gap by drawing on pre-existing, trusting and working relationships with our stakeholder's such as, partner agencies and businesses in the local area and beyond.

Sankalpa provides supports to both the client and employer to ensure a positive and sustainable experience for all involved. Sankalpa believes in a pragmatic approach, where participants develop practical, social boundary skills whilst also benefitting from the approach of learning how to manage responsibility, accountability and time management, etc., This gives participants the freedom to explore any and all struggles they may encounter within the workplace and beyond in a safe therapeutic setting through psychoeducational workshops, therapeutic groups and 1-1 key working.

The therapeutic model is a client-centred evidenced based psychosocial model, encompassing structured interventions aimed at supporting and sustaining service users in recovery, underpinned by Motivational Interviewing (MI) and Community Reinforcement Approach (CRA), Cognitive behavioural therapy (CBT) and Mindfulness.

According to an article in *BREAK ROOM* / MAR. 24, 2016, working in recovery has far reaching effects, such as - building confidence, restoring self-esteem, pride of accomplishment, a sense of wholeness and self-sufficiency.



# SANKALPA IN ACTION - SERVICE USERS LOOKING TO THE FUTURE

*Mindfulness, Growth, Goals:*



# OUR PROGRAMMES





ACCESS is the Drop-in/In-Reach portal through which service users access the brief intervention needed in times of unforeseen stress, relapse and/ or family issues. It also acts as the place where our service users undergo the brief screening and the initial assessment to develop the appropriate care plan and progression routes, whether that is on to Turning Point, Connect or indeed to further external addiction treatment.

## **ACCESS in Action**

### **PROGRAMME FEATURES:**

1. **ACCESS** is up to 12 weeks in duration
2. An allocated core support team
3. An Individualised client-led support plan

### **PROGRAMME ACTIVITIES:**

- Comprehensive assessments
- Weekly key-working sessions & crisis Interventions
- Functional analysis
- Sobriety sampling
- Group work
- Mental health links
- Medication stabilisation
- Social programme initiatives & health and wellbeing programmes

### **PROGRAMME OUTCOMES:**

- ✓ Substance refusal skills
- ✓ Problem solving skills
- ✓ Communication skills
- ✓ Relapse prevention
- ✓ Social skills
- ✓ Health and wellbeing

Sankalpa's Turning Point stabilisation programme is a structured non-residential day programme. It offers a full-time integrated programme of therapeutic, educational, holistic and social interventions for those who are contemplating reducing or eliminating their problematic substance misuse.

## TURNING POINT in Action

### **PROGRAMME FEATURES:**

1. Up to 9/12 months in duration
2. Capacity of up to 12
3. A therapeutically led addiction awareness, personal development, and health and wellbeing programme.

### **PROGRAMME ACTIVITIES:**

- Supports clients in developing their motivation and resilience to make lifestyle changes in relation to their personalised care plan and individual rehabilitation pathway.
- Delivers focused group work programme, stabilisation techniques/ plans, dedicated 1:1 sessions with allocated Addiction Support Project workers.
- Health and wellbeing programmes, art programmes and social initiatives.
- Focus on key skills such as developing honesty, communication skills, substance awareness, as well as Lapse and Relapse awareness and personal development.
- Key aspects: Inter agency working, GP and medical Liaison, social initiatives, and further external referrals.

### **PROGRAMME OUTCOMES:**

- ❖ Creates positive and meaningful change
- ❖ Progression onto individualised next step in rehabilitation
- ❖ Improved Life Stability e.g., reduced chaotic drug use, reduced self-harm, stabilisation in other areas, such as housing, relationships, finance, legal and social stability.
- ❖ Other outcomes include increased relapse prevention skills, accessing of counselling, addressing legal issues, addressing medical issues, addressing social work and family related issues etc.



Connect to the Workplace is a 1- to 5-year Community Employment work placement program for people who are substance abuse free. We are the only scheme of its kind in Ireland who offer the opportunity to people that are drug free to start, or return to, employment while also gaining support around maintaining their long-term recovery. At the end of an individual's program we aim for participants to be in full time/part time employment or further education.

### **CONNECT in Action**

#### **PROGRAMME FEATURES:**

Connect to the workplace program, is a therapeutically led; personal development addiction recovery CE programme that aims to equip clients with work readiness skills and placement experience. The Connect to the workplace program is unprecedented in that it is unique in its structure, approach and implementation. Service user may be in placements for up to 5 years.

#### **PROGRAMME OUTLINE:**

- Work with participant to find a suitable work placement.
- Support participant in their placement
- Support manager of placement
- To provide key working
- Develop a care plan with the participant
- Support participants to achieve their goals
- Review of how the program is working with participant's
- Facilitate groups weekly
- Help to identify education and training needs of the group
- Raise any concern around drug use or risky/addictive behaviours

## SANKALPA IN ACTION – A SERVICE USER'S STORY

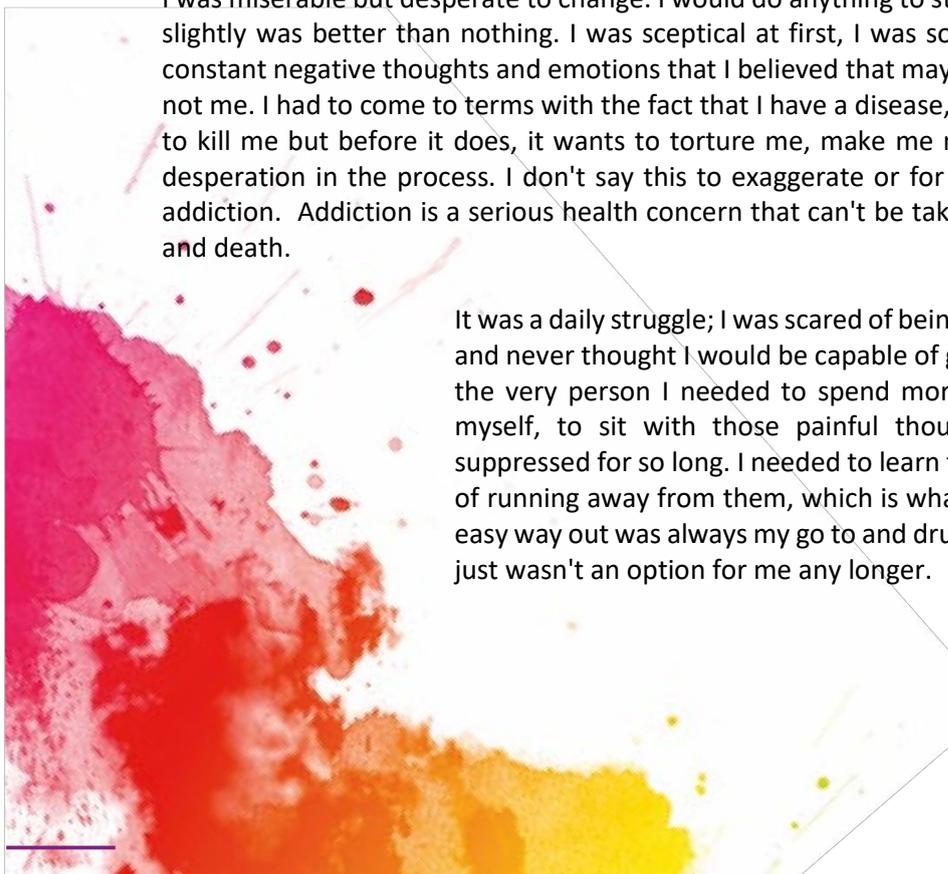
I'm going to share my experience of the time I've spent so far here at Sankalpa. In July of 2018 I was faced with a serious life altering dilemma. I had hit rock bottom; my life had completely fallen apart and I felt that the pain and suffering was far too great for me to bear. I could see no way out and I felt I couldn't go on any longer. The choices that were left to me on that day where to either end my suffering and despair by taking my own life or finally after years of resistance and denial, to reach out, admit I had some sort of problem and to seek the help I so desperately needed. As you can see, I chose the latter.

I was in a great deal of pain when I first arrived at Sankalpa. I was broken mentally, emotionally and spiritually. I was desperate and brought to my knees as a result of years of drug abuse and struggled in those first days and weeks to come to terms with my addiction. I was in complete denial that drug addiction had brought me to this point. I was so deluded in the early days of my recovery that drug addiction had got me, that I had fallen victim to something I was only too aware existed, and having a "it will never happen to me" type of attitude, but it had. I was blaming it all on depression and anxiety which I was suffering with anyway as a result of years of drug abuse. Even as a service user in Sankalpa, it still took me a while to admit my problem was addiction.

I use the analogy of standing in a deep hole, a grave if you will, looking up and staring at the sky but seeing no way to escape. I wasn't living at all, just existing from day to day. I had always felt that there was something wrong with me, that I didn't deserve to be happy in my life, that I was too broken and could never be fixed. A traumatic childhood event that until recently I discovered affected me more than I realised, combined with, or as a result of, thoughts of always being different, never really fitting in anywhere and feeling unworthy. I had found an escape in drugs, a means of suppressing thoughts of inadequacy, of not feeling good enough and hating the person I thought I was.

I was miserable but desperate to change. I would do anything to stop feeling the way I was feeling, even slightly was better than nothing. I was sceptical at first, I was so caught up in how I was feeling, the constant negative thoughts and emotions that I believed that maybe others could have a better life but not me. I had to come to terms with the fact that I have a disease, a disease called addiction that wants to kill me but before it does, it wants to torture me, make me miserable and bring me to a state of desperation in the process. I don't say this to exaggerate or for dramatic effect, this is the reality of addiction. Addiction is a serious health concern that can't be taken lightly, it's literally a matter of life and death.

It was a daily struggle; I was scared of being alone with what I was going through and never thought I would be capable of getting away from myself. Myself was the very person I needed to spend more time with though, to get to know myself, to sit with those painful thoughts and emotions that had been suppressed for so long. I needed to learn to experience those emotions instead of running away from them, which is what I had always done. Looking for the easy way out was always my go to and drugs had done that for too long but that just wasn't an option for me any longer.



From day one the staff in Sankalpa encouraged me, challenged me and taught me that my life didn't have to be this way. They gave me the tools, showed me how to use them and to instil a belief that it was possible to live a life on life's terms without the use of drugs, something which I was incapable of doing for so many years. They also taught me that if I was willing to put the work in to the best of my ability, great things could happen in my life. Although I was still very sceptical I did everything that was put to me to do because anything was better than the life I had lead up until that point. My way of doing things wasn't working anymore, it was actually making things worse but it wasn't until my life finally started falling apart that I had realised it wasn't working. Something needed to change.

The staff at Sankalpa recognised the potential buried deep inside of me, they drew it out and pushed me so I could see it for myself. I know I still have plenty of work that needs to be done but I'm in a much better place than I was when I first started off my journey in Sankalpa. My recovery was not easy, it took lot of effort and hard work but most importantly it took willingness and determination. Sure, giving up and going back to where I was before I got here was an option I could have easily taken up again, but for what? To go back to just existing again? To be brought back to my knees again in desperation and that maybe I wouldn't be so lucky next time round?

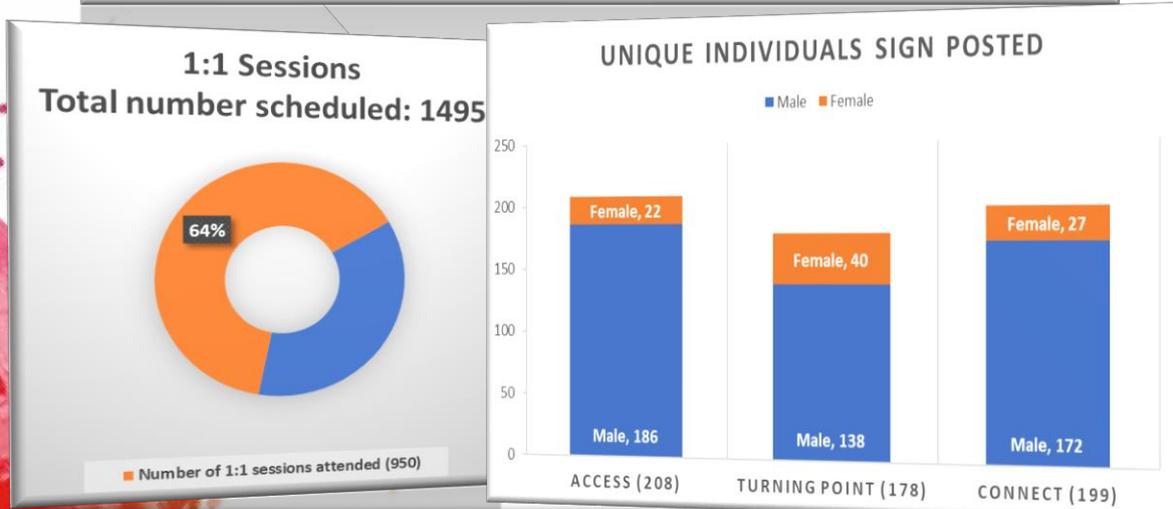
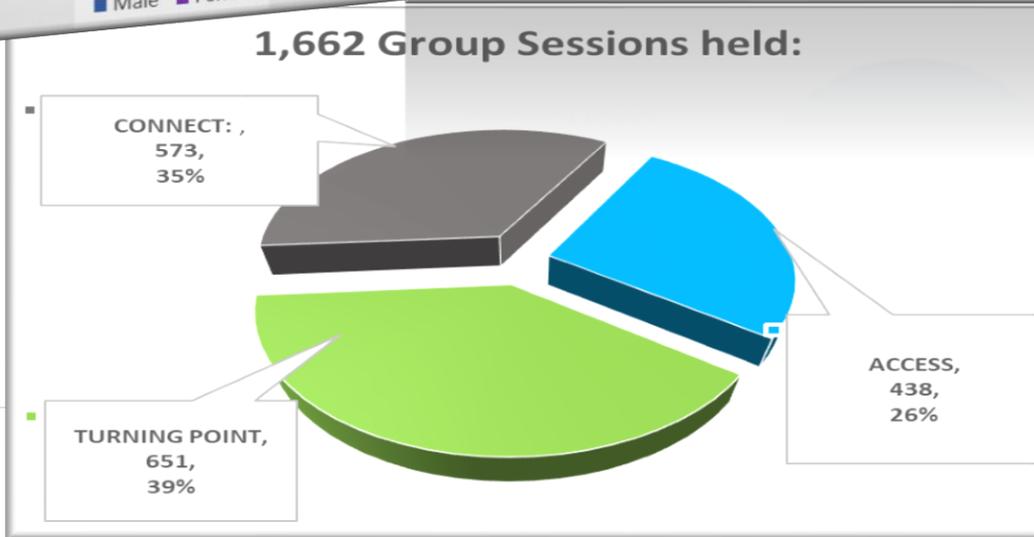
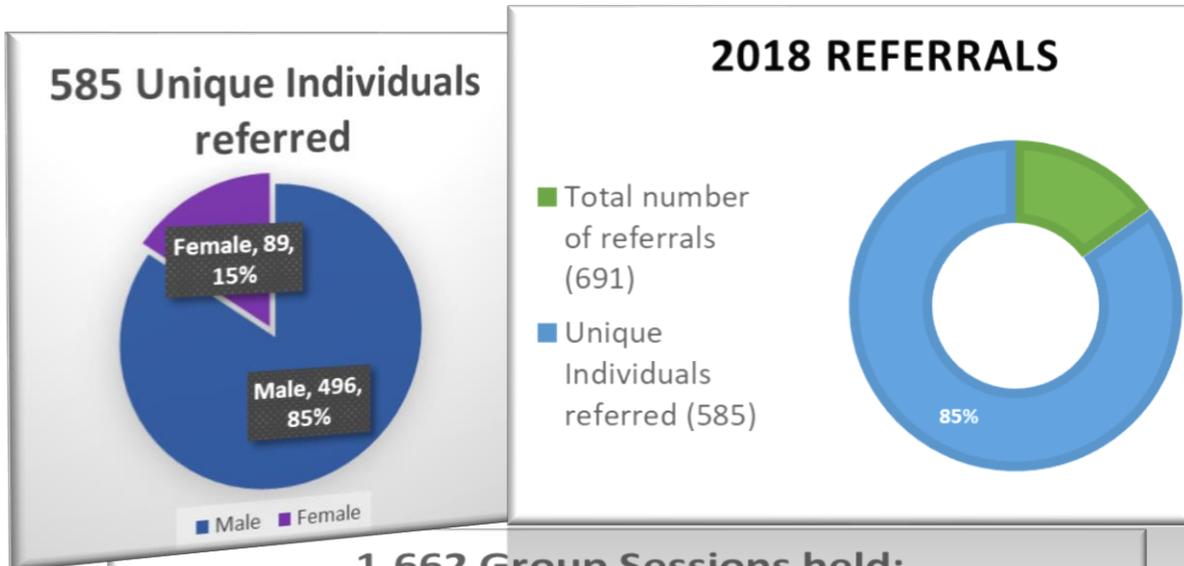
I have progressed through the 3 stages of the program on offer here at Sankalpa from Access, Turning Point and to the Connect program which I am still a participant. Great things are happening in my life today. I now have confidence, determination, focus, direction and a new found passion for life, things I could never have dreamt of or even knew I was capable of while in active addiction. I can say in all sincerity I now have a purpose in life with realistic and achievable goals. My life is better now than it has ever been and I've worked extremely hard to get here but I could never have done it on my own.

The service at Sankalpa is a worthwhile one but more importantly it is an invaluable one. The progress I've made up to this point still amazes me. I never thought it was possible. Today I'm volunteering in the youth services, as well as participating and completing several courses towards my career choice of drug addiction intervention and prevention with teenagers and young adults. With my years of experience in drug addiction and the help that I have received in my own addiction. I would like to give back and help young people so hopefully they don't ever have to go through the trauma that I did. Giving back in this way for me is a small token of my appreciation for the help that I received.

Roy



# SANKALPA BY NUMBERS – 2018



**165 Individuals actively engaging / top presenters**

## SANKALPA IN ACTION – A SERVICE USER’S STORY

I was first introduced to Sankalpa services is by my addiction therapist. Sankalpa has given me the tools to cope with my recovery. It has made a true impact on my life. I had struggled with my recovery on my own for seven months.

My last drink was the 6th of May 2018. Sankalpa welcomed me with open arms, something inside me said this is where I want to be. I was very confused initially but the facilitators help through this, saying it was normal for my stage of recovery.

I didn't know how to deal with my thoughts and feelings, I was told everyone has feelings but in addiction we cope with feelings differently, whether it be a good feeling or a bad one.

I drank on a bad feeling to block out the pain, hurt and anger. I drink on a good feeling because it was the type of reward or just an excuse to drink.

Now thanks to Sankalpa I am coping better with bad or negative feelings in a more positive way, without a drink; thank god.

I am coping with good or positive feelings by embracing those feelings by embracing them, something I haven't done in a long time

The staff are just amazing - they make you feel like you're a part of something a journey where we all pull together through thick and thin. The service users are brilliant - so honest and helpful, every day I learn something new from them.

I never thought I could feel so positive, I have found peace love and joy within myself and self-worth. I know today I am in a good place; my mind is clear and I am worth the life I am living today. Thank you Sankalpa for helping me believe in myself and encouraging me to find within myself the person I am today.

Sankalpa means to me a sense of belonging understanding, inner peace and most of all I am learning to love myself again.

As they say “it's an inside job”.

Jacqueline





# FINANCIAL STATEMENTS



LEARNING FROM THE PAST, **LIVING IN THE MOMENT**, **LOOKING TO THE FUTURE.**

# INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31<sup>st</sup> DECEMBER 2018:

**SANKALPA CLG**  
(COMPANY LIMITED BY GUARANTEE)

**DETAILED INCOME AND EXPENDITURE ACCOUNT**  
**YEAR ENDED 31<sup>ST</sup> DECEMBER 2018**

	2018	2017
	€	€
<b>Income</b>		
HSE Northern Area	236,464	241,464
HSE	-	7,000
DSP	162,161	165,509
Other Income	569	39,610
	<u>419,214</u>	<u>453,603</u>
<b>Overheads</b>		
<b>Administrative expenses</b>		
Wages and salaries - HSE	120,061	163,651
Wages and Salaries - DSP	176,550	152,310
Employer's PRSI contributions	13,767	21,467
Employer's PRSI contributions - DSP	5,026	-
Training	560	5,063
Facilitator	3,196	703
Holistic Services	2,400	-
Subscriptions	2,301	-
Supervision	70	-
Security & Fire Safety	1,321	2,577
Programme Costs	2,044	5,472
Rent and Rates	30,448	25,770
Insurance	1,749	3,776
Light and heat	6,156	6,632
Cleaning	466	2,655
Repairs and maintenance	1,059	5,360
Printing, postage and stationery	3,579	3,566
Advertising	-	7,749
Materials	4,462	-
Telephone	6,101	4,743
Computer costs	3,841	6,264
Motor and travelling expenses	56	67
Legal and professional	12,914	10,416
Consultancy fees	-	2,475
Auditors remuneration	3,075	2,610
Bank charges	425	716
General expenses	34	1
Transfer to capital reserve	-	5,003
Depreciation of tangible assets	1,491	2,449
Capital Reserve Amortisation	(1,491)	(1,001)
	<u>(410,100)</u>	<u>(440,956)</u>
<b>Surplus</b>	<u>8,109</u>	<u>12,647</u>

# BALANCE SHEET

AS AT 31<sup>st</sup> DECEMBER 2018:

**SANKALPA CLG  
(COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET  
31ST DECEMBER 2018**

	Note	2018 €	€	2017 €	€
<b>Fixed assets</b>					
Tangible assets	9	3,491		4,982	
			3,491		4,982
<b>Current assets</b>					
Debtors	10	17,279		9,660	
Cash at bank and in hand		93,588		61,822	
		110,867		71,482	
<b>Creditors: amounts falling due within one year</b>	11	(62,717)		(32,441)	
<b>Net current assets</b>			48,150		39,041
<b>Total assets less current liabilities</b>			51,641		44,023
<b>Net assets</b>			51,641		44,023
<b>Reserves</b>					
Designated funds			3,491		4,982
Revenue reserves account			48,150		39,041
<b>Members funds</b>			51,641		44,023

# ACKNOWLEDGEMENTS

WE WOULD LIKE TO THANK OUR FUNDERS:



An Roinn  
Gnóthaí Fostaíochta agus Coimirce Sóisialaí  
Department of  
Employment Affairs and Social Protection

CHO 9



AND OUR PARTNERS:



And All Sankalpa Participants, Sankalpa Staff, and the Local Community.





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