WHAT TO EXPECT

Programme Induction

A comprehensive assessment

A designated key worker

A care plan

A clear introduction to current programme participation

Peer Support Recovery Capital

Behavioral awareness and management skills

Lapse and relapse awareness

Craving and coping skills development

Self-esteem & confidence

Happiness Scale, Emotions Diary, Outcome Star

Community Reinforcement Approach (CRA)

Education & Employment

Health and wellbeing awareness

Inter-agency work

Meaningful work experience in Community based

organizations.

Career goal preparation

CV and interviewing skills

Identify training and development needs through Individual learning plans (ILP)

Communication & Work related skills



Supporting Individual Recovery Pathways

HOW TO MAKE A REFERRAL

- ▶ Email or phone the staff office for a referral pack or down load 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





SPECIALISED THERAPEUTIC EDUCATIONAL COMMUNITY EMPLOYMENT WORK PLACEMENT PROGRAMME



Supporting Individual Recovery Pathways



ACCESS









Drug Free Work Place

WELCOME TO THE SERVICE

The **Connect** 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 in community based organisations



"Addiction professionals tend to think about the ways addiction adversely affects employment, but historically have thought less about how employment might influence addiction recovery outcomes."

"What if people's employment status at the start of, and during, addiction treatment influences recovery outcomes?"

CRITERIA

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- ▶ Eligible for CE programme. Written verification from DSP required
- ▶ Wanting to prepare for and return to the workplace or

education

- ► Committed to maintaining your individual recovery and rehabilitation
- ▶ Willing to engage with key workers, case management, assessment and supervision processes
- ► Active participation in developmental group work
- ► Active participation and engagement in individualized 1:1 support sessions and key working

"At Sankalpa we offer a clear person centered progression pathway from our DROP-IN service to our ACCESS PRE-ENTRY programme.

This will support and prepare the participant for our TURNING POINT programme which in turn can lead to progression to our CONNECT DRUG FREE DAY programme. The final stage in the process for the participant is our CONNECT WORKPLACE programme allowing the individual to integrate into the community and work force through education and training."

HOW WE WORK

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

These include;

- ¬ Individual Learning Plan (ILP)
- Comprehensive assessments
- Be open to opportunities
- New work placement experience
- ⊲ Reintegrate & Develop work related skills
- Communication skills
- Substance refusal skills
- ◄ Problem solving skills
- Relapse prevention
- Gain valuable work experience
- Group work
- Crisis intervention
- Health and wellbeing
- ✓ Mental health links