

WHAT TO EXPECT

- 1 A comprehensive assessment
- 2 A designated key-worker
- 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 further progress into our Connect to work place programme
- 12 Career preparation including CV and interviewing skills
- 13 Identify training and development needs

"I CAN SEE A FUTURE OPENING UP FOR ME"
FEMALE CLIENT



Supporting Individual Recovery Pathways

HOW TO MAKE A REFERRAL

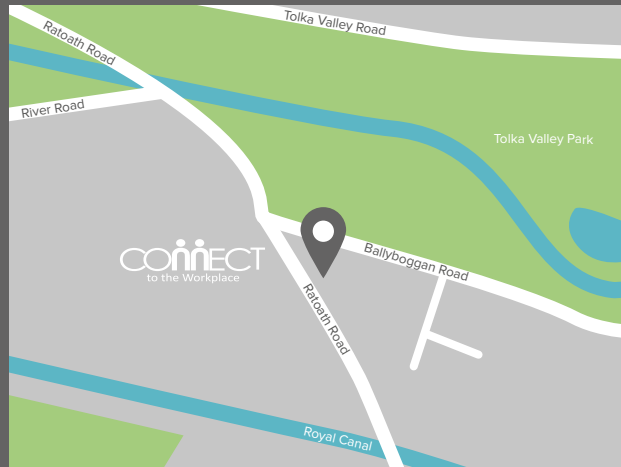
- ▶ Email or phone the staff office for a referral pack or download the referral form from the website
- ▶ Complete referral form and submit to the Sankalpa team office by post/email
- ▶ Response regarding receipt of referral will be within 5 working days.

CONTACT DETAILS

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

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

Web: www.sankalpa.ie



SPECIALISED THERAPEUTIC DRUG FREE DAY PROGRAMME



Supporting Individual Recovery Pathways



ACCESS



TURNING
POINT



CONNECT
Drug Free



CONNECT
Work Place

WELCOME TO THE SERVICE

Connect Drug Free is a substance free day programme with a strong emphasis on a therapeutic process of recovery. The programme offers structured development, which is essential to empower and enable participants to address their recovery, The goal for participants is to consolidate the gains made in primary treatment with a focus on long term recovery.

Our drug free programme is designed specifically to support individuals in their recovery process focusing on Peer Support and Group Work.

Connect programme duration is 3, 6, 9 or 12 months based on the therapeutic needs of each individual's Recovery Journey which will be evaluated every 6 - 8 weeks .

“Living the dream in my recovery”
MALE CLIENT



CRITERIA

- ▶ 18 +
- ▶ Male or female
- ▶ Drug free* for minimum of six weeks
- ▶ Finglas & Cabra priority given but not exclusive
- ▶ Optional Community Employment programme available.
- ▶ Ability to engage and participate in the programme structure
- ▶ 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 individualized 1:1 support sessions and key working
- ▶ Will commit to the hours and structure of the daily programme.

"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."

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;

Developing Recovery Capital

- ▶ Care planning
- ▶ Comprehensive assessments
- ▶ Happiness scale
- ▶ Goals of counseling
- ▶ Function analysis
- ▶ Communication skills
- ▶ Substance refusal skills
- ▶ Problem solving skills
- ▶ Relapse prevention
- ▶ Group work
- ▶ Social Capital Building (*Developing & Mending positive relationships*)
- ▶ Fun Activities
- ▶ Health and wellbeing
- ▶ Mental health links
- ▶ Key working and 1:1s