

WHAT TO EXPECT

- 1 An opportunity to explore and prepare for treatment options. (i.e.. *Community Detox, Residential*)
- 2 A Reduce the Use Plan (*Stabilizing and/or reducing the harm associated with illicit & licit substance use*)
- 3 A Care Plan
- 4 A clear introduction to current programme participation
- 5 A safe and stable environment to explore your recovery journey
- 6 Appointed Addiction Practitioner
- 7 Weekly Structure (Drug Diaries, Safe plan)
- 8 Identifying Triggers (*coping with cravings and urges*)
- 9 Advocacy/Inter-agency Case Management

“BEING ABLE TO ACCESS SANKALPA GAVE ME A CHANCE TO BELIEVE AGAIN, TO TRUST.”

FEMALE CLIENT



Supporting Individual Rehabilitation Pathways

HOW TO MAKE A REFERRAL

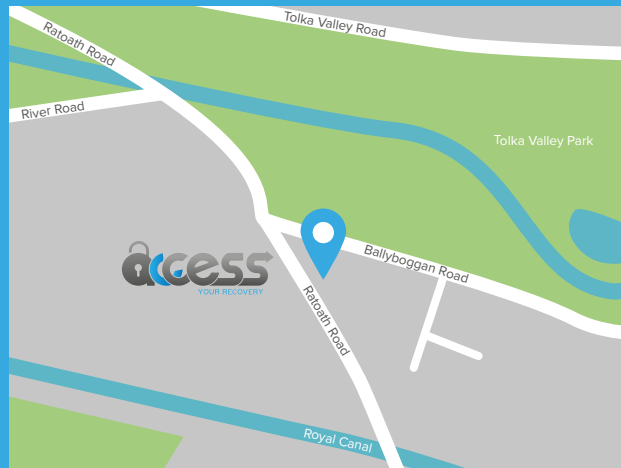
- ▶ Email or phone the staff office
- ▶ Complete referral form and submit to the Sankalpa team office by post/email
- ▶ Response regarding receipt of referral will be within 5 working days.

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



LOW THRESHOLD
ASSESSMENT AND
CRISIS MANAGEMENT
ONE TO ONE SUPPORT



Supporting Individual Rehabilitation Pathways



ACCESS



TURNING
POINT



CONNECT
Drug Free



CONNECT
Work Place

WELCOME TO THE SERVICE

The **ACCESS** programme acts as the first port of call for many of our service users, both past and present.

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. Access has a dual function in regards to assessments and crisis management.

Access is aimed at stabilising and/or reducing the harm associated with illicit & licit substance use.

The model works with individuals; however, it recognizes that the wider community is affected by the issues surrounding addiction. In that 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.

“Your Recovery Journey Begins Here”



HOW WE DO IT

▶ Drop-In Treatment Options Group

- ▶ Every Tuesday & Thursday from 3pm
- ▶ An Individualized client support plan
- ▶ Assessment process

▶ ACCESS PRE-ENTRY GROUP PROGRAMME

- ▶ Every Tuesday & Thursday 3pm to 4pm
- ▶ Completed Sankalpa Assessment Process
- ▶ Ran over a 5 consecutive weeks
- ▶ One to One Key Working

Case Management support in progressing into our other programmes

After completing Access, you may be offered a place in our Turning-Point programme. (Subject to availability)

*"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."*

“ACCESS IS A SAFE PLACE FOR ME”

HOW WE WORK

We use the tools from the Community Reinforcement Approach and Cognitive Behavioral Therapy to provide this low threshold recovery programme. These include;

- ▶ Reduce The Use
- ▶ Substance refusal skills
- ▶ Relapse prevention
- ▶ Medication stabilization
- ▶ Treatment Options & Preparation
- ▶ Comprehensive assessments
- ▶ Happiness scale
- ▶ Goals of counseling
- ▶ Care planning
- ▶ Sobriety sampling
- ▶ Crisis intervention
- ▶ Health and wellbeing
- ▶ Mental health links
- ▶ Key working and 1:1s

CRITERIA

- ▶ 18 + Male or female
- ▶ From Finglas & Cabra (priority given but not exclusive)
- ▶ Poly drug addiction
- ▶ Will attend scheduled group sessions, one to one sessions and partake in the assessment process