

WHAT TO EXPECT

- 1 A comprehensive assessment
- 2 A designated keyworker
- 3 A care plan
- 4 A clear introduction to current programme participation
- 5 A stable base to explore your recovery 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 possible further move on and treatment options.

“TURNING POINT HAS PROVIDED A SAFE PLACE FOR ME”



Supporting Individual Recovery Pathways

HOW TO MAKE A REFERRAL

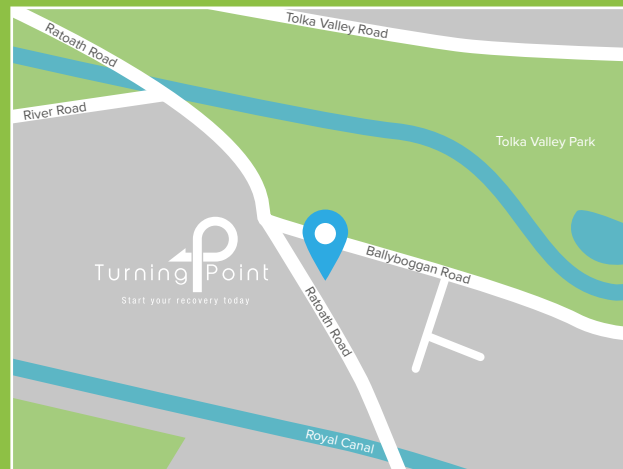
- ▶ Email or phone the staff office for a referral form or download the referral form from the website
- ▶ Complete referral form and submit to the Sankalpa team office by post/email
- ▶ Response regarding receipt of referral will be within 5 working days.

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




Turning Point
Start your recovery today

STABILISATION PROGRAMME


Sankalpa[®]
Addiction Services

Supporting Individual Recovery Pathways



ACCESS



TURNING POINT



CONNECT
Drug Free



CONNECT
Work Place

WELCOME TO THE SERVICE

Turning Point is a 9 - 12 month, stabilisation programme for those service users experiencing poly-substance addiction issues, with placement priority for those service users residing in the Finglas & Cabra areas.

Sankalpa deliver a low intensity evidence based psychosocial model encompassing structured interventions aimed at stabilising and/or reducing the harm associated with illicit & licit substance use.

Turning Point focuses on providing a 9 – 12 month programme which aims to create positive and meaningful change through a structured daily services providing group and 1 to 1 supports with a focus on key skills, such as addiction awareness, treatment options, managing cravings, reduce the use initiatives, communication skills, mental health and wellbeing, as well as lapse and relapse awareness

Turning Point programme has a strong emphasis on focused group work.

“Navigating Your Recovery Journey”



HOW WE DO IT

Participants engage in a personalised and individually formed care plan that includes, group work, one to one key working sessions, inter agency working, GP and medical liaison, treatment option referral's, social initiatives.

This component of the programme is provided in line with the National Drug Rehabilitation Framework. As part of this, with the service user's permission, Sankalpa will engage with other agencies to ensure an integrated care pathway is designed to address each individual service users' needs. This is developed in line with the National Protocols.

CRITERIA

- ▶ 18+
- ▶ Male or Female
- ▶ From Finglas & Cabra priority given but not exclusive
- ▶ Looking to become stable (*with the willingness to reduce your use*)
- ▶ Motivated to undertake individualised addiction recovery pathway
- ▶ Will actively participate and engage in the programme as agreed with your key worker
- ▶ Will actively participate and engage in scheduled one to one sessions
- ▶ Will actively participate and engage in group work
- ▶ Undertake the assessment and care planning process
- ▶ Actively engage with key workers and case management

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;

- ▶ Reduce The Use
- ▶ Substance Refusal skills
- ▶ Relapse prevention
- ▶ Medication stabilization
- ▶ Treatment option & Preparation
- ▶ Comprehensive Assessment
- ▶ Substance refusal skills
- ▶ Sobriety sampling
- ▶ Relapse prevention
- ▶ Social skills
- ▶ Health and wellbeing
- ▶ Mental health links
- ▶ Key working and 1:1s

"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."