



2021

ANNUAL REPORT



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Chairperson's Statement

2021 saw much progress and growth in Sankalpa. Following the shattering effect of the pandemic in 2020 on our service users and our service provision, our wonderful team led by Manager Mick Williams worked hard not only to make reparation for the upheaval caused by Covid-19, but to add new services and new activities to the increased demand for our services.

Every day of every year is challenging for all our service users, no matter where they are on their journey of recovery. Their courage and persistence in the face of adversity and temptation is inspiring for everyone in Sankalpa, and for anyone wanting to address addiction. With kindness and professional expertise of our staff, Sankalpa's four programmes are changing lives – not only the life of each person in recovery, but also everyone else in their life, and those they have yet to meet.

However, Sankalpa cannot do this work alone:

We could not function without the continued support of our two main funders – HSE and DEASP, who, for many years, have backed us with money, assistance, and guidance to enable us create success stories;

Our collaboration and good relationships with many other agencies means our service users receive a joined-up package to meet their specific needs; and

Thank you to the Sankalpa voluntary Board of Directors for your continued commitment and contribution to the work of Sankalpa Addiction Services.

But Sankalpa will never be complacent in our success. The availability and distribution of drugs is becoming more sinister and drug use is increasingly more complex. We must stay abreast of these changes and continue to educate ourselves so that we can meet the specific needs of our communities in Finglas and Cabra.

We can never relax.

Sandra Kernan

Chairperson



Manager's Statement

Welcome to Sankalpa's 2021 Annual report. 2021 marks a year of considerable change for Sankalpa, with increases in services provision and the delivery of these services. The increase in our service provision brought pluses and challenges. On the plus side, Sankalpa saw more participants, the challenges were meeting that demand.

In 2021, Sankalpa worked tirelessly with 178 participants, an increase of 2.2% on 2020. This demand was met head-on by our dedicated team who provided realistic supports for people who engaged with Sankalpa services, (women 56 and men 122).

Sankalpa continued with its commitments by providing accessible services in meeting our participants presenting needs. It's with this commitment to our communities that Sankalpa's service provision increased from three programmes to four - Access, Turning Point and Connect – and now Connect Drug Free, which not only enhances the chances of long-term recovery but also strengthens the community's resolve in supporting recovery aims.

Sankalpa continued to provide accessible and meaningful supports for people in our communities experiencing drug & alcohol issues, and we also provided interventions for their unmet issues of mental health & wellbeing. On completion, participants reported that these non-medical interventions, specifically our mental health & wellbeing workshops, gave them a greater understanding of their diagnosis and practical coping skills.

This is our commitment to the 2017-2025 National Drug and Alcohol Strategy *Reducing Harm Supporting Recovery*. Mental health and wellbeing issues are named

2021 also saw change within the Sankalpa team. We said farewell to Sandra & Johnathon, and we wished them both well in their new roles.

I would like to take this opportunity to acknowledge all the staff team for amazing work and drive in supporting all the positive outcomes achieved over the past year. Sankalpa would not reach its heights without the commitment, professionalism, enthusiasm, and absolute hard work in the delivery of services at this very extraordinary time. This is greatly appreciated by myself and the Board of Sankalpa.

Following the disruption of Covid-19, we are determined to fully restore our programmes and initiatives for the wellbeing of all our staff and participants.

A handwritten signature of Mick Williams in black ink, enclosed in a white rounded rectangular box with a thin black border. The signature is written in a cursive style.

Mick Williams
Manager



Board of Management

Manager
Michael Williams

Project Worker Project Worker
Project Worker

CE Supervisor/Project Worker CE Supervisor/Project Worker CE Supervisor CE
Supervisor/Administrator

Assistant CE Supervisor
Office Administration

CE Participant/Support Worker Participant/Support Worker Mark Kelly Caroline McElroy	CE Participant/Support Worker Michael Scally	CE
Caretaker/Maintenance Darren Burke	Volunteers Kiera Warnock	

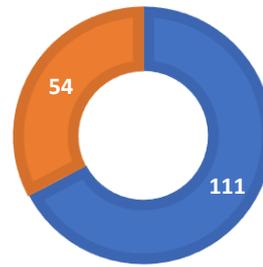
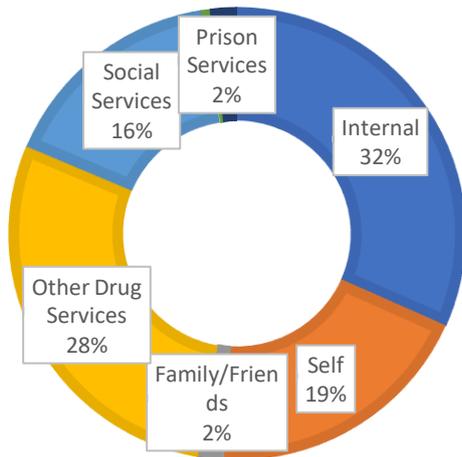
“Coming together is a beginning,
Keeping together is progress,
Working together is success.”



Breakdown of Referrals & Participants

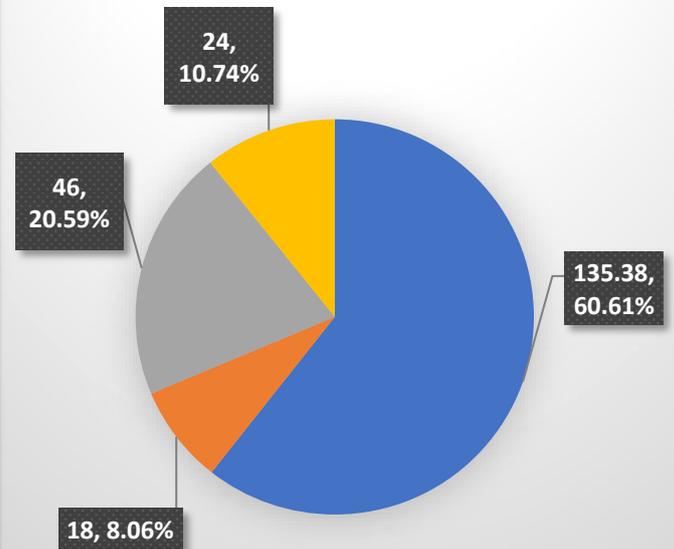
COMPLETED

- Internal
- Family/Friends
- Social Services
- Prison Services
- Self
- Other Drug Services
- GP



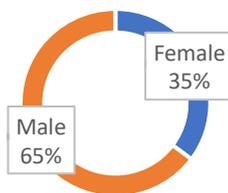
- Initial Assessments
- Comprehensive Assessments

Referrals to Sankalpa Programme



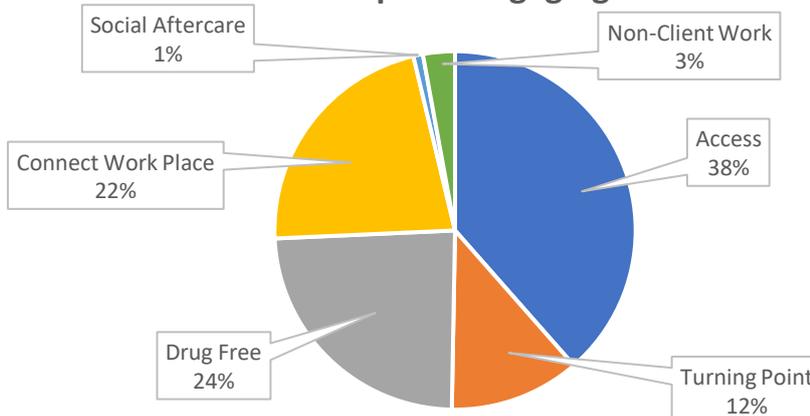
- Access
- Turning Point
- Drug Free
- Connect Work Place

Breakdown of Gender



- Female
- Male

Participants Engaging



- Access
- Turning Point
- Drug Free
- Connect Work Place
- Social Aftercare
- Non-Client Work



“Being able to access Sankalpa gave me a chance to believe again, to trust”

Access is the first port of call for many of our service users. It has a dual function facilitating both assessments and crisis management, when intervention is needed in times of unforeseen stress, relapse and/or family issues.

HOW WE WORK

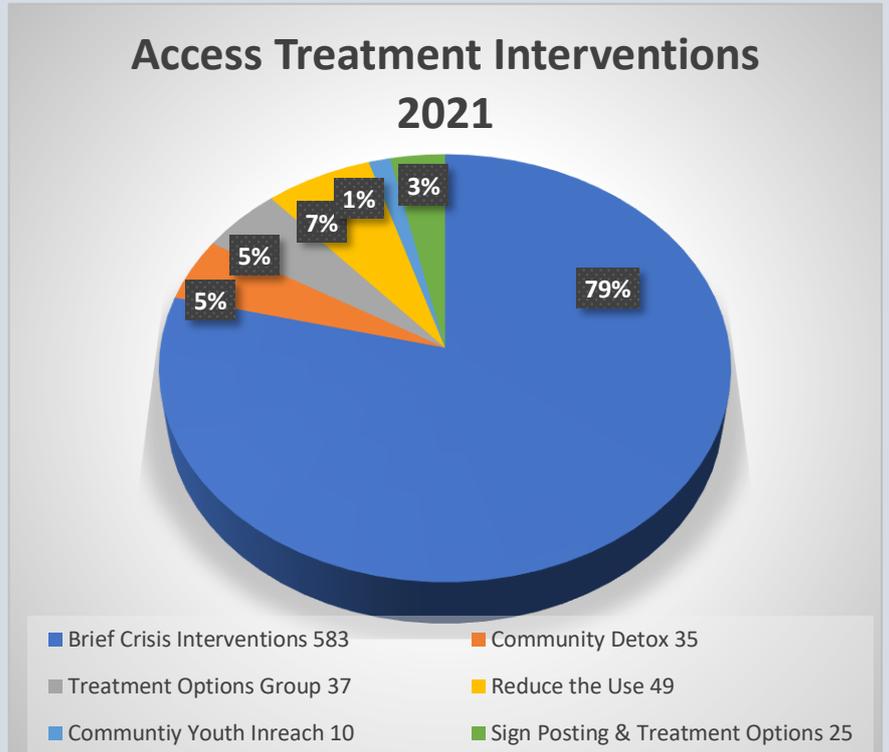
There is a very low threshold for entry to our Access programme.

We use the tools from the Community Reinforcement Approach and Cognitive Behavioural Therapy to support participants at the beginning of their recovery programme.

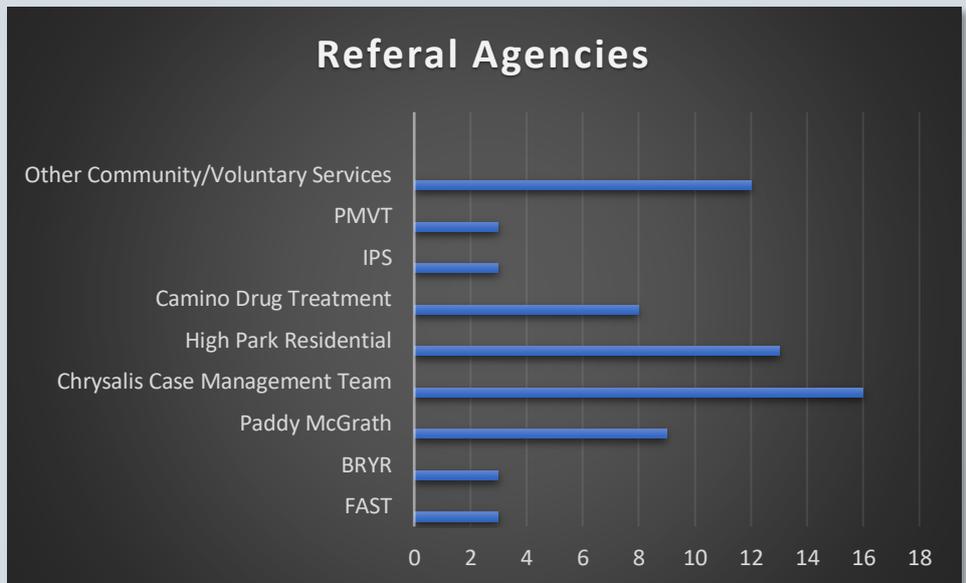
Number of People Supported by Access; Female (20) & Male (40)

20 Overall progressions from our Drop-In to Access group.

10 Overall progressions from Access to our Stabilisation Group.



Sankalpa’s Access programme received 176 referrals in 2021, which were received by working in



In 2021, we introduced a new *Drop-In* service, providing immediate information and support with treatment options in the community.

Access your recovery
Low threshold and crisis management support.





“Being Drug Free has helped me realise my true potential, thanks to Sankalna”

Connect Drug Free is a substance free day programme with a therapeutic process of recovery.

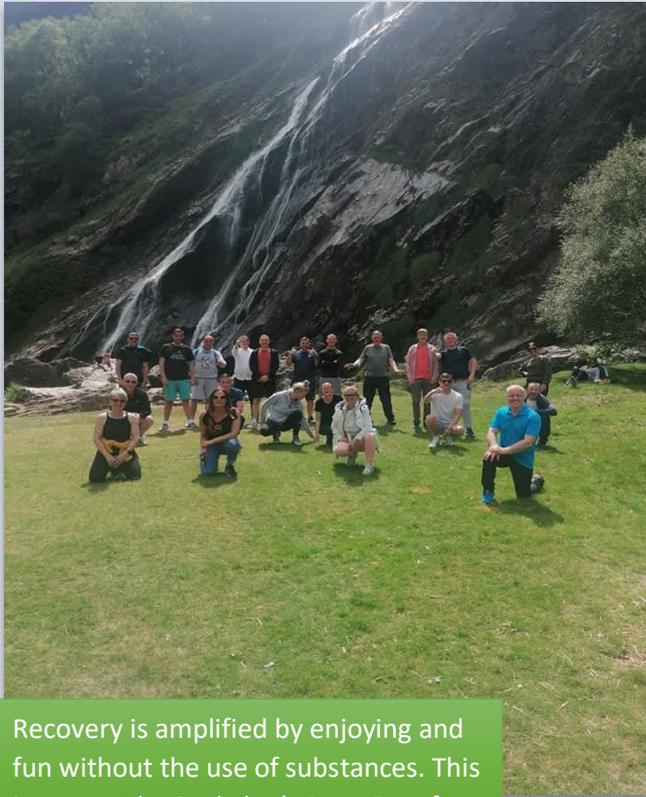
Our drug free day programme is designed specifically to support individuals in their recovery process in a therapeutic group setting. The programme's duration is 3, 6, 9 or 12 months based on the participant's needs which will be evaluated on a three-month basis.

Connect Drug Free offers a structured development, which is essential to empower and enable participants to address their recovery, self-esteem, self-confidence and personal growth with development and life skills. Participants aim to progress to our *Connect to Workplace* programme and/or to further education.

Participants engage in a personalised and individually formed care plan that includes group work, one to one key working sessions, inter agency



Connect Drug Free was launched in March 2021. This service was not available to the

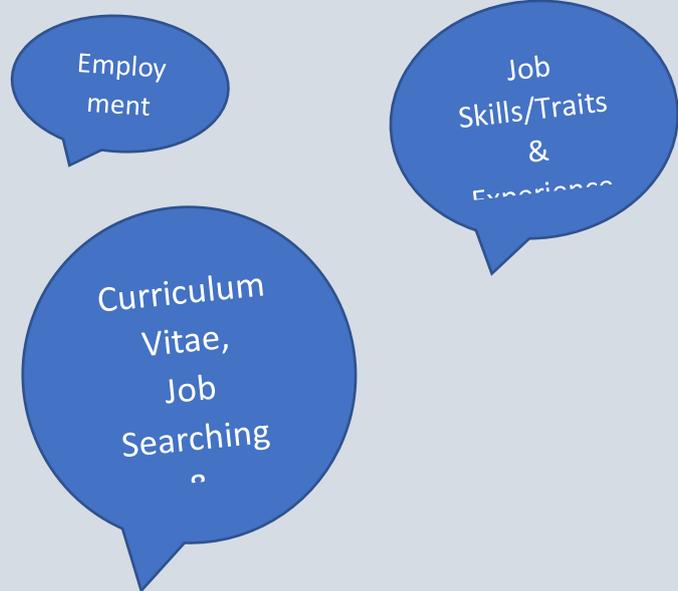


Recovery is amplified by enjoying and fun without the use of substances. This is support by Sankalna's Drug Free fun



"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?"



Connect to the Workplace is unique to Sankalpa. Connect to the Workplace, supported by DEASP CE programme. Participants are equipped with work readiness skills and placement experience.

Connect to Workplace acknowledges the barriers facing most people with a background of substance misuse or recidivist behaviour, and a lack of equal opportunity for employment. Sankalpa has long-standing, trusting relationships with partner agencies and businesses in the local area and beyond.

Sankalpa provides supports to both the

Overview of Progressions for 2021

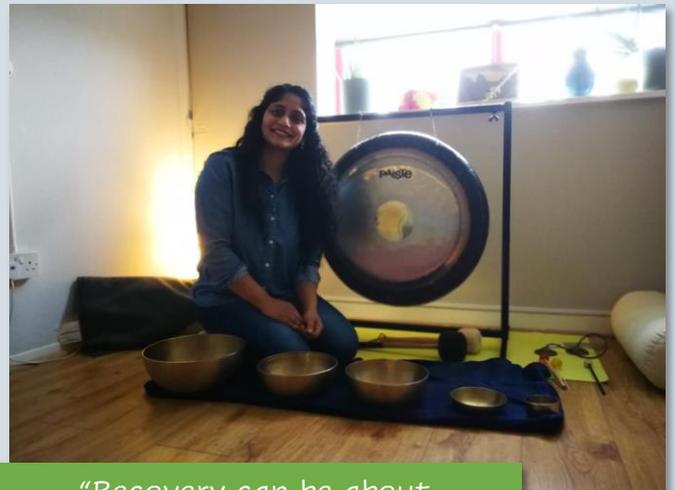
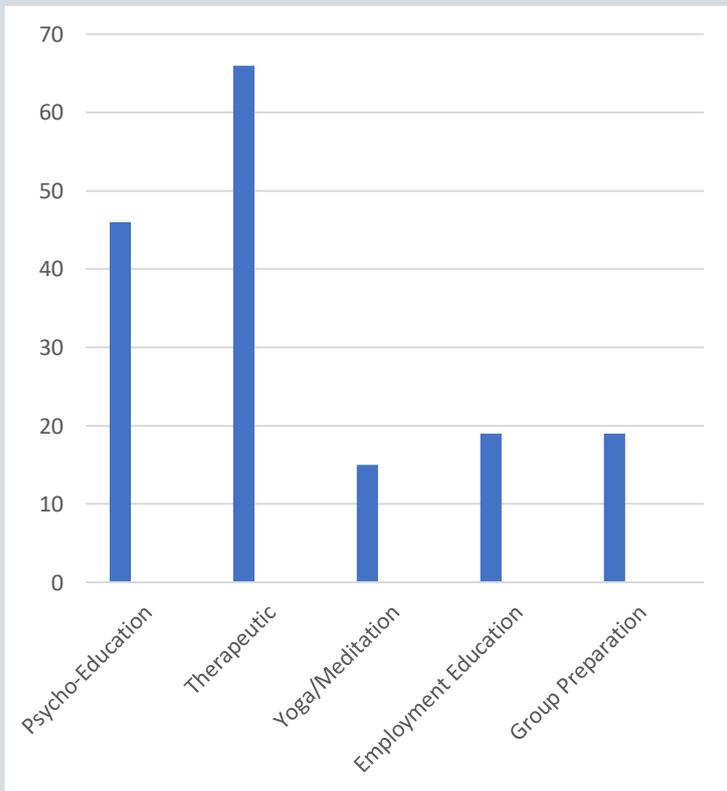
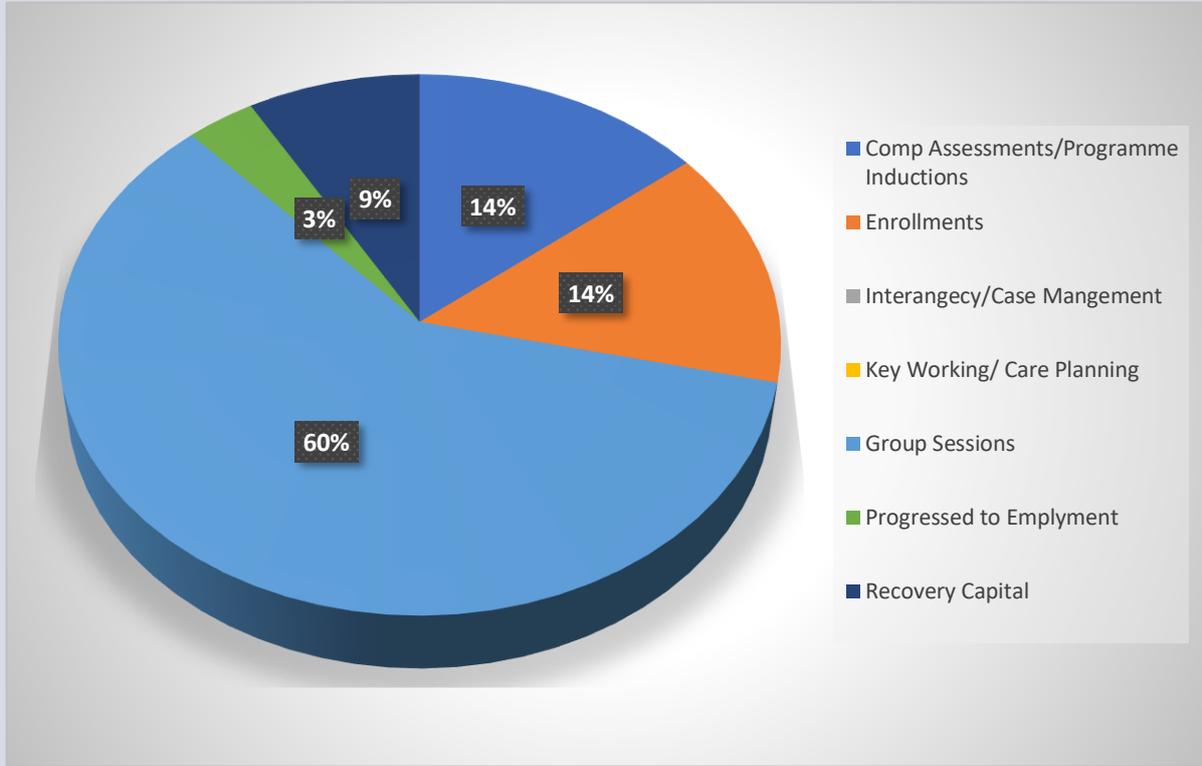
81
QQI
Educational & Professional development

16
Participants returned to Employment & ...



CONNECT

Drug Free Day Programme



“Recovery can be about longevity; a healthy body, mind



Recovery y Adapt



As an early school leaver at the age of 13 I began experimenting/using substances. Growing up was a lot of fun, at this time there was no smart phones, we played so many neighbourhood games such as kick the can, code, piggy in the middle, queeny -I-O and other ball games. Calling your friends, you would have to yodel up the street. I'm sure a lot of people can relate to these times and for me these were the good days or as like the good owl days.

At some stage the fun went out of taking substances my use turned to habit daily use so I could function, many days, months and years fun times became painful, tearful, and difficult times, but at last for me the penny finally dropped for me, I got Recovery. I'm in long term recovery now, I have studied to be career and worked in a convent for 11 years provided support for retired nuns a job that I believed I would never leave.

During the lock downs I had a lot of time to think and reflect upon what's makes me happy, I now enjoy and love helping others, so I thought why not use this to help others who have similar experiences as me. My lived experience has taught me with the wright supports and opportunities people can and do recover, living fulfilled lives. I have of others going back to collage to learn and relearn about addictions I'm currently in college studying level 5 QQI addiction studies and I have already applied for my level 7 which will hopefully start in September 2022. Recovery



"There is always a way out a pathway to recovery and if I can do it so can you, there are lots of supports and people to support you."

A Year in Photo's 2021

Connect Drug Free Programme
enjoying a BBQ at Powerscourt



Fun activity up to Howth



Recovery Month 2021



Sankalpa & Finglas/Cabra Drug Task Force Launch 2021 RECOVERY MONTH



Recovery Run 2021



Recovery Month 5-A-Side Football

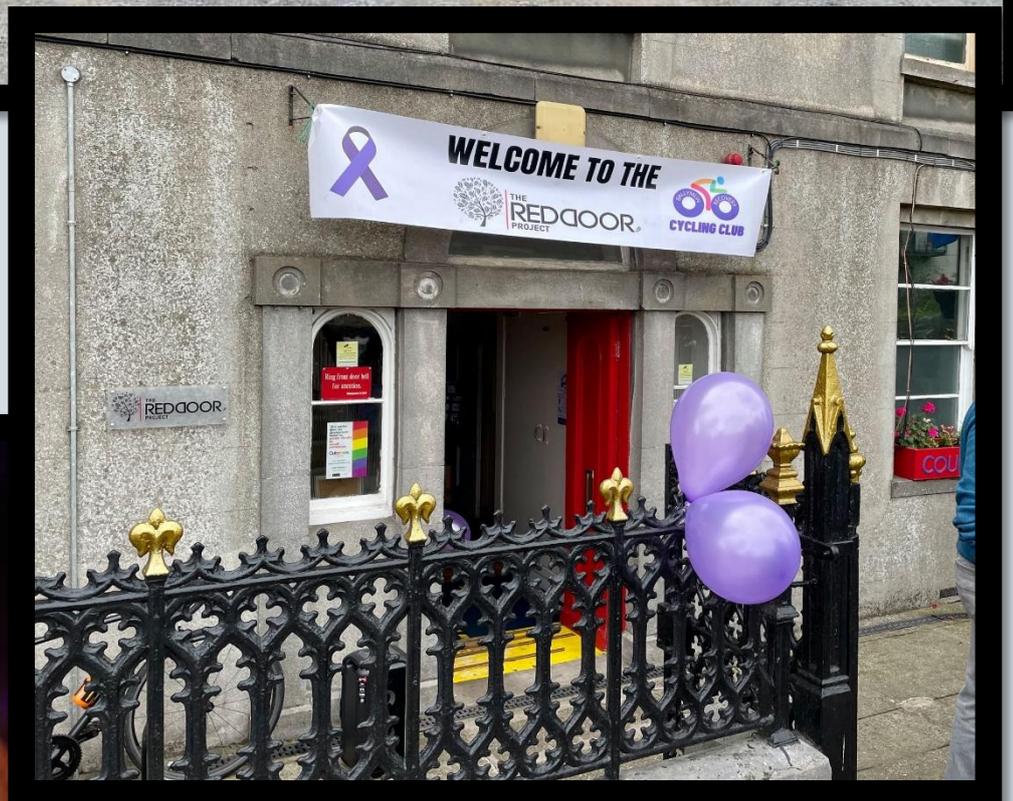




Recovery Walk from Finalas to Ballvmun



100km Recovery Cycle from Ballvmun to The Red Door Project



...recovery in collaboration with The Red Door and Recovery Month which is always held in September. The organisers explained, "The 30 cyclists made the 100km cycle from Ballvmun to Drogheda and home again and on their halfway point in Drogheda were meet with a hero's welcome from management, staff and clients of the Red Door project. Music and cheers could be heard all over the Dublin Road, purple ribbons and balloons and bunting decorated the service, and the team were greeted with refreshments, sandwiches and cakes to replenish their weary bodies." The 30 cyclists comprised of staff and service users from Ballvmun VAF, Ballvmun Star, FAST, Liffie River Project and Shantalla addiction services in north Dublin. It was added, "On their return to Dublin the cyclists were again meet with a rousing applause and welcome from all in their community that came out to



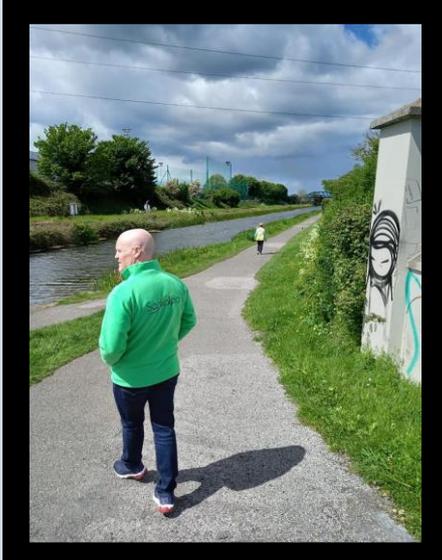
Phil Mullen, Marie Lawless, Joanne O'Dwyer and Ailbhe Butler at the Red Door building.

support a fantastic event. The event is one of many that these services individually and collaboratively have completed for recovery month." Recovery Month is an initiative that has been growing in Ireland in the last five years to promote recovery from addiction and to start to address the stigma attached to those in addiction. Joanne O'Dwyer, CE Supervisor/consultant and one of the organisers of the event in the Red Door said she was delighted with how the client went and warned the people of Drogheda to see that recovery

is possible. "We were loud and proud today sending a message to all that support is available for those who want to move from a life of trauma, pain and hurt from addiction to a better quality of life and recovery." Brian Foley Chairperson of Ballvmun Recovery who was one of the cyclists said the event was to challenge ourselves, to challenge stigma around asking for support, to increase hope and optimism that change is possible and to publicly celebrate recovery from drugs and alcohol difficulties.

The Red Door Project (formerly known as Louth Community Drug and Alcohol Team), was founded in 2009 following growing concerns of the affect of drug and alcohol use within the local community. Originally, the service operated out of a small building on Stockwell Street. The Red Door will visit up Recovery Month on the 1st October with a recovery BBQ with music and all are invited to drop in on the morning from 11am to 1pm for some food and to have a look at all the events that took place in the service for recovery month.

Working with Partners



Income & Expenditure

2021

Financial Review

All funding received by Sankalpa CLG is strictly monitored, accounted for, and spent in accordance with relevant guidelines using best practice in an open and transparent manner to ensure best value for money. Sankalpa accounts are audited by Hayden & Brown Certified Public Accountants and Registered Auditors and submitted to the CRO. Sankalpa CLG has signed up for the Charities Regulatory Authority Governance Code. Sankalpa audited accounts and annual reports are available on our Website: www.sankalpa.ie

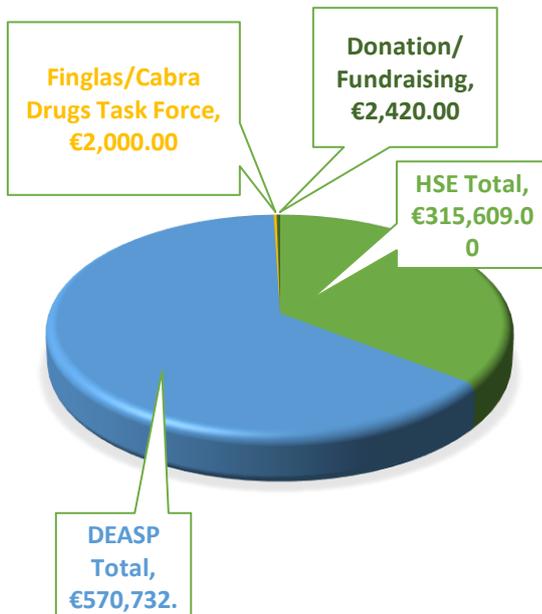
Total Income € 890,228

Total Expenditure € 860,205

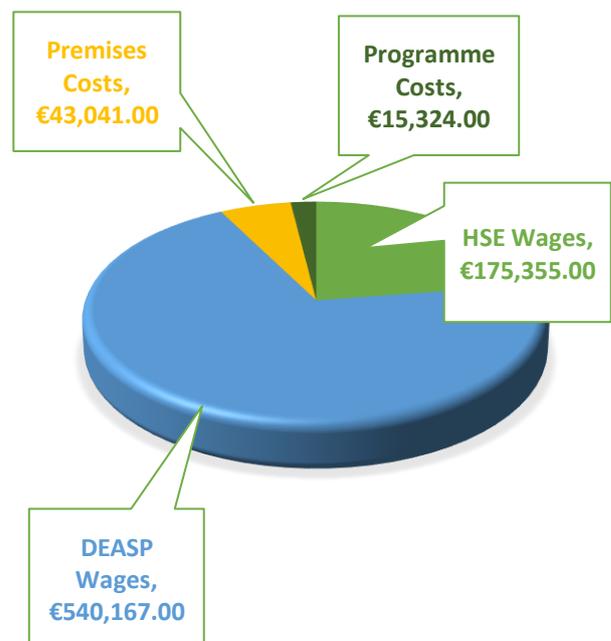
- HSE Total Income € 315,609
- DEASP Total Income € 570,732
- Finglas/Cabra Drugs Task Force € 2,000
- Donations/Fundraising € 1,920

- HSE Total Wages € 175,355
- DEASP Total Wages € 540,167
- Premises Costs € 43,041
- Programme Costs € 15,324
- Other Costs € 86,318

FUNDING SOURCES 2021



EXPENDITURE 2021



Acknowledgements 2021

Sankalpa would like to acknowledge the following for their continuous support.

(Blanchardstown)	Tolko River Project
The Irish Government	TRP Tallaght
The Health Services Executive	AJ Fitness
The Department of Social Protection	GO'C Carpets and Flooring
Finglas/Cabra Drugs and Alcohol Task Force	Woodies Glasnevin
North Dublin County Council	Barry's Balloons
Dublin North West Partnership	Powers Court
Waterfall	
The Recovery Academy	CDETB
Cabra/Finglas	



Sankalpa Information



<https://www.instagram.com/sankalpaclg/?hl=en>



<https://en-gb.facebook.com/sankalpa.sankalpa.750983>



<https://www.sankalpa.ie>

CHI Number: 16174

Charities Regulator Number: 20057671

Registered Company Number: 286447

Tax Registration Number: 8286447N



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



2021

