
2022



ANNUAL REPORT



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Chairperson's Statement

The vital work of Sankalpa continued throughout 2022, changing the lives of our participants, and having big impacts in their families and communities. Because of the Trojan work of our participants and team, Sankalpa is now a well-established, vital resource in Finglas and Cabra.

In 2022, we saw an increase in demand for our services from new participants. We also saw many of our participants making significant progress in their recovery pathways and are now enjoying the rewards of their investment in themselves. Some are well on their way to a new career while still being supported by Sankalpa.

Sankalpa can only help and support participants to recovery by remaining completely focussed on each individual's need. This personal approach is the cornerstone to our success.

Another important success factor is the spirit of co-operation and collaboration within our team. Working together is essential to achieving the best outcome for each participant, as well as with our partner agencies. This approach enables a bespoke wrap-around service for each service user.

Our work in Sankalpa is informed and guided by Government policy. The current government strategy is "Reducing Harm, Supporting Recovery: A Health-led response to drug and alcohol use in Ireland 2017 – 2025" and Sankalpa has contributed substantially to the achievement of goals and objectives set out in that strategy.

In 2022, a mid-term review of that strategy was undertaken by government and a Citizens Assembly on Drugs Use to "advise on legislative, policy and operational changes Ireland could make to significantly reduce the impact of illicit drugs on individuals, families, communities and wider Irish society" (www.citizensassembly.ie). Our manager, Mick Williams made a presentation to the Oireachtas Sub-committee on Mental Health to consider the issue of dual diagnosis from a perspective of treatment of drug and alcohol addiction.

Sankalpa awaits the recommendations of these important deliberations before setting out our new Strategic Plan, which will shape our plans for service delivery for the ensuing 3 years.

Sankalpa functions because of the continued support of our two main funders – HSE and DEASP. Their funding and support enables our work - thank you both very much.

On behalf of the Board of Directors, I want to thank and pay tribute to the dedicated Sankalpa team led our visionary manager Mick Williams.

Sandra Kernan

Chairperson



Manager's Statement

Welcome to Sankalpa's 2022 Annual report.

In 2022, Sankalpa remained focused on the delivery of service provision to the highest standard, guaranteeing the best possible outcomes for our participants.

Demand for our services increased by 5% on 2021. Sankalpa met this demand head on, responding quickly and systematically to the increasing demand.

During 2022, we increased the variety of services and groups on offer while keeping our waiting times for people accessing much needed services to a maximum of 3 days waiting time.

Sankalpa continued to support people's unmet issues of mental health and wellbeing via our specialised workshops and trauma-informed approaches.

In association with DCU Recovery College & Recovery Academy Ireland, Sankalpa also continued to drive and lead towards a greater understanding of dual diagnosis within the communities of Finglas & Cabra. We trained staff, community members, participants, and family members in dual diagnosis, enabling the community to work and support the increasing number of people presenting with co-existing substance and mental health issues in Finglas & Cabra.

Sankalpa continues to provide clear-cut treatment pathways for people in Cabra & Finglas. In 2022, we maintained strong and effective working relationships with other service providers including HSE addiction services, harm reduction support, community detox and residential treatment. These partnerships enable us to provide the correct and timely interventions to people who need them most.

Sankalpa further demonstrated its commitment to creating access and clear-cut treatment pathways by meeting people in their community through our ongoing work with Safety-Net and our visible outreach work in Finglas & Cabra.

Sankalpa recognises that for long term recovery, people must be supported along the many continuums of care and be provided with the correct opportunities for this to be realistic and achievable. This is very much in evidence and delivered via our four core programmes.

Finally, I would like to acknowledge all the staff who work determinedly to provide excellent services in Sankalpa. Their loyalty, enthusiasm and commitment contribute to the likelihood of affecting real, positive change to some of the most vulnerable people in our society.

I would like to give credit to all our participants who have chosen to take the courageous step of accessing Sankalpa services and embark on their recovery journey.

A white rounded rectangular box containing a handwritten signature in black ink that reads "Mick Williams".

Mick Williams, Manager

Sankalpa CLG Team



Board of Management

**Manager
Michael Williams**

Team Lead Sinead Johnstown	Project Worker David Boyle	Project Worker Loraine Giltrap
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CE Supervisor/Project Worker Phil Mullen	CE Supervisor/Project Worker Dean McKeon	CE Supervisor/Administration Emma Tunncliffe	CE Supervisor/Administrator Vacant
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CE Assistant Supervisor Darren Burke	Reception Michelle White Jackie Kavanagh
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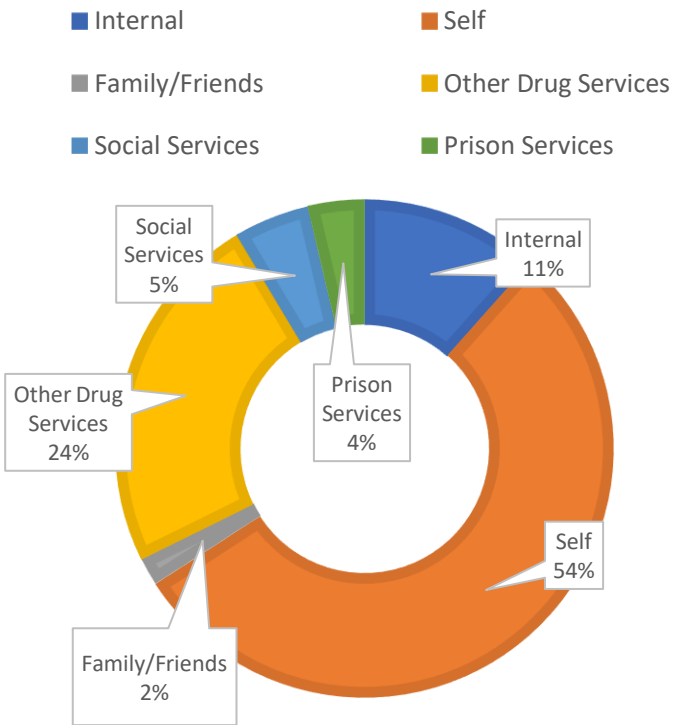
CE Support Worker Vacant	CE Support Worker Eddie Kelly	CE Support worker Gary Dempsey
Caretaker/Maintenance Shane Johnstown	Volunteers Harini Noel Hodgins	

“The strength of the team is each Individual member.
The strength of each member is the team”

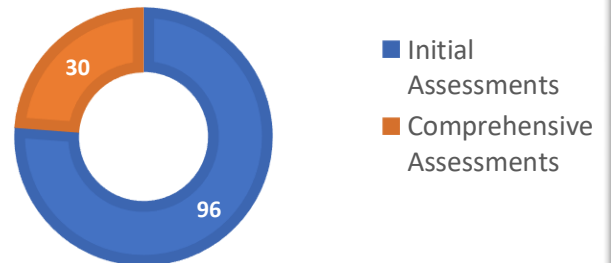


Breakdown of Referrals & Participants

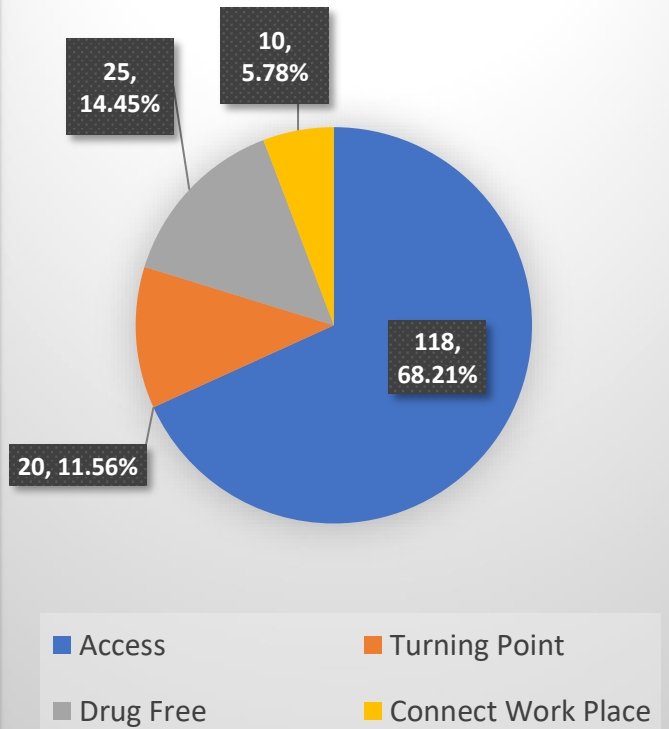
SOURCE OF REFERRALS



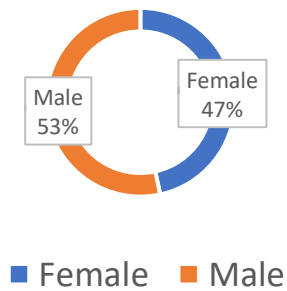
ASSESSMENTS COMPLETED



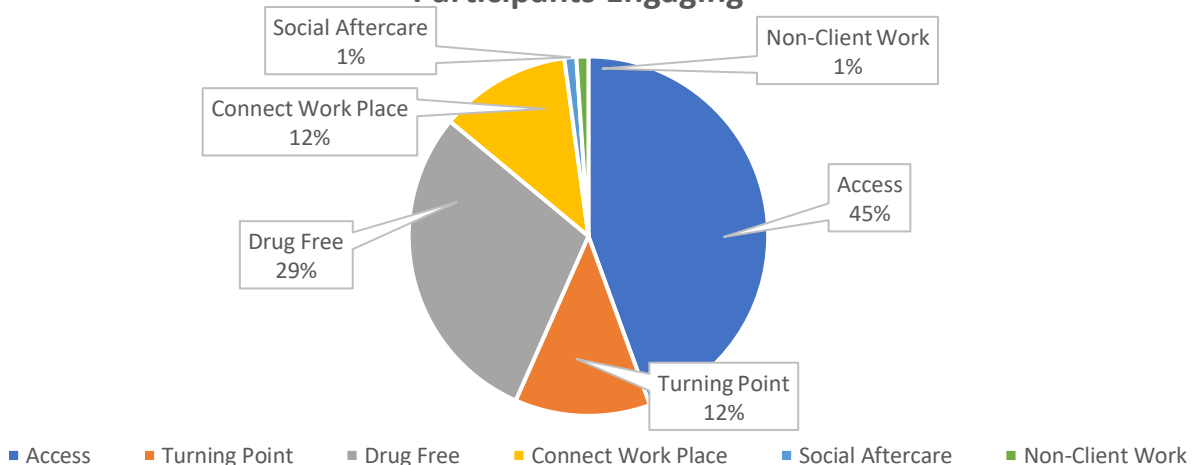
Referrals to Sankalpa Programme



Breakdown of Gender



Participants Engaging





"I liked meeting everyone and sharing with the group, it has taught me to be more open about my drug use".

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

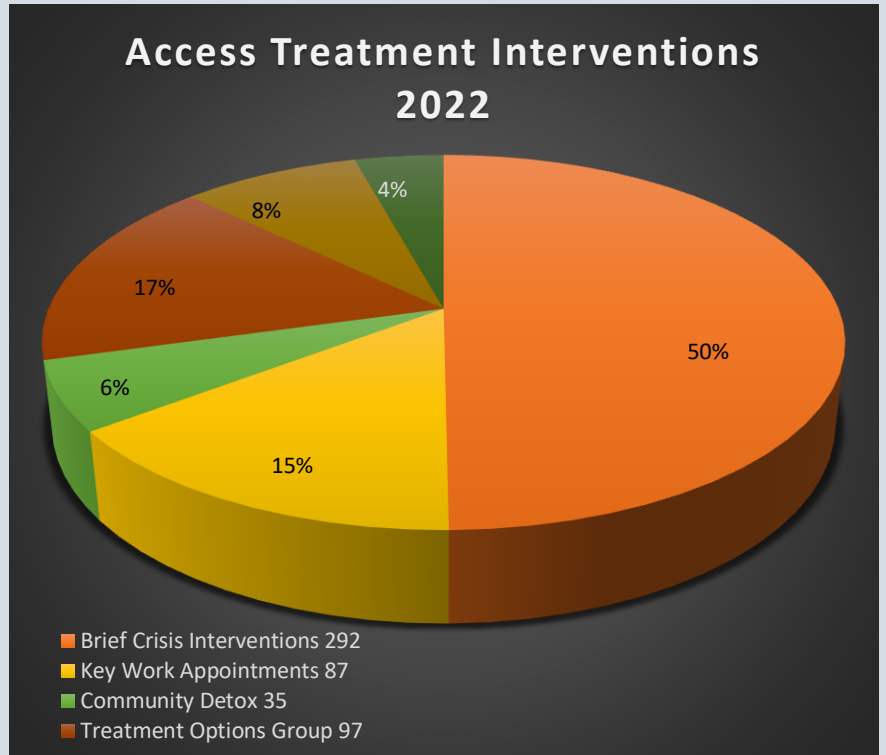
There is a very low threshold for entry to our Access programme.

We adopt a harm reduction approach to provide a person-centred service to those who use substances at harmful levels to reduce the harm caused by substances.

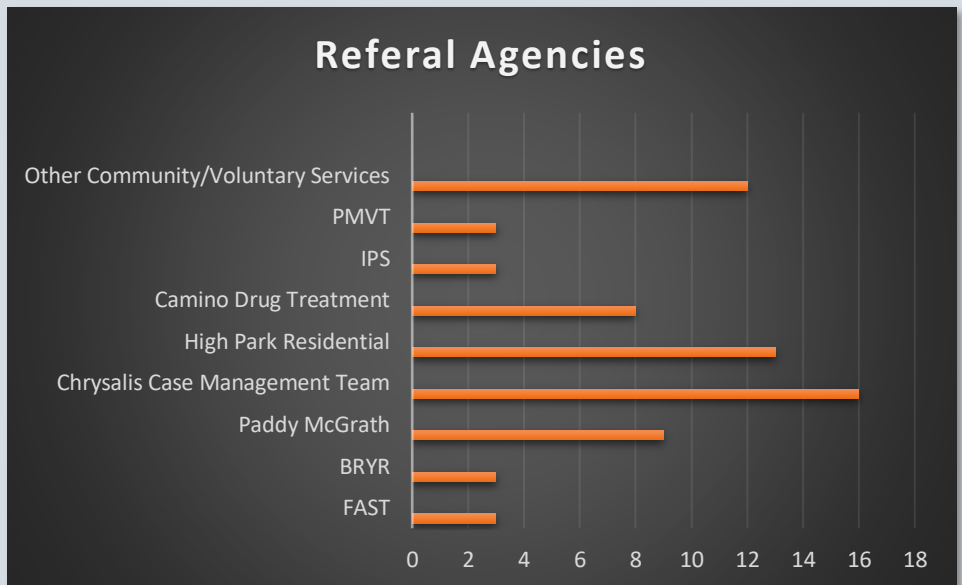
Number of People Supported by Access 96

Female (39) & Male 57

24 Overall progressions from Access to our Stabilisation Group.



Sankalpa's Access programme received 166 referrals in 2022, which were received by working in partnership with other agencies.



In 2022, we established a new partnership with Safety Net, providing immediate information and support with treatment options in the community.

Access your recovery
Low threshold and crisis management support.
Phone 01-8302690 / 083-0283688



Turning Point is a 9 -12-month stabilisation programme for service users experiencing problematic poly-substance use in the Finglas & Cabra community. Turning Point focuses on providing a community stabilisation service supporting individuals with a primary focus on stabilising the primary alcohol and substance use which may include optimizing opiate replacement therapy (ORT) and managing benzodiazepine use and medicated assisted detoxification from alcohol and reducing their use. During this period of stabilisation, participants are supported to achieve positive outcomes and develop skills such as resilience and improve confidence to maintain stability and facilitate effective move on to the community.

This is achieved by:

- Psycho-social supports
- Drug and alcohol screening
- Mental health assessment and Support
- One to one key working and care planning
- Group support sessions and workshops
- Signposting and treatment referrals

Clinical data derived from Outcome Star, CRA tools and the use of eCASS, and service user satisfaction surveys, as well as reduced substance use, and participation to measure overall progression rate.

Number of people supported by *Turning Point* was 121

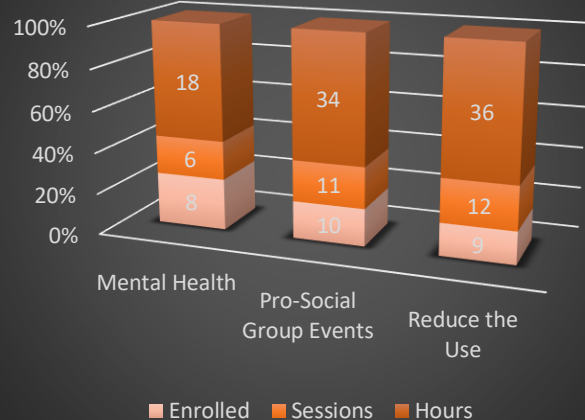
Female (33) & Male (88)

8 Overall progressions from our *Turning Point* to our Drug-Free Day programme.

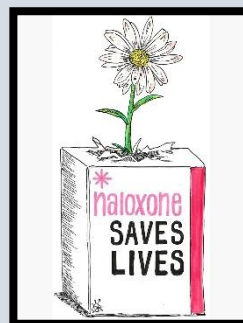
10 participants progressed to residential treatment.

"I enjoyed meeting new people, and the instructors were amazing gave me great support."
Male Participant

Facilitated Groups 2022



Sankalpa have always included real and meaning workshops in keeping people safe from the harms of substance use.



Sankalpa's Turning Point harm reduction programme works on reducing bad habits and substituting them for healthy options. This treatment is great for focusing on each individual and coming up with ways of significantly reducing the risk of substance use. Our programmes aim for 2022 had five key objectives;

1. Reducing stigma
2. Appreciate the Small Steps
3. Increases the sense of Accountability
4. Reducing the risk of harm to self or others
5. Give sense of respect and dignity

With our partnership approach working with Red Cross, Usice, Matter Hospital Social Inclusion Team all delivered workshops consisting of;

- Relapse Prevention Programme
- Promoting a Culture of Non-violence & Peace
- Naloxone Overdose Prevention
- HEP-C Support Workshop
- Reduce the Use Programme
- Mental Health & Wellbeing workshop.



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 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 work, GP and medical liaison, social initiatives, and further external referrals.

The model is informed by Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), Community Reinforcement Approach (CRA), Adult Education, Creativity (art, film, and music), complementary therapies and social activities.

Connect Drug Free is very successful programme for everyone involved, which we continue to measure.

"Sankalpa team showed me a lot of care, went to any length to help me, I recommend Sankalpa to anyone who needs it."



Connect Drug Free 2022 pro social events. The importance of having fun in recovery, cannot be overstated



Having fun and engaging in enjoyable activities is an important aspect of recovery. This is supported by Sankalpa's Drug Free fun activities.



Connect to the Workplace is unique to Sankalpa. *Connect to the Workplace* is 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 client and employer to ensure a positive and sustainable experience for all involved.

It is Sankalpa's experience that working in recovery has far-reaching effects, such as building confidence, restoring self-esteem, pride of accomplishment, a sense of wholeness and self-sufficiency.

"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?"

Recovery Research Institute

Employment Plan

Curriculum Vitae,
Job Searching &
Interviewing

Job Skills/Traits & Experience

Overview of Progressions for 2022

139

QQI Educational & Professional development

3

QQI Diploma courses completed

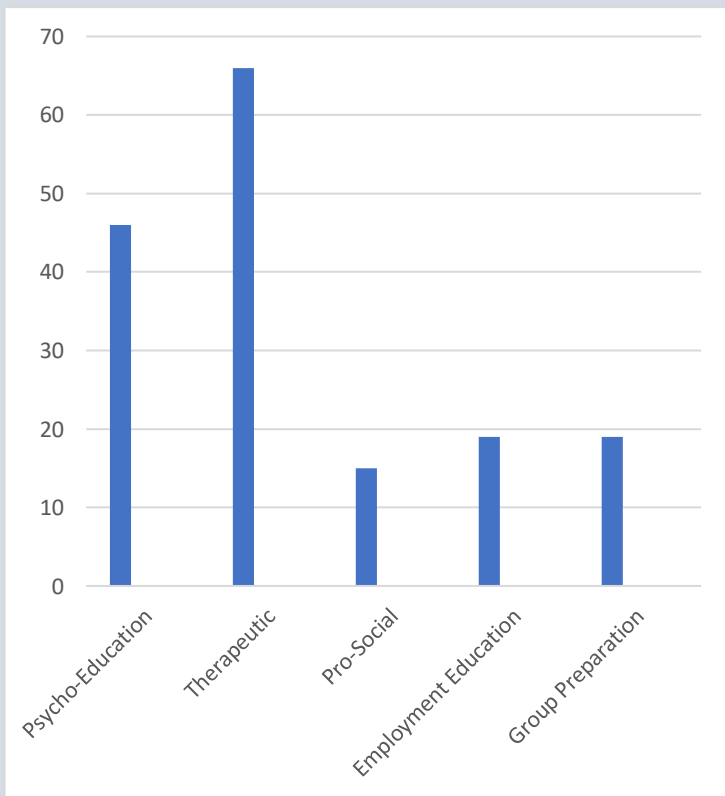
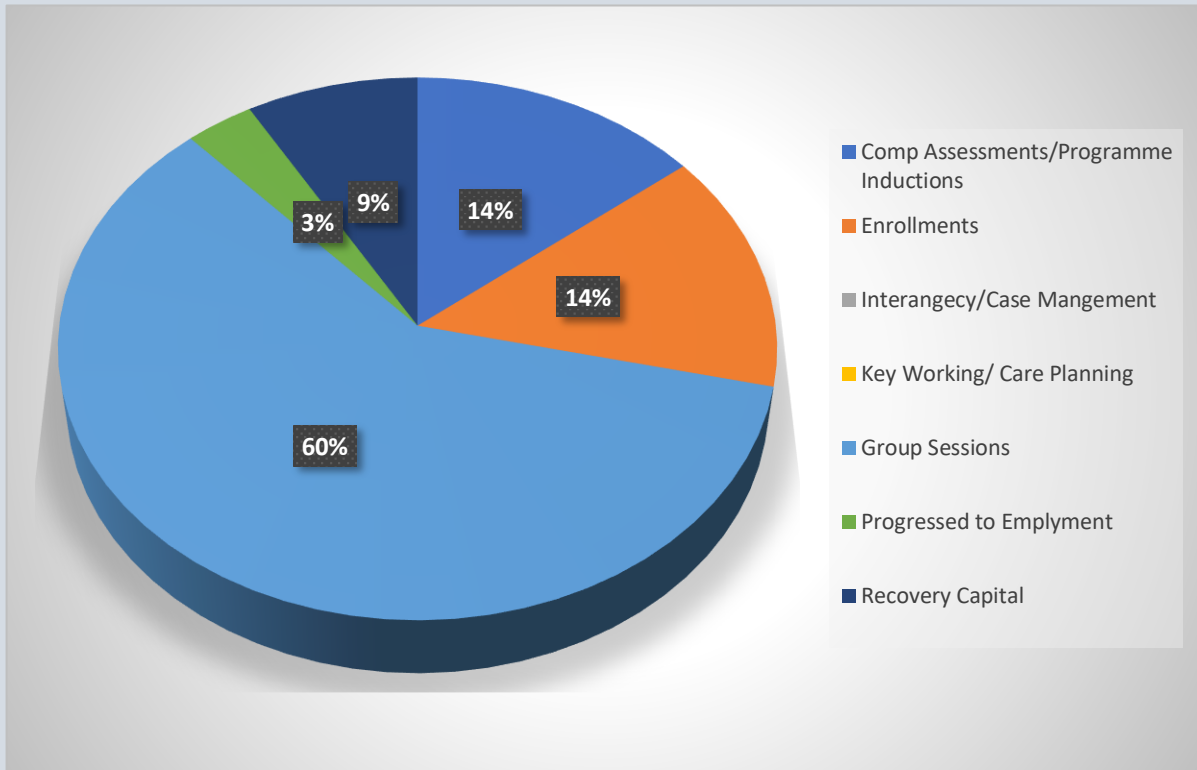
14

Participants returned to Employment & Full-time Education



CONNECT

Drug Free Day Programme



“Recovery & recovery education is the process by which individuals explore, absorb and create the knowledge required for recovery to happen”



My Recovery Journey

I first started my journey with Sankalpa when I joined the Drug Free Day Program in September 2021. I had just finished residential treatment and was lucky to be able to continue my recovery journey, continuing to rediscover myself and build a whole host of recovery skills while attending the program.

When I first started on the day program, I was nervous and had worries about how well I would settle in. The first thing which made me feel at ease was meeting the incredible staff who are very devoted to the work they do with each client they meet. From the first day I met the project workers I felt much more relaxed and slowly got to know the others who were on the program. The program itself was brilliantly structured and still allowed me time outside of the group work to get to know my peers on our pro-social days and I also had time to spend with my family as it was a part-time program.

I got to learn and experience so much while on the program, from our weekly check in groups which gave me the space to be able to process everything that I had going on in life to our educational groups which helped me learn tonnes of new skills in how to deal all the unexpected stuff that life can throw at you. The practical skills we learned in the group are skills that I still use today, and I also think back to my time in Sankalpa when I'm using them now. As I progressed through the program, I worked closely with my keyworker in developing a care plan which gave me a guide as to how I was going to get back into education and back to work on a CE scheme.

Applying for college seemed a scary task at the time but I was supported through the whole process and was accepted onto a course at Úrrus, part of the Ballymun Youth Action Project to do a level 5 qualification in Addiction Studies. Sankalpa also helped link me in with Coolmine in March 2022 to begin working there under my CE scheme. This was another huge change for me but again, I was supported and encouraged so much by all the staff at Sankalpa.

Before I knew it, it was September, and my college course was starting up and Coolmine had offered me a small position on the team in addition to my CE scheme hours. I cannot thank the staff at Sankalpa enough for helping me achieve all of this, as it was due to the hard work, they helped me do while on the day program that meant I had the skills needed and I was ready to take this all on.

I am still working in Coolmine House and love what I do and hope to go on to further my education with a Diploma in Drug and Alcohol studies this year. When I look back now it seems like such a long time ago that I was a part of the drug free program in Sankalpa, yet I still carry so many happy memories from my time there.



"Applying for college seemed a scary task at the time but I was supported through the whole process."

Turning the tide of Addiction Recovery in Action

The Social Aftercare Club is a relaxed person-centred service that supports and consolidates the gains individuals have made in their recovery process.



Social Aftercare Club
 01st September 2021
 Contact Sankalpa 01-8302690
 Loraine – 083 0286901
 From 6pm to 9pm

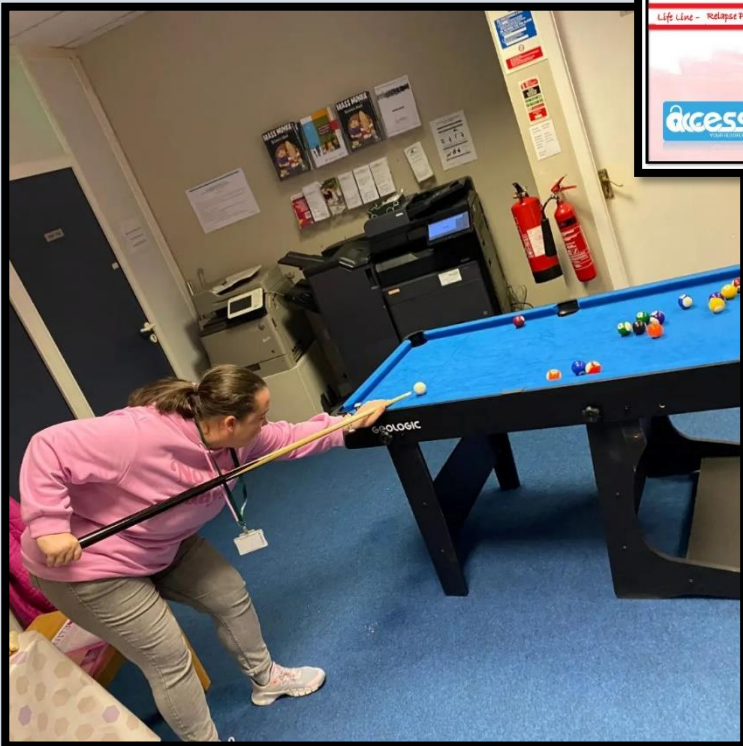
Sankalpa

Activities
 Social Networking
 Food – Movie Night – Karaoke
 Meditation – BBQ Night – Table Quiz
 Bingo Night – Board Games

Life Line – Relapse Prevention – Support – Peer Support – Mindfulness – Meditation – Recovery – Self-Help – Coping Strategies – Relapse – Prevention – Support – Peer Support – Mindfulness – Meditation – Recovery – Self-Help – Coping Strategies – Relapse – Prevention – Support – Peer Support – Mindfulness – Meditation – Recovery – Self-Help – Coping Strategies

access Turning Point connect connect

The Social Aftercare Club is facilitated by people in recovery for people in recovery, supported and supervised by Sankalpa staff and management.



Dual Dilemma: “the way forward”

Sankalpa knows that provision of services for people with coexisting needs is insufficient. *This must change.* The future direction rests on those responsible for funding and contracting of services to work together in achieving results. It is also crucial to skill the work force, and copy services that have proven to be effective.

A person's use of drugs and / or alcohol and their mental health needs to change over time. Therefore, support must remain relevant and be based on a recovery approach that supports individuals on their journey. Sankalpa is committed to this approach.

In 2022 Sankalpa led with DCU Recovery College, The Recovery Academy and HSE Dual Diagnosis lead in raising the awareness and training the Finglas & Cabra of Dual Diagnosis. Throughout the project, one of the identified aims of people from across the community was for there to be a greater knowledge of the services that exist in the area, and for there to be better communication and cohesion across the services.

Coupled with this, Sankalpa continues to provide the necessary services to people experiencing coexisting problems (substance use and mental health).

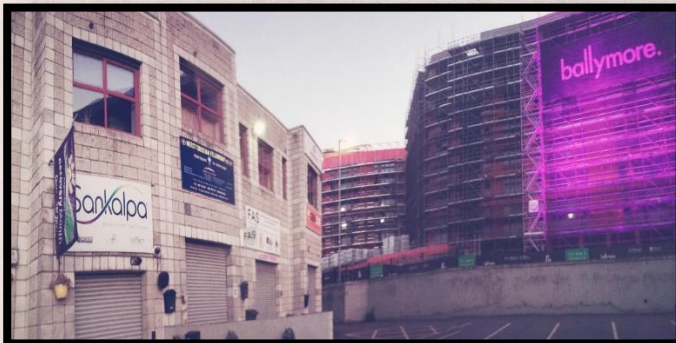


Mental Health Awareness Programme 2022

Recovery Month 2022

6

NORTHSIDE PEOPLE WEST
07.09.22



Ballymore, close neighbours of Sankalpa, will light up purple one of their highest buildings on the Cabra flyover, every evening for the month of September 2022, in support of people in recovery in our community.

Feeling purple in Finglas and Cabra

SEPTEMBER is International Recovery Month - the worldwide celebration of recovery from addiction. The recovery movement is represented by the colour purple.

Sankalpa, a drug and alcohol addiction treatment centre for men and women from Finglas & Cabra, is celebrating International Recovery Month along with the rest of the world.

Sankalpa sits in the heart of these communities, on the Ballyboggan Road where Finglas and Cabra meet, and has a programme of events to raise awareness that with the right help, recovery from addiction is possible.

Mick Williams, Manager of Sankalpa, says: "Sankalpa knows how the lives of people living with addiction can be changed through personalised recovery pathways. Sankalpa's four treatment programmes and Aftercare Club 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. Sankalpa makes recovery possible."

In true community spirit, Ballymore, close neighbours of Sankalpa

“Enda O'Rourke, Project Director, said: "Sankalpa are doing invaluable work in our community and Ballymore are proud to support them in the annual recovery month event this September."

and the developer of the large 8th Lock construction project on the Cabra Road, will light up purple one of their highest buildings on the Cabra flyover, every evening for the month of September 2022, in support of people in recovery in our community.

Enda O'Rourke, Project Director, said: "Sankalpa are doing invaluable work in our community and Ballymore are proud to support them in the annual recovery month event this September. Once complete, 8th Lock will add 438 one- and two-bed apartments to the community.

People with addiction face stigma on a daily basis, and access to education and employment is challenging or denied. Behind every person in recovery lies a personal history - often trauma.

Sankalpa's Mission is "To empower people to address

their individual drug & alcohol issues, by providing low threshold access services, day stabilisation programmes and targeted training and employment placements for those in recovery, through advocacy and partnership, leading towards the development of both individual and social recovery, in Finglas & Cabra."

SANKALPA'S PROGRAMMES ARE

- Access Pre-Entry Programme
- Turning Point Stabilisation Programme
- Connect Drug Free Programme
- Connect Work Place Programme
- Social Aftercare Club

Sankalpa Addiction Treatment Services
T: 01 830 2690 or
M: 086 0503771

Community services Quiz Night 2022



	Sankalpa	FAST	Chapo	TRP	Sim Kalpa	Anon
R1	4	7	3	3	3	3
Bonus 1	2	8	5	5	9	9
R2	4	2	3	4	2	2
Bonus 2	0	2	5	4	3	4
R3	4	3	5	5	5	5
Bonus 3	9	10	9	10	10	10
R4	4	7	3	4	2	2
Bonus 4	10	6	8	8	9	7
R5	4 (44)	2 (43)	4 (45)	4 (47)	4 (48)	4 (46)
Bonus 5	3	4	3	3	4	2
R6	8	4	3	3	4	3
Bonus 6	8	6	7	9	8	6
R7	3	2	0	3	1	3
Bonus 7	5	2	1	3	6	4
R8	10	2	2	10	4	2
Bonus 8	10	10	8	10	9	10
R9	4	2	2	4	4	4
Bonus 9	4	2	2	4	4	4
R10	3	4	3	3	4	3
TOTAL	83	79	71	86	88	85

SANKALPA

Sankalpa triumph on Quiz Night 2022



Phoenix Warriors Recovery Run/Cycle



Darren Flood Memorial five-a-side 2022



Sankalpa's Recovery Olympics 2022



AJ Fitness rowing competition 2022



Sankalpa

Open CA Meeting for Friends, Families and those that still suffer

Friday 16th September at 6pm
Sankalpa Addiction Services, Unit 8 Glasnevin Business Centre, D11

Sankalpa

CONNECT
Drug Free Day Programme

&

CONNECT
to the Workplace

Programmes
Is hosting an
OPEN COFFEE MORNING
20th September 2022 @11am

Unit 8 Glasnevin Business Centre, Ballyboggan Road, Dublin 11

Sankalpa

Location:
Sankalpa
Unit 8 Glasnevin Business Centre
Day: Wednesday
Date: 28/09/2022
Time: 6pm – 9pm

SOBER-SPACERS

Welcome One and All Spacers straight from the Mothership, Sober Event for the sober people
Fun – Food – Inflatables
Washed down with music and love

Sankalpa

Would like to invite you to our Recovery Swim on 23rd September at 11am.

"Turning the Tide of Addiction"

We will be taking a "Dip or Swim" at Donabate Beach to mark that "Recovery is Possible"

If you would like to take part in this event, please contact Sankalpa
Phone: 01-8302690 for further details.

"Purple is the colour theme for Recovery Month, why not wear something purple to show your support"

Sankalpa

Are proud to present
a
Drama Piece Performance
07th September 2022
At our Social Aftercare Club
From 6pm to 9pm

(Performance will be screened at 6:30pm sharp)

Unit 8 Glasnevin Business Centre, Ballyboggan Road, Dublin 11
Phone: 01-8302690

Sankalpa

TURNING POINT Programme
Is hosting an
OPEN COFFEE MORNING
6th September 2022 @11am

Unit 8 Glasnevin Business Centre, Ballyboggan Road, Dublin 11

IRISH RECOVERY WALK

17TH SEPTEMBER 2022
JOIN THE RECOVERY COMMUNITY

Family Fun Day Event
Walk Begins at 12 pm Garden of Remembrance
Bringing RECOVERY into the heart of Dublin City to make RECOVERY visible
The Walk ends in the Irish Recovery Village
Marion Square Speakers & live music

Celebrate the many achievements of all those involved in RECOVERY and show that RECOVERY is a reality for many people, their families and Communities.
#collaborateforrecovery
#togetherforrecovery

Recovery Academy Ireland

Sankalpa

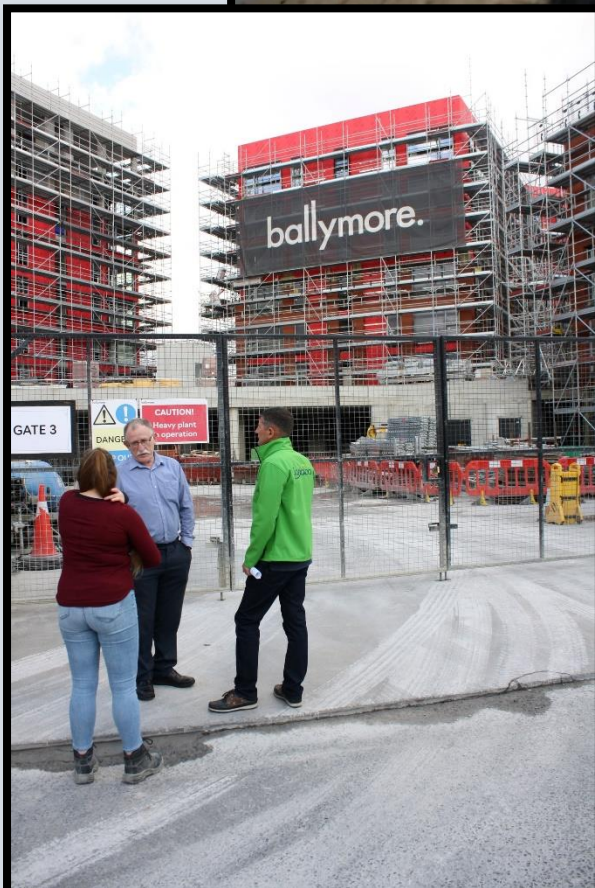
FINGLAS/CABRA DOES RECOVERY
Recovery Olympics

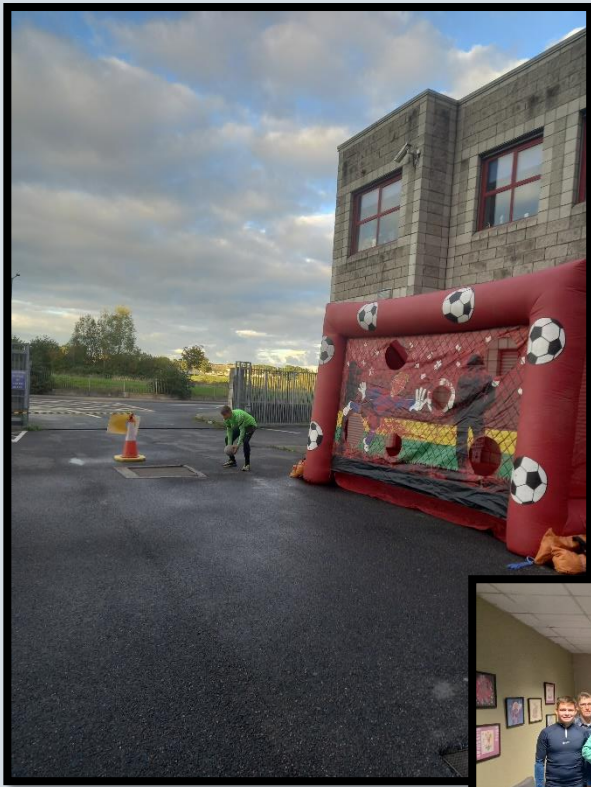
14th September 2022
from: 11am – 1pm

SPECIAL GUESTS
ANTHONY JORDON & JASON LARKIN - **AT FITNESS**
VENUE: CARDIFFBRIDGE ROAD (LOCALLY KNOWN AS DUNNIS FIELD)

access | recoverypoint | connect | connect

Photos throughout the year 2022





Income & Expenditure

2022

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 Browne 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

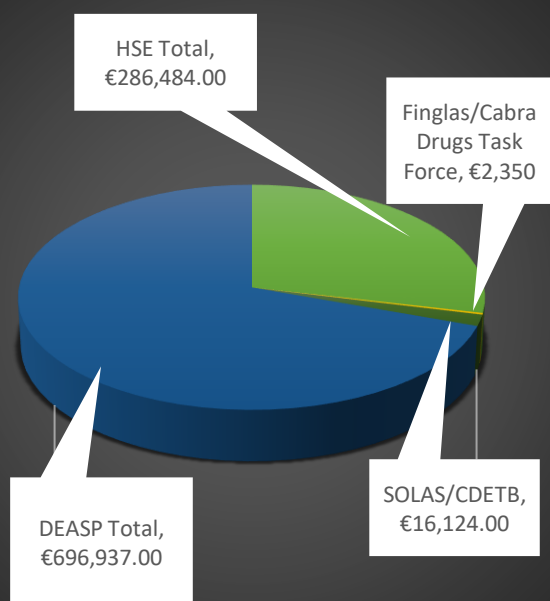
Total Income € 1,002,054

Total Expenditure € 971,162

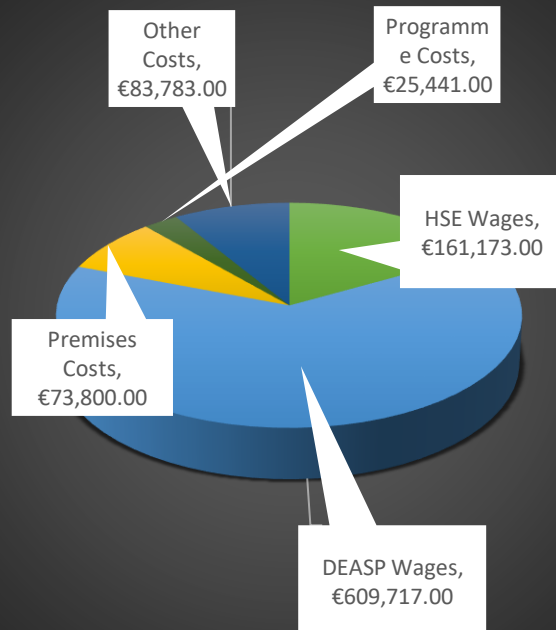
- HSE Total Income € 286,484
- DEASP Total Income € 696,937
- Finglas/Cabra Drugs Task Force € 2,350
- SOLAS/CDETБ € 16,124

- HSE Total Wages € 161,173
- DEASP Total Wages € 609,717
- Premises Costs € 73,800
- Programme Costs € 25,441
- Other Costs € 83,783

Funding Sources 2022



Expenditure 2022



Acknowledgements 2022

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

Ballymore Construction (Kelly O' Shea)	Tolko River Project (Blanchardstown)
The Irish Government	TRP Tallaght
The Health Services Executive	AJ Fitness
The Department of Social Protection	Northside People Paper
Finglas/Cabra Drugs and Alcohol Task Force	Woodies Glasnevin
North Dublin County Council	Barry's Balloons
Dublin North West Partnership	Peter McVerry Trust
The Recovery Academy	CDETB Cabra/Finglas
The Local Cafe	Deborah Kearns (Mental Health Programme)
Feed Our Homeless	DCU Recovery College (Liam & Triona)
Aldi Stores (Ash-town)	Irish Cancer Society
Mick (Nans) Centra & Nans Supervalu (Ballymun)	First Aid Systems
The Rediscovery Centre	Yoga.co.com
Joe (Food Cloud)	Local TD Dessie Ellis
Local TD Mary Callaghan	Finglas Lord Mayor Linda Emmett
Bridge Butchers Finglas	Uisce
Des Kelly Carpets	Domino's Pizza
FITT Conditioning Finglas	Thomas Reilly (Sean O'Casey Drama)
Liam's Bus Hire	Kube Barbers
Karol Ethenson Family Butchers	Bernard West (HEP-C Awareness)
Councillor Keith Connolly	Safety Net
Dr. Johanna Ivers	Roddie Collins
Packie Collins	Rory (Rory Stories)
Kieron Moran	Aoife Moore
TD Mary Lou McDonald	Gary "Spike" O'Sullivan
Eric Sullivan	Anita White (HSE Project Lead for Dual Diagnosis)
Finglas Addiction Support Team	

“The best partnerships aren't dependent on mere common goal but on a shared path of equality, desire and no small amount of passion”.

Sarah Maclean

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

