



2023



Sankalpa

ANNUAL REPORT

Services



A photograph of a waiting room with a whiteboard at the front. The whiteboard displays the Sankalpa Addiction Services logo. The room has blue carpeting, rows of grey chairs on both sides, and several framed pictures on the walls. A projector screen is mounted above the whiteboard.

Sankalpa
Addiction Services

2023

access
YOUR RECOVERY

Turning Point
Start your recovery today

CONNECT
Drug Free Day Programme

CONNECT
to the Workplace

Sankalpa
Addiction Services

Annual Report

2023

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Chairperson's Statement

As I write this statement, I contemplate the continuous improvement and commitment of Sankalpa to address problematic substance use in Finglas and Cabra, using evidence-based drug and alcohol approaches.

The team's commitment and enthusiasm for their work is visible in both communities of Finglas & Cabra their continued approach to implement evidence-based methods such as placed based interventions did result in an increased demand for Sankalpa services. Key highlights of 2023 were the Sankalpa participants "Stories of Recovery from Substance use & Mental Health through Expressive Arts and Visualization" presented their work in the Nursing Building DCU college, Sankalpa shared their local knowledge and expertise of prevention & recovery with local secondary schools St Michaels School & Beneavin De la Salle Collage. Sankalpa's response to the increasing Cocaine usage was meet head on by the team who implemented evening time out hours services which has been very successful in providing support for those who cannot avail of day and or residential services. Sankalpa's approach to highlight issues of equality was evident through their celebration of internal women's day also their efforts in highlighting mental wellbeing and men was recognised with the campaign international men's campaign. We had some changes to our Board of Management in 2023 and I want to acknowledge the work of those who resigned, Ms Sandra Kernan who resigned as the Chair of Sankalpa after many years of engagement with Sankalpa. On behalf of the Board of Management, I would like to acknowledge and thank Sandra for her dedication, support and hard work over the period that she was involved with Sankalpa. We also welcomed new board members, and the board continually play an active part in supporting the organisation in consultation with the Manager. Finally, on behalf of the Board I want to thank the team and the Manager for their continued commitment to Sankalpa, we are grateful to them for continuing to deliver on our mission and values, during the year despite the challenges faced.

Chairperson



Manager's Statement

Welcome to Sankalpa's 2023 Annual report.

In 2023, Sankalpa continued to lead, providing much needed services for the people of Finglas & Cabra.

During 2023 our focus has been to provide visibility and clear pathways towards recovery supports. We accomplished this by applying a model of care that promotes place-based interventions.

Sankalpa strategically applied the practice of place-based interventions in areas that are categorised as disadvantaged and or under resourced. 2023 was the first time that Sankalpa applied this approach, Sankalpa is well placed in providing the necessary supports for communities that have been placed higher in terms deprivation, we do this by applying place based assisted partnerships and collaborative arrangement between organisations. Using this approach Sankalpa has provided an additional 48 treatment episodes from one of the areas alone.

By applying this model of care the demand for our services increased by 50% on 2022, Sankalpa adjusted to these increases in demand proactively increasing service provision, specifically our evening time cocaine service saw the high demand, Sankalpa pre-planned at the start of 2023 to facilitate two cocaine evening time services consisting of 12 weeks, however due to the high demand we facilitated an additional two cocaine programmes totalling for in 2023. Going forward into 2024 we don't envisage this lessening in regard to necessity of demand. 2023 raised lots of challenges as demand for our services increased staff retention in terms of holding good talent within our teams challenged us significantly the high movement of staff from job to job during 2023, it was something I've never witnessed in my working life in this sector. These high retention issues throughout the year were difficult to navigate but we at Sankalpa took some soles of the fact, Sankalpa didn't create this movement coupled with the fact lots of similar services also experienced the same challenges of staff retention.

Sankalpa continued to place recovery at the forefront of our service delivery and create visibility of the same in our recovery variable in our communities, this has been achieved by not only providing calendar of recovery-oriented activities during September, but we continue to lead and be part of the national recovery walk planning committee along with other services and Recovery Academy Ireland.

Finally, it has been another challenging year, but one that has seen new hopefulness going forward and I would like to thank all the staff and board members for keeping services going and expanding services through the development of new initiatives. I would like to thank all our participants who have chosen to take the courageous step of accessing Sankalpa services and embark on their recovery journey.

Mick Williams
Manager

Sankalpa CLG Team



Board of Management

Manager
Michael Williams

Team Lead
Sinead Johnston

Project Worker
Ashling Palmer

Project Worker
Roy Dignam

CE Supervisor/Project Worker

CE Supervisor/Project Worker

CE Supervisor/Administration

CE Supervisor/Administrator

Phil Mullen

Dean McKeon

James Nugent

Paula Cunningham

CE Assistant Supervisor
Darren Burke

Reception
Michelle White
Jackie Kavanagh

CE Support Worker
Vacant

CE Support Worker
Eddie Kelly

CE Peer Advocate
Glen Fowler
Harini Kodukula

Caretaker/Maintenance
Shane Johnston

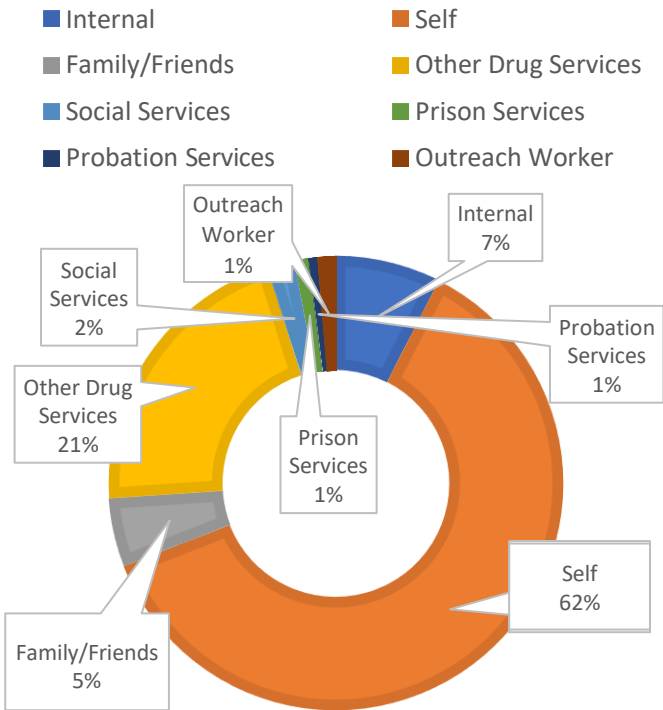
Volunteers

*“Alone we can do so little,
together we can do so much”.*

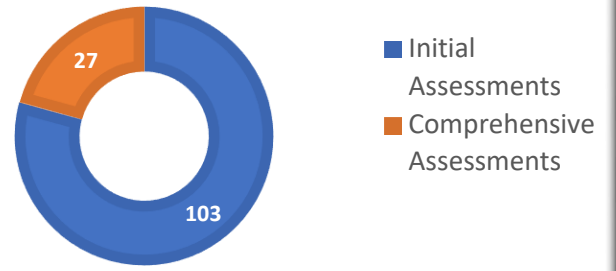
Team Quote



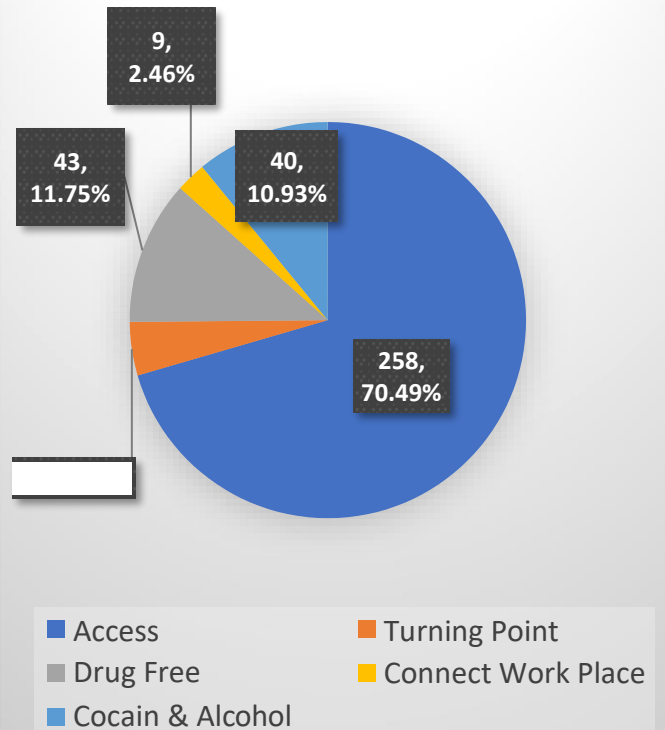
SOURCE OF REFERRALS



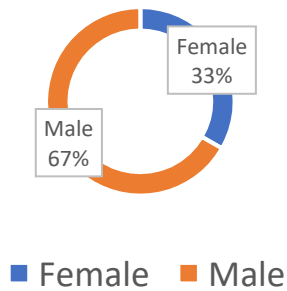
ASSESSMENTS COMPLETED



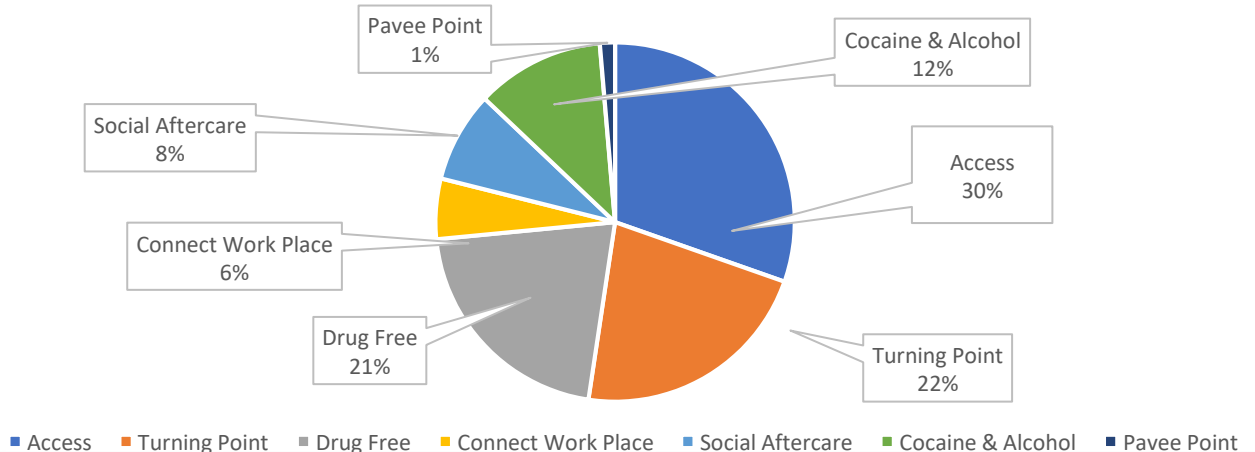
Referrals to Sankalpa Programme



Breakdown of Gender



Participants Engaging





“the facilitators were excellent, I loved the non-judgemental attitude from the team. I really enjoyed the programme”.

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.

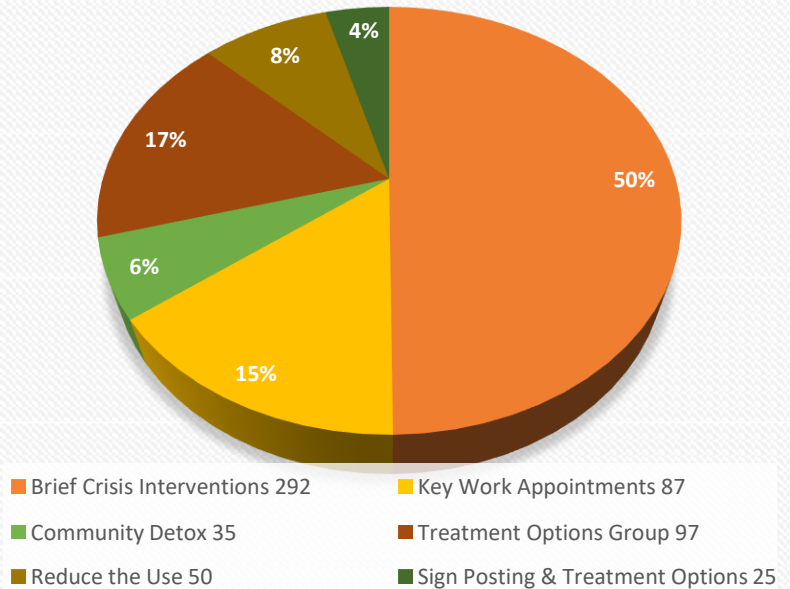
We adopt a harm reduction approach to provide a person-centred service to those who use substances at harmful levels to reduce the harm caused by substances.

Number of People Supported by Access 177

Female (41) & Male (136)

19 Overall progressions from Access to our Stabilisation Group.

Access Treatment Interventions 2023



Sankalpa's Access programme received 177 referrals in 2023, which were received by working in partnership with other agencies.

Referral Agencies



In 2023, we established a new partnership with St. Josephs Horse & Pont Club, 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





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*"For me it was a pleasure to be part of Sankalpa, thank you for everything during my time on Turning Point".
 Male Participant*

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 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.

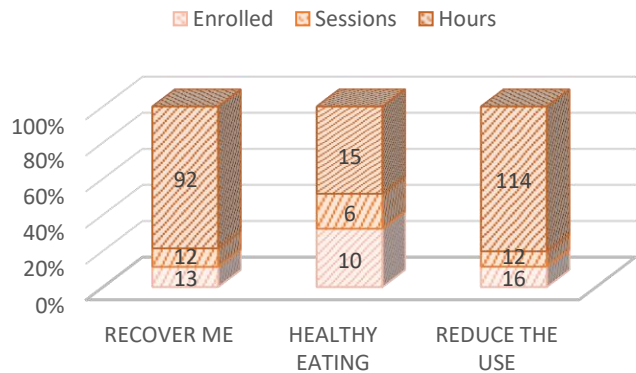
The number of people supported by *Turning Point* was 121

Female (33) & Male (88)

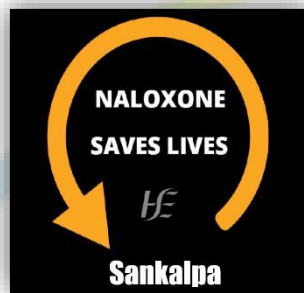
18 Overall progressions from our *Turning Point* to our Drug-Free Day programme.

27 participants progressed to residential treatment.

FACILITATED GROUPS 2023



"Giving advice rarely helps people, instead, Sankalpa provides real and meaningful support to those we care about"



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 2023 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, Uisce, Matter Hospital Social Inclusion Worker, CETTB 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
- STEPS programme



"I enjoy being in the drug group, its helping on my journey, I enjoy the support my peers".

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 programmes 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.



Connect Drug Free 2023 pro social events. The importance of having fun in recovery, cannot be overstated



Joy and fulfilment can come from knowing there is a new life on the other side of recovery, fresh opportunities and recognize joy and happiness. This is supported by Sankalpa's Drug Free fun activities.

“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



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 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.



Overview of Progressions for 2023

139
QQI
Educational &
Professional
development

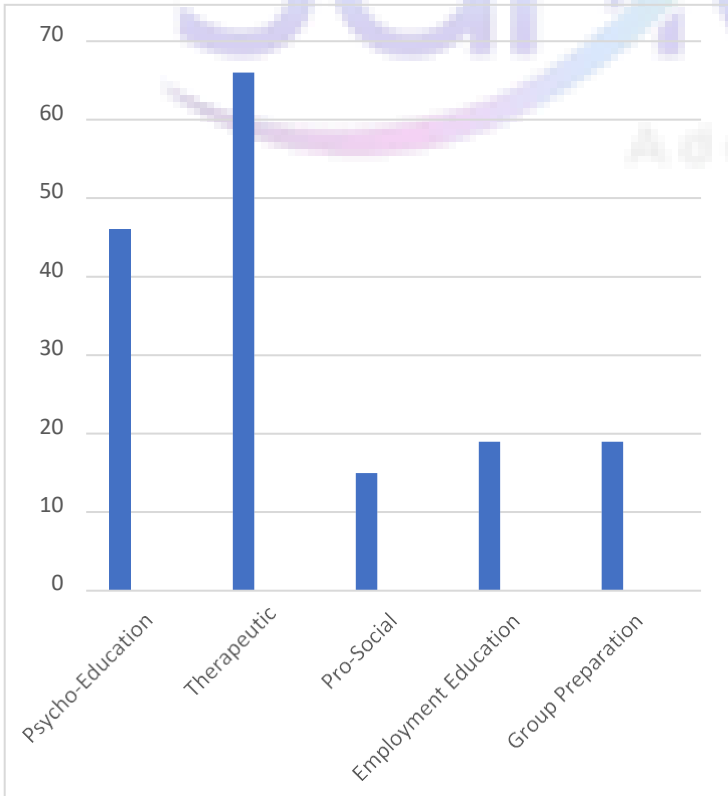
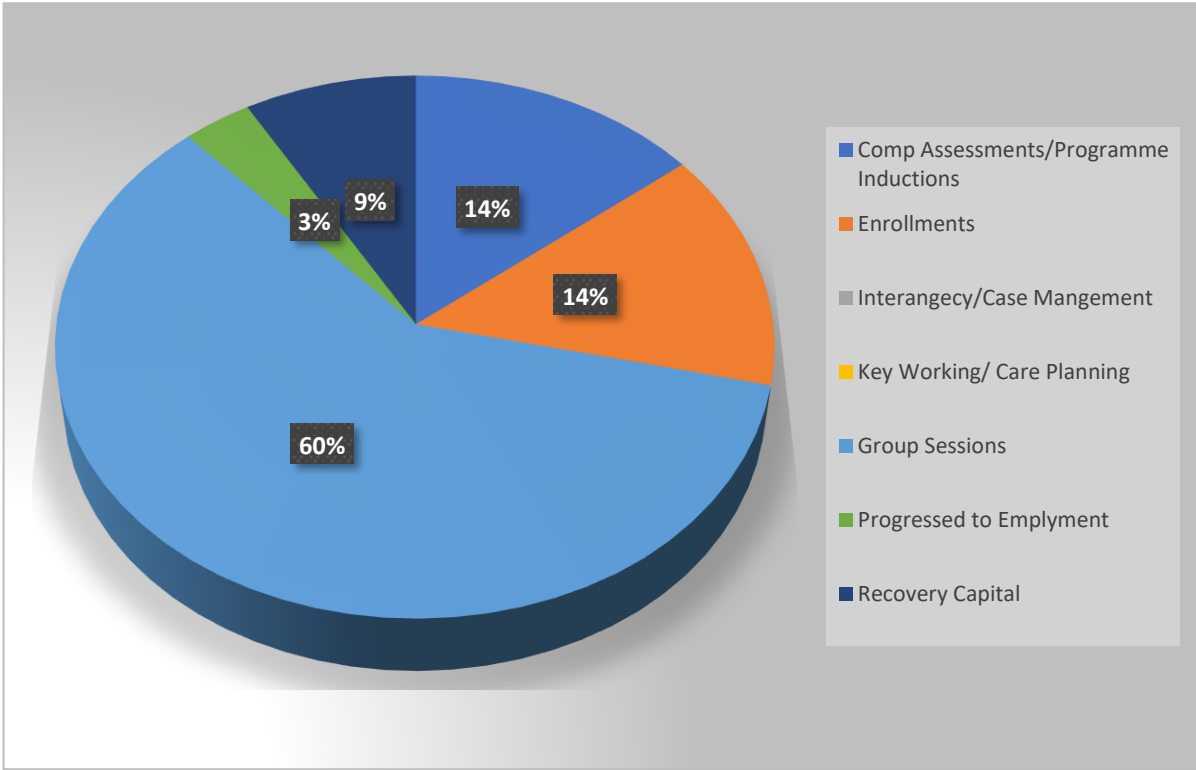
3
QQI Diploma
courses
completed

14
Participants
returned to
Employment
&
Full-time
Education



CONNECT

Drug Free Day Programme



“Recovery can be about longevity; a healthy body, mind and soul can get you there.”

My Recovery Journey

My name is Anthony Long and this is my recovery journey with Sankalpa, after I completed a residential detox and treatment episode with the Lantern PMVT in June 2022.

I was full of anxiety and fear because I was finally drug free and this was a new experience for me. I was 49 and had been using drugs since the age of 18, over 30 years of active addiction. I knew I needed more support and so I sought a day programme. Walking through the doors of Sankalpa I was met with a warm welcome and after two meetings I was delighted to be offered a place on the drug free day programme. I had no idea of what life was all about, structure was something I had never been used to from the life I led but understood it was routine that will give me stability. Sankalpa team persevered with me; Loraine was my keyworker. I left Sankalpa a few months early though because my mother passed away, but Loraine stayed in contact with me and always said *"the doors of Sankalpa are always open"*, reminding me that you can't do this alone.

And she was spot on, so I decided to return to Sankalpa in November 2022, straight away I got stuck into the groups. I learned all about structure, dealing with feelings and how to live life substance free. One of the most meaningful experiences I had was working with Phil on the CHIME project, reflecting upon my life story. It really let me see the life I had lived, a life full of crime was not working and it was one of the catalysts that changed my mind-set in a positive way and not have to resort to ways that would lead me back to life of substance use and other things. Sankalpa Connect to Workplace gave me the resources to go out into the community and seek opportunities and so I went on to do training to get my bus license. Sankalpa helped me get funding and doing the work experience helped me understand how fulfilling it could be to have a normal job and paying taxes. All that support I needed for this to happen I got while on the *"Connect to Work programme"*, with C.V presentation and interview skills. Doing mock interviews helped me to work on my confidence, and I finally got a job in 2023 with Go-Ahead Ireland driving buses. However, that role didn't suit me, so I decided to change my job because today I have choices. I now work for Euro Carin Dublin Airport; I drive the minibuses bringing customers from Euro Car to the terminals. This role suits me much better; I get to meet all sorts of people from all over the world and I have learned that I am a people's person, and this is one of my skills I never realised I had.

If anyone was to ask me what is needed to recover from addiction and find happiness and fulfilment, I would say *"no matter what goes on for you, perseverer and just don't pick up, no matter what happens. You will get through it and come out the other end."*



"Doing mock interviews helped me to work on my confidence, and finally got the job in 2023."

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

Pool – Movie Night – Karaoke

Meditation – BBQ Night – Table Quiz

Bingo Night – Board Games

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



Cocaine

“Sankalpa Turning The Tide”

Sankalpa knows that provision of services for people with cocaine addiction is insufficient. *This must change.* Ireland has the fourth highest cocaine use in the EU. The ultimate aim rests on those responsible for funding and contracting of services to work together in achieving results. It is also essential to skill the work force, and replica services that have proven to be successful.

A person’s cocaine use has quickly propelled recreational use toward the higher category of problematic use, Sankalpa has seen when cocaine use becomes compulsive, psychosocial, dysfunction, deviant behaviors, and a wide spectrum of social, financial and family problems invariably result. Therefore, support must remain relevant, easily accessible and continuous, based on a recovery approach that supports individuals on their journey.

Sankalpa is committed to this approach.

Sankalpa continues to provide the necessary services to people experiencing coexisting problems (substance use and mentalhealth).



Recovery Month 2023

Recovery month is celebrated annually a recognized internationally throughout the world beginning at the start September every year since 1989. During International Recovery month, the aim is to shine a light on recovery, make recovery visible in communities, challenge stigma, highlight that recovery is possible and show that recovery is cause for celebration. Traditionally on September 30th services shine a light on recovery by lighting up buildings around the country in purple, the color that traditionally represents recovery.

In September 2023 Sankalpa celebrated Recovery Month by hosting several events in the community aimed at celebrating recovery and including family and friends. The first event took place on Portmarnock Beach where staff members, participants and community members were invited to join in a Sea Swim. this gathered a huge crowd and was enjoyed by everyone.

Another event we hosted was on Cardiffsbridge Road in Finglas, Participants and other community groups were invited to take part in our Recovery Olympics, this was a great morning for everyone involved. Recovery is about mind, body, spirit and having fun.

We also hosted a Recovery Festival to close down Recovery month. Participants their families and community came together to enjoy music by local musicians, hot food, tea and coffee. this was a great celebration of recovery for everyone.

'Recovery is for Everyone: Every Person, Every Family, Every community'.



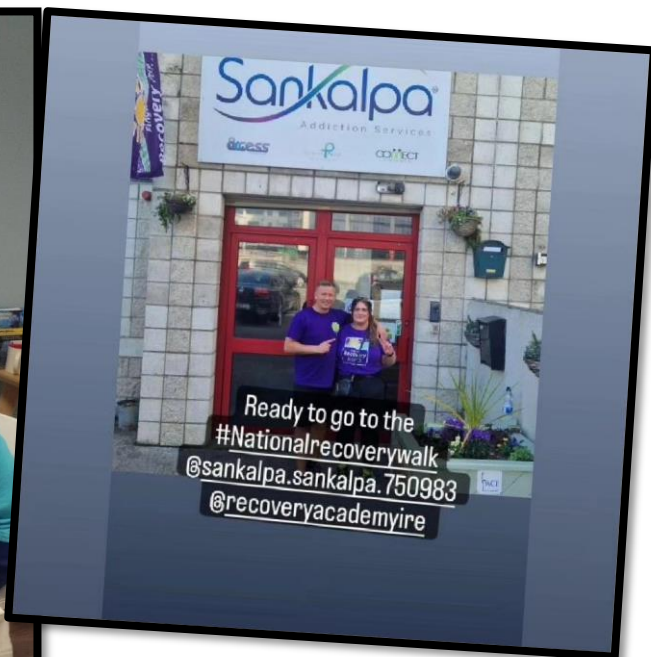


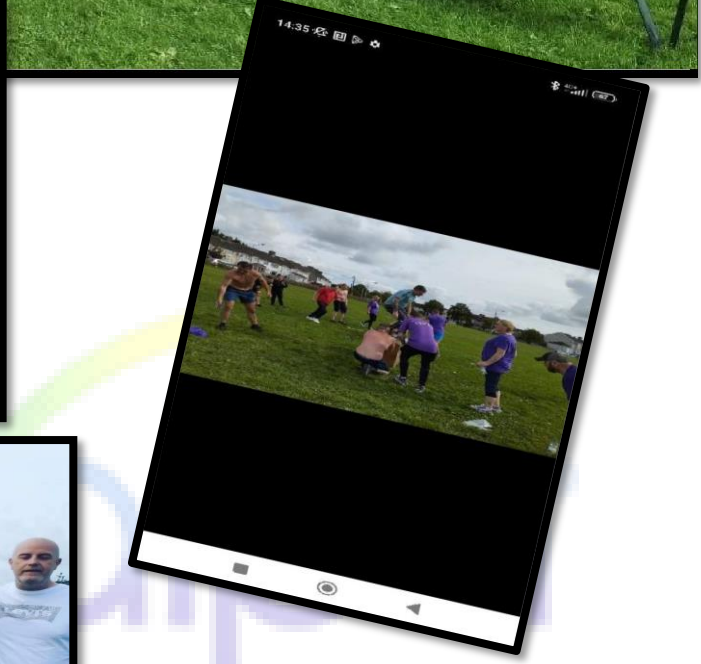
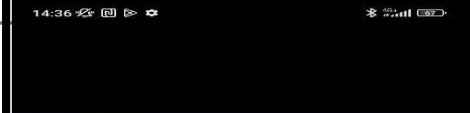
Recovery Month



Sankalpa's Recovery Olympics 2023











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 € 1,031,833

Total Expenditure € 1,040,335

■ HSE Total Income € 300,063

■ HSE Total Wages € 151,770

■ DEASP Total Income € 706,037

■ DEASP Total Wages € 695,002

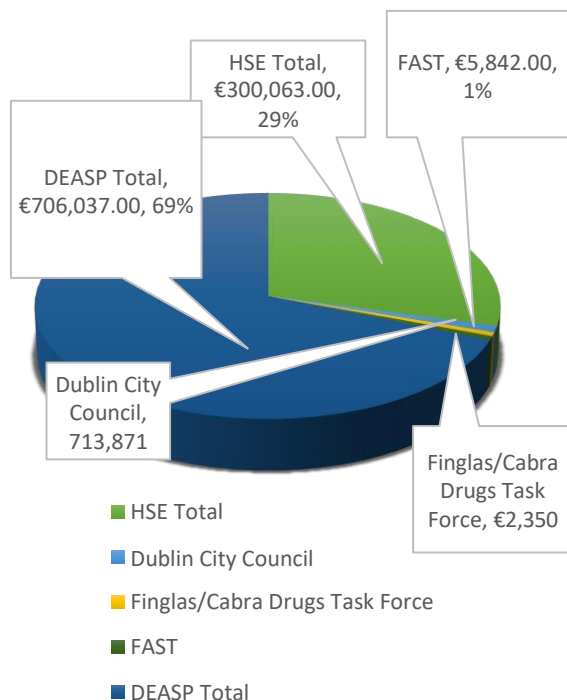
■ Finglas/Cabra Drugs Task Force € 5,456

■ Premises Costs € 52,518

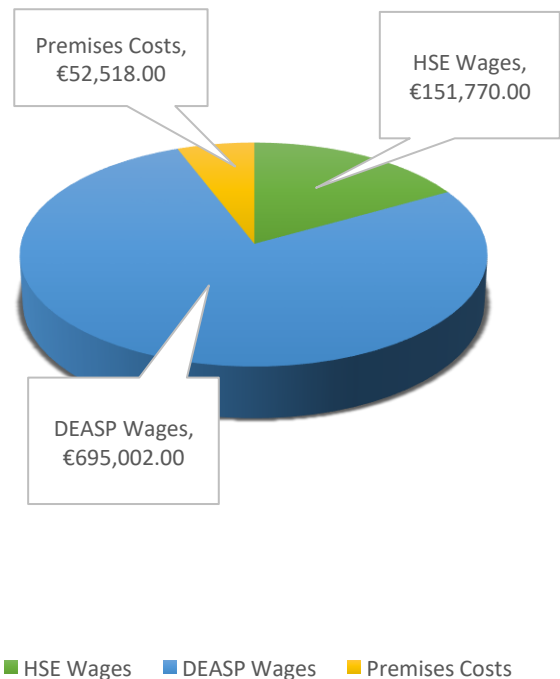
■ Dublin City Council € 8,958

■ FAST €5,842

Funding Sources 2023



Expenditure 2023



Acknowledgements 2023

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

Ballymore Construction	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	CDETБ Cabra/Finglas
The Local Cafe	Feed Our Homeless
DCU Recovery College (Liam)	St Joseph's Horse & Pony Club
Aldi Stores (Ashtown)	Irish Cancer Society
Mick (Nans) Centra & Nans Supervalu (Ballymun)	First Aid Systems
The Rediscovery Centre	LMJ Decorators
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)
Ciaran Moran	Aoife Moore
TD Mary Lou McDonald	Gary "Spike" O'Sullivan
Eric Sullivan	Anita White (HSE Project Lead for Dual Diagnosis)
Westside Gyms	

“Fight for the things that you care about but do it in a way that will lead others to join you”.

Ruth Bader Ginsburg

Sankalpa Information



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



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



<https://www.sankalpa.ie>

CINumber: 16174 Charities Regulator

NI14 Registered Company Number:

286447 Tax Registration Number:

8286447N

