

# BRASS MUNKIE

**DUBLIN**  
**COMPASSION**  
**UISCE**  
**KCCP**  
**ACET**  
**EDUCATION**  
The Snug  
**EQUAL**  
**WGRC**  
**SOILSE**  
**DROP**  
**SKILLS**  
**COMMUNITY**  
**COMMUNITY RESPONSE**  
Fingal Families  
Hesed House  
Ruhama  
BeLong To  
**D.15 CDT**  
**SONAS**  
Sankalpa  
Dual Diagnosis  
Genesis  
**CHRYSAIS**  
**TALLAGHT**  
**REHAB PROJECT**  
**ADDICTION RESPONSE CRUMLIN**  
**BALLYFERMOT SOCIAL INTERVENTION INITIATIVE**  
**NATIONAL FAMILY SUPPORT NETWORK**  
**FRONTLINE**  
FusionCPL  
**ADDICTION**  
**TURAS**  
PAVEE POINT  
**DCDAT**  
**SERVICES**  
**SUPPORT**  
Ballyfermot Star  
PATHWAYS CENTRE  
Ana Liffey Drug Project  
**HIV Ireland**  
GETAWAY PROJECT  
**RECOVERY**  
COOLMINE  
Crosscare  
**RADE**  
**SAOL**  
**rcdt**  
**SAFE**  
HOPE  
EDIT  
MQI  
**THE TALBOT CENTRE**  
**BALLYFERMOT ADVANCE PROJECT**

## WELCOME READERS!

### Did you miss us?

We are coming to you once again with a special edition of the Brass Munkie Magazine. This is a special one for a couple of reasons.

First, we have been working on it for a long time. After having the idea to publish a special issue featuring information from all services in Dublin that were available for people who use drugs, we had put the project on hold for a little bit but, luckily, we could finally make it happen!

Second, this will be the last edition under the name of "Brass Munkie". Don't worry, we are not going anywhere, we are just changing the name of the magazine! Over the last (almost) three decades, this magazine has become a source of education, information and even a safe space for sharing your personal experiences. We will always be grateful for Tommy Larkin's influence in shaping UISCE and, specially, developing Brass Munkie and, what the magazine has meant for the community of people who use drugs in Ireland. However, many of you have told us



that a name change will be the way forward.

What is the new name you ask? That is up to you to decide! If you have any suggestions feel free to let us know ([info@myuisce.org](mailto:info@myuisce.org)), but our peer led outreach team will start 2020 with a goal: to ask around to as many people possible and find a new name for our beloved publication!

This edition is also a special one because it informs you about a great project that the HSE is doing in collaboration with UISCE at the Addiction Clinics in Dublin. We will organise and co-facilitate Service User Forums. These forums will provide a safe space for you to share your thoughts, opinions and concerns about your experience in the Addiction Clinic setting. Learn more about this on page two.

Finally, we need to thank everybody that made this issue a reality. Emma and Kariba, our volunteers who worked tirelessly contacting all the services and

making sure we got all the content. All services that were kind enough to take the time to answer our questions and develop the content. Angie, our amazing graphic designer, who shares our vision and is always incredibly creative and helpful. All the peers that shared their personal stories and poems, you are amazing.

We hope you like this one as much as we do.

*By María Otero Vázquez*


With thanks to:  
Snap Charlemont Street  
01 475 0344 / [charlemont@snap.ie](mailto:charlemont@snap.ie)



# UISCE



## BE PART OF YOUR LOCAL FORUM WHERE OUR SHARED EXPERIENCES MOVE FROM WORDS TO ACTIONS



**UISCE (National Advocacy Service for People who use drugs) and  
HSE Social Inclusion Addiction Services  
are working together to organise Service User forums in the  
Drug Treatment Centres (Dublin North City & County area)**

### **What is a SERVICE USER FORUM?**

- A Service User Forum is a SAFE space where you can share your thoughts, concerns, views and opinions about your experiences in the Drug Treatment Centres with UISCE and HSE Social Inclusion Addiction Services Staff
- You will have the opportunity to contribute to improving the Addiction Services and the outcomes for all.

### **How do SERVICE USER FORUMs WORK?**

- The group will meet periodically (to be decided by the members) and UISCE and HSE Social Inclusion Addiction Services will cofacilitate the sessions, after that, the group will be peer-led.
- Once the forum is up and running, your views, suggestions and thoughts will feed into the management team. You will have an input into the design, delivery and evaluation of the Addiction Services in your area!

### **How can I GET INVOLVED?**

- Stefano Donati (HSE) and UISCE will organise information sessions in 2019 and 2020.
  - The first local forums will be set in early 2020
  - For more information please call/email:
    - **Stefano Donati (HSE): Call 087 6374522 or email [stefano.donati@hse.ie](mailto:stefano.donati@hse.ie)**
    - **UISCE: Call 01 515 7253 / 01 555 4693 or email [info@myuisce.org](mailto:info@myuisce.org)**



# CONTACT INFORMATION

## NATIONAL FAMILY SUPPORT NETWORK

📍 5 Gardiner Row, Dublin 1

☎ 01 898 0148

✉ info@fsn.ie

🌐 www.fsn.ie



### WHAT DOES YOUR PROJECT DO?

The National Family Support Network (or NFSN for short!) helps the families of people who use drugs- in a lot of different ways. We help people to find support groups in their area to connect with others in the same situation, we help family members get trained in the use of Naloxone, so they can keep the person they love safe, we help family members who are being intimidated because of drug related debt and we help family members who have lost their loved one through a drug related death.

We have over 70 groups (all over Ireland!) who are affiliated to us and all of the groups are free of charge to join. Family members tell us that they get a lot out of attending these support groups, knowing that they are not alone, making friends and networks and getting more information on the issues that affect them. Just this year we launched a Quality Standards Framework in family support, to make sure that we families everywhere can access high quality, consistent and safe supports. We also run events

throughout the year, the biggest one being our annual service of 'Commemoration and Hope' on February 1st every year. This non-religious ceremony, held on Sean McDermott Street in Dublin 1, brings together people who use drugs, their families and friends, to grieve loved ones they have lost in a spirit of dignity and hope for the future.

NFSN are involved in implementing the new National Drugs' Strategy, a document which lays out what happens when it comes to drugs, drug services and the people affected by drugs in Ireland. We keep telling the government how important it is to support family members of people who use drugs and how this benefits everyone to keep safe, deal with difficult situations and to stop the isolation of people who use drugs and their families in the community. We are really happy that through our work we got it named in the National Drug Strategy that family members are service users in their own right, this entitles them to supports and services. We are excited to be involved in the strategy so that we can make sure

all of the initiatives named in the document turn into action.

We keep family member's voices to the front and centre of our work by ensuring families are represented on our board, by bringing together peer facilitators for supervision and support and by consulting our affiliated groups on the research and policy issues we focus on.



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## CONTACT INFORMATION

### THE TALBOT CENTRE

📍 29, Upper Buckingham Street, Dublin 1

☎ 01 836 3434

✉ projectleaders.talbotcentre@hse.ie

🌐 www.hse.ie/talbotcentre

🕒 (24) Open: Mon-Fri 9.15am-5pm (Last appt 4pm)



### MISSION STATEMENT

The Talbot Centre is committed to developing supportive relationships with children, young people and their families in the North Inner City whose lives have been affected by drug and / or alcohol misuse.

### DESCRIPTION OF SERVICE

Support service for young people and families affected by drug use. Education / Training for local workers and school staff through our Education Officer.

### SERVICES MAY INCLUDE

Support, advocacy, brief interventions, family work, substance education, Learning Together, Working Together interagency training, educational inputs, family therapy, prison visits, outreach, recreational activities, brief counselling, referral to other agencies.

### ACCESS TO SERVICE

Referral from within catchment area only. We accept agency, family and self referrals.

### CATCHMENT AREA

North Inner City Drug Task Force Area Only.

### TARGET GROUP

Children, young people (priority for under 18) and their families affected by substance/alcohol misuse (either through their own substance/alcohol use or that of someone else).

### CONDITIONS OF ACCEPTANCE

Families, children and young people (up to 20 years of age) affected by substance/alcohol misuse living in North Inner City and who are willing to participate.

### DISABILITY ACCESS

No wheelchair accessibility. No disability accessible toilets.

### CONTACT

Any staff member.



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# CONTACT INFORMATION

## SAOL PROJECT

- 58 Amiens Street, Dublin 1
- 01 855 3391/3
- admin@saolproject.ie
- www.saolproject.ie



### WHAT DOES YOUR PROJECT DO?

We work with women who use drugs. We work in groups and in 1-1s with key workers. We have a CE programme for 5 mornings a week; an aftercare programme for people who can't do CE and are either drug free, stable or starting off on getting stable.

We have a group called BRIO that is for women who use drugs and have a Probation Officer/been to prison.

We look after children in our children's centre from 9.30 to 4pm every day and also work with parents who need help increasing their parenting skills. We try to work in a way that is trauma informed, so that everyone can feel safe in SAOL. We have lots of peer involvement and work to make sure that everyone who participates in SAOL has a say in how things go.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

You will hopefully feel happier, less alone, connected to others and clearer on how you want your future to be if you come to SAOL. You'll be more aware of yourself and why you take substances and you will probably change the way you take those substances too.

We don't ask you to, but most

people use less substances after coming to SAOL. Most of all you will have some time to yourself away from all your daily responsibilities; you'll have some fun with other women.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

We have successes every day. Sometimes it's people just getting in here; sometimes it's people getting a new place to live; for others it's seeing them sit at the kitchen table and have a meal. Officially, we won an Aontas award in 2017 for promoting the Learner Voice in our education classes. That was specifically for our Fashion Show event which was great fun and saw brand new models walking down the catwalk for the first time in their lives.

That was exciting and amazing and was both a real challenge and a great success for many of the women here - especially as we often spend our lives hiding and this was a day when we were out front, glamorous and brave.

### WHAT MAKES YOUR PROJECT UNIQUE?

It's a women's only project and everything that goes with that makes us unique. We try to have fun in all the things we do. There's no point to recovery if it means you're sad and lonely at the end; in SAOL we try to be a place where

laughter and joy go with making the changes you want to make.

### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

We have peer workers involved at all levels of the Project - we just interviewed for a new post and one of the participants was on the interview panel. We try to make sure that no group decisions are made without people's input - so all subjects studied, all trips and activities are decided upon with the groups.

We have a programme called BRIO that trains people to be Peer Workers and so there is a strong voice throughout the project.

### HOW DO PEOPLE JOIN?

Come to the door and you'll be seen straightaway. If you want to do CE, we'll have to get your GP or Key Worker to refer you - but come in first and we'll sort that out when necessary. All women are welcome.

### DO YOU HAVE A WAITING LIST?

No

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# CONTACT INFORMATION

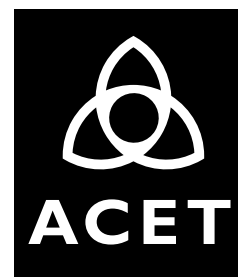
## ACET

📍 50 Lower Gardiner Street, Dublin 1

☎ 01 87 87 700

✉ dublin@acet.ie

🌐 www.acet.ie



### WHAT DOES YOUR PROJECT DO?

We offer practical and emotional one-to-one support to people affected by HIV and addiction, including the family of the person who is referred to us, if that is appropriate. This could include accompanying someone to a clinic or other appointment, linking them with appropriate services, or advocating on their behalf in difficult situations. We also offer bereavement counselling and spend time listening and being fully present with people. A small amount of non-residential and residential respite activities complement this work. We are not social workers nor do we directly offer drug treatment or rehabilitation but rather seek to build relationships of trust that allow us to walk alongside those we support.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

They can expect to be supported through the challenges they are currently facing, whether that is loss, addiction, stigma, health issues, or anything else. Ours is not merely a befriending service but is offered by highly-trained staff and volunteers who are equipped to support through profound challenges and circumstances.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

The stories from our care clients - including families whose lives we have been part of for three or four generations - are our successes. Here's a small collection of quotes from our book *Drinking from the Same Cup* (available from our office):

*"Over the years [I noticed] the compassion and love that was shown to our family by any staff member who has worked with us and the non-judgmental manner in which we were always approached."*

*"ACET quickly became not only involved in our family but became part of our family."*

*"The staff at ACET are like friends: they're part of the family, well, they're part of my family and I'm a better person because of that support."*

*"No matter what madness was taking place over the 'wilderness years', [the ACET volunteer] was always there, just being a friend, never judging, always doing what he says he will do."*

*"I've learned from ACET how to support other people: you help us do things in our own time."*

### WHAT MAKES YOUR PROJECT UNIQUE?

We engage in short- to long-term relationships, working across multiple generations, and with unique care plans. ACET works informally, with small numbers of people. We do not have a drop-

in centre nor do we run support groups, but we meet clients in places on their terms, whether that is their own home or a local café or other meeting place. Also, we give emotional and practical support, focusing on mental and holistic health, and we have a flexible approach in both practice and working hours. We offer support to ethnic minority members, including in partnership with migrant-led projects.

### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

Our care model is highly relationship-based rather than goal-oriented so staff work together with each client to create a care plan that is unique to their needs and goals. In other words, service-user involvement is part of everything we do rather than needing to be an extra space we create.

### HOW DO PEOPLE JOIN?

Either referral through a social worker, other agency or clinic, or self-referral. Our referral form can be downloaded at [www.acet.ie/referral-form/](http://www.acet.ie/referral-form/).

### DO YOU HAVE A WAITING LIST?

No but each referral is assessed as to how much and what type of support is needed, and what support can be given at that time.

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## CONTACT INFORMATION

### PATHWAYS CENTRE

📍 1A Parnell Court, Granby Row, Dublin 1

☎ 01 8726499

✉ Info@pathwayscentre.ie

🌐 www.pathwayscentre.ie



### WHAT DOES YOUR PROJECT DO?

Pathways is a CDETB programme for the reintegration of ex-prisoners and offenders through education and counselling.

Pathways Centre offers respite to former prisoners and current prisoners on day release. Those at risk of entering prison and referral in a safe and understanding environment. Education, counselling and support offered to family also.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Most of all we pride ourselves on a non-judgemental warm and welcoming atmosphere. And no one looking for help is turned away.

All who come are offered refreshments firstly and given time to adjust.

Prospective participants are given an appointment and interviewed by our support worker to assess their educational or Counselling needs with an accredited ACI Counsellor.

For those availing of education an Educational assessment is carried out to best place the student for education.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

We recently had an elderly student who had spent many years in prison (Henry Woods, 82) who achieved a Degree in Law, RIP. As Henry's motivation and passion were so inspirational, we decided to create The Henry Woods Memorial Fund for students with similar attributes.

### WHAT MAKES YOUR PROJECT UNIQUE?

Education and Counselling are 'free'. That same friendly, accepting, non-judgemental atmosphere that I, as a recovering addict and former prisoner experienced when I came here as a participant over 22 years ago. Pathways provided me with the structure and support to complete a Degree in Psychology and a Diploma in Addiction Studies. I have been employed as a counsellor here since 2000.

When people link with us and apply themselves, we do all in our power to provide continued support up to and including college, with ongoing study skills support to see them reach their goals. There is access to guidance counsellors for this and for those who prefer to seek work instead.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Participants needs are considered at all times. Our aim is to provide classes and services that meet the clients' needs and we shape

education to meet the individuals needs rather than they fitting into our structure. That is why each participant completes the educational assessment.

### HOW DO PEOPLE JOIN?

Participants come from prisons, including day release. From other projects and services to avail of the classes and services we provide. Self-refer by calling in or phoning.

### DO YOU HAVE A WAITING LIST?

No, although some classes have a cap on numbers.

### ALL OF THE PATHWAYS COURSE ARE FREE AND INCLUDE:

Coping With Change – Peer Support Group/ Photography Computers/ Math/ Politics Health Fitness/ Access to gym pool/ Addiction Studies QQI 5/ Social Studies QQI4/ Soft Skills Programme ( 5 QQI Level 3s) Wellness/ Cookery/ Baking Literacy/ English/ Creative Writing Book Club/ Film Club/ Video Production

\*We Provide continuing Study Support for all students, Guidance Counselling and Addiction Counselling.

**FREE SERVICE**





LOCAL

SERVICES

HOPE

# CONTACT INFORMATION

## HOPE

- Unit 5, Killarney Court, Buckingham Street Upper, Dublin 1
- 01887 8404
- management@hopehandson.com
- www.hopehandson.com
- Drop in: Mon-Fri / 10am-1pm

**H.O.P.E.**  
Hands On Peer  
Education



### WHAT DOES YOUR PROJECT DO?

HOPE is a community service for anyone with addiction issues and their families. We are a small project, but no one is turned away. We will assess anyone seeking help, and link you in with the appropriate service for whatever stage of your journey you are at. In HOPE we offer a full support service for those wishing to become drug or alcohol or other addiction free and find abstinence based recovery.

HOPE is located at the corner of Sean McDermott and Buckingham Streets, just in front of the monument erected by members of the community to commemorate those who died from drugs.

### OUR SERVICES:

#### Addiction Services:

Whatever your addiction issue is, or whatever you want to do about it, we will assess you and put you touch with the appropriate services to help set you on the road to recovery. For those who wish to become drug/alcohol/gambling free, we offer assessment, a full community detox, and case management. We liaise with medical professionals, psychiatric care and counselling. We provide access to day programmes and residential treatment facilities. We

provide a range of aftercare and advocacy services.

#### Advocacy Services:

We support our clients through a range of issues such as entitlements, housing, crèche places as well as accessing further education and employment.

#### Family Support:

Many members of this community are affected by addiction. This might be by living with someone in active addiction, experiencing bereavement, or by having in their care the children of unstable substance misusers. HOPE have been providing family support for many years.

#### Education:

We also support members of this community who wish to return to education, which we believe is a big part of ongoing recovery. We take student and CE placements throughout the year to help in their training.

#### Community Participation:

HOPE works with and supports other projects in this community as well as being community activists. We organise a range of events during the year such as the Bloomsday Festival, Recovery Events, and a Christmas Party.

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## CONTACT INFORMATION

### PAVEE POINT

📍 Pavee Point Traveller & Roma Centre,  
46 Charles Street Great, Dublin 1

☎ 01 8780255

✉ info@pavee.ie

🌐 paveepoint.ie



### WHAT DOES YOUR PROJECT DO?

Pavee Point works to promote human rights for Irish Travellers and Roma. People who work for Pavee Point include Travellers, Roma and members of the settled population. We work in partnership to address the needs of Travellers and Roma as minority ethnic groups who experience exclusion and marginalisation. Pavee Point works to address a number of issues through the following programmes:

- Primary Health Care Program - deliver culturally appropriate information to Travellers on the ground
- Men's health
- Mental health
- Violence against Women
- Drugs & Alcohol
- Roma programme

The Drug and Alcohol Programme works to make sure the needs of Travellers are included where decisions are made about drugs and alcohol. We support the organisations that represent Travellers in your community and train people who work with Travellers (including Travellers) to build strength in your own community.

We work to make sure that people self identify as Travellers in all

services so we can measure what's going on in our community.

With this information, we represent the rights of Travellers to the Government.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Pavee Point aims to improve the quality of life and living circumstances of Irish Travellers and Roma by working for social justice, solidarity and human rights. We work with Traveller

organisations not individuals.

### WHAT MAKES YOUR PROJECT UNIQUE?

The Drug and Alcohol programme covers a range of work including:

- National Traveller Drug Network – is organised quarterly. This meeting provides a space for Traveller organisations and drug & alcohol services to discuss and share information, network and get up to date information from relevant speakers.





# LOCAL

# SERVICES

# LOCAL

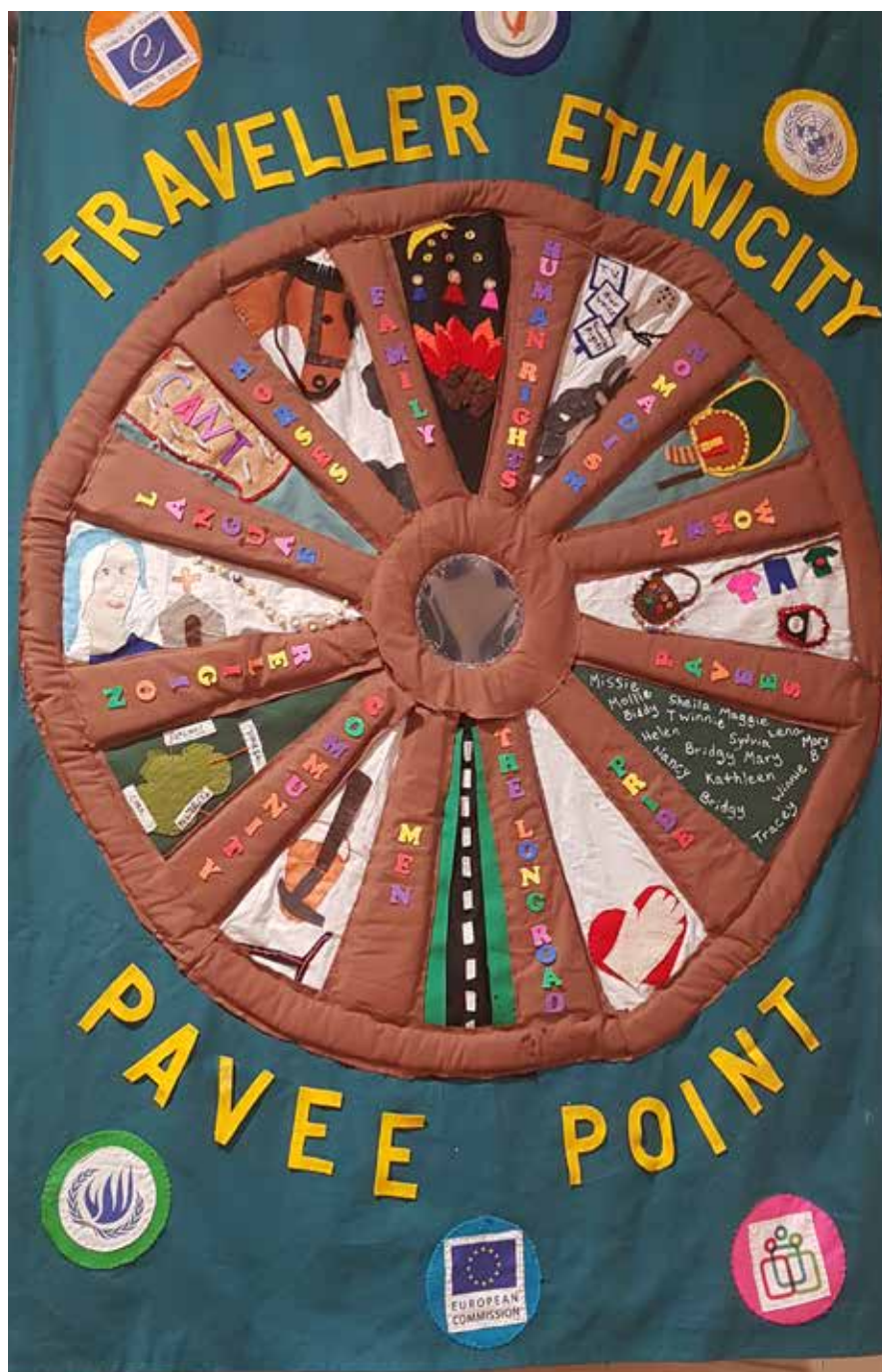
- Training and education – we provide Traveller specific drug and alcohol awareness training to Traveller organisations, Drug Task Forces and addiction services (where relevant). We aim to increase knowledge of substance misuse within our community and to support services to become more culturally appropriate and accessible for Traveller .
- Prison Work – Pavee Point liaises with the Traveller Prison Initiative to support Travellers in prison and their families
- Promoting and supporting Traveller inclusion and representation on external bodies. Making sure the Traveller voice is heard and is part of decision making processes .
- Research and publications – specific to Travellers and substance misuse.

## HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Through on-going work with Traveller organisations, members of the Traveller & Roma communities, Primary Health Care workers and research the organisation aims to get meaningful information and work towards improving outcomes for Traveller and Roma communities.

Pavee Point aims to promote Traveller and Roma inclusion and participation to ensure their voice is at the forefront of our work.

Pavee Point sits on several committees to feed information and lobby for the rights of Travellers and Roma.



## INCLUSION

# ANA LIFFEY DRUG PROJECT

## CONTACT INFORMATION

### ANA LIFFEY DRUG PROJECT - DUBLIN SERVICES

📍 51 Middle Abbey Street, Dublin 1

### ANA LIFFEY DRUG PROJECT - ASSERTIVE CASE MANAGEMENT TEAM

📍 Outreach in City Centre and North East Inner City

📞 1800 78 68 28

✉ info@aldp.ie

🌐 www.aldp.ie



### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

People will be offered a key worker or case manager if they do not already have one and if they need one. We will work with people to create a plan with their goals in it and work towards their goals. People can have a variety of different goals, they do not need to wish to become abstinent to work with us.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

We have worked with people who have been excluded from multiple other services and who have had extremely negative experiences of being excluded, further marginalised and lost in the system. We have created trusting relationships to work for these people and we are proud of that.

### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

Our project workers seek feedback from service users and feed it back to management. We also have an

annual service user's feedback survey and suggestion boxes in our buildings. If we are thinking of running a new initiative we will seek service user feedback before implementing anything.

### ANA LIFFEY DRUG PROJECT - DUBLIN SERVICES

#### WHAT DOES YOUR PROJECT DO?

Our project offers people who are actively using drugs the following services:

- Case management
- Key working
- Nursing surgery
- Drop In
- Treatment Options Group
- Reduce the Use Group
- Needle and Syringe programme
- Prison visits

#### WHAT MAKES YOUR PROJECT UNIQUE?

We have an active inclusion policy that means we work with each individual to ensure they can access our service in a way that works for them.

### HOW DO PEOPLE JOIN?

People can call us for free on our 1800 78 68 28 number or call to the door between 9.45am and 12pm Monday to Friday. People can have another worker refer them if they wish.

There is no form, just call or show up and we will do a brief assessment with you to see what services we can provide to meet your needs.

### DO YOU HAVE A WAITING LIST?

Not for our drop in, case management or needle and syringe programme. Occasionally we do have a waiting list for our groups.

### ANA LIFFEY DRUG PROJECT- ASSERTIVE CASE MANAGEMENT TEAM

#### WHAT DOES YOUR PROJECT DO?

Our project offers people who are actively using drugs the following services:

- Case management
- Brief interventions





## WHAT MAKES YOUR PROJECT UNIQUE?

Our team will meet people on outreach, in their homes, in the local community or in the Ana Liffey offices at times that suit them to do their case management work. We will go with people to their appointments in other agencies if they like and give lots of small and big supports in order to help people to achieve their goals.

## HOW DO PEOPLE JOIN?

Call us for free on 1800 786828 and ask for Rory, he'll either take the call or call you back. You can call or text him on his mobile too on 085 2540472. The team will meet you where and when it suits and do a brief assessment with you and explain our services to you.



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## CONTACT INFORMATION



### RUHAMA

📍 30/31 Camden Street Lower, Dublin 2

☎ 01 836 0292

✉ admin@ruhamas.ie

🌐 www.ruhamas.ie

### WHAT DOES YOUR PROJECT DO?

Ruhamas supports women who are affected by prostitution/and or sex trafficking .

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

They can expect to gain measurable improvements in their quality of life. Areas include: recovery from trauma; improvement in health, wellbeing and harm reduction measures; confidence, self-awareness, interpersonal skills and relationships; employment opportunities and career choices; education and training; housing and accommodation. They can receive support around legal issues, whether they face charges or have immigration concerns. We have an outreach van 4/5 nights a week in Dublins red light districts where we meet women in street prostitution. These women will receive brief interventions, sexual health packs, personal alarms, information and referral, and a safe space to talk. Ruhamas takes a trauma informed care approach and meets each woman where she is at.

### WHAT MAKES YOUR PROJECT UNIQUE?

Ruhamas is the only dedicated front-line service in Ireland to women who have been affected by prostitution and sex trafficking.

We were established 30 years ago and since that time, thousands of women have accessed our services. Each woman who comes to our project is treated with dignity and respect.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Service users are invited to give feedback and evaluate services on a regular basis. In addition, service users develop their own care plans where they identify their goals and are supported to achieve them. There are a number of focus groups each year where women are invited to take part in assessing and evaluating their experience of Ruhamas. Ruhamas includes past service users where possible on steering committees/ working groups and women leaving the service are invited to an exit interview.

Service users take part in the development of the strategic plan. Ruhamas does invite service users to contribute to research/speaking at events/public talks but has 'guidelines for women speaking publicly' so that service users are not exposed or traumatised in this process.

### HOW DO PEOPLE JOIN?

Women can ring us, email us or drop in to our offices (see contact details above).

They can also be referred (with their permission) by any professionals who they might be linked in with – social workers, GP's, Gardaí, Solicitors etc.

### DO YOU HAVE A WAITING LIST?

No, we will respond to all new referrals within the week by phone or email. It may take longer to set up a first meeting but we will stay in contact with the woman so that she is kept fully informed about what is happening.

### PERSONAL STORY

*The first night Ruhamas met with Anna she had been assaulted on a Dublin street. She sat into our outreach van and explained how she had ended up working on the streets, after years of addiction. Anna would get on the van when we were out and it took a full year of contact with Anna before she said was ready to get clean and get off the streets. Over the next couple of years, Anna and Ruhamas worked together.*

*It had become obvious that Anna was really smart and she excelled in any programmes she did in Ruhamas. Anna was supported to do a college access programme, then she did a degree and has just finished a Masters. Anna also runs her own successful communications business.*

*Anna is no longer a Ruhamas service user and while her life was shaped by the poor chances she had as a child, it was also shaped by her own resilience and drive and support from Ruhamas.*

## FREE SERVICE





LOCAL

SERVICES

SONAS

# CONTACT INFORMATION

## SONAS

- 📍 Sonas Head Office, 5 Aston Quay, Dublin 2
- ☎ 087 952 5217
- ✉ advice@sonasdomesticabuse.ie
- 🌐 [www.domesticabuse.ie/our-services/outreach/](http://www.domesticabuse.ie/our-services/outreach/)



### WHAT DOES YOUR PROJECT DO?

Sonas is the largest provider of frontline services to women and children experiencing domestic abuse in the greater Dublin region. We support women and children experiencing domestic abuse by providing effective, quality services. We advocate on women and children's behalf with other services and on issues that impact on the safety, welfare and wellbeing of women and children experiencing domestic abuse.

Sonas Advice and Outreach program provides support for women experiencing domestic abuse offering general advice and signposting to other services, as well as specific advice on risk and safety assessment/ planning, court accompaniment and legal issues. The service is also preventative by helping women increase their safety at home and is also a post-Refuge support.

Support is offered by appointment

### WHERE?

Primarily North and West Dublin on a 1 to 1 appointment basis - but we will work to support you wherever your location or refer you to a similar service which may be closer to you.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

A member of our Outreach team will meet you at an agreed safe location for a 1 to 1 appointment. Please note that the service is an advice and signposting service – it is not a counselling service but we can signpost you to organisations that provide counselling.

### HOW LONG WILL SUPPORT BE PROVIDED?

Support is provided on a short to medium-term, depending on your needs.

### HOW DO PEOPLE JOIN?

If you are experiencing domestic abuse you can self-refer to this service.

If you are linked with an agency, they can refer you to SONAS but a member of the Outreach Team will still speak to you directly; an exception on speaking to you directly is made if you are unable to talk on the phone due to injury, disability, language barrier or safety

### DO YOU HAVE A WAITING LIST?

No, we will respond to all new referrals within the week by phone or email. It may take longer to set up a first meeting but we will stay in contact with the woman so that she is kept fully informed about what is happening.



**FREE  
SERVICE**



## CONTACT INFORMATION

### BELONG TO: SUPPORTING LESBIAN, GAY, BISEXUAL & TRANS YOUNG PEOPLE IN IRELAND

- 📍 13 Parliament House, Parliament Street, Dublin 2
- ☎ 01 670 6223
- ✉ info@belongto.org
- 🌐 www.belongto.org



### WHAT DOES YOUR PROJECT DO?

BeLonG To Drugs and Alcohol Service is a service for LGBTI+ young people who use drugs and follows a model of harm reduction with an emphasis on support, education and empowerment. This is done through supporting young LGBTI+ people in relation to issues of alcohol and drug use in a non-judgmental, non-stigmatising and confidential manner. The Service:

- Provides education and information to the young LGBTI+ community to raise awareness on drug and alcohol use within the community.
- Connects young LGBTI+ drug users to the service through outreach work.
- Refers young LGBTI+ people to specialised agencies and services for further safe and positive support.
- Trains mainstream drug services in making their space safe for LGBTI+ service users.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Young LGBTI+ people who use BeLonG To Drug and Alcohol Service can expect to be met with care, compassion, respect and understanding. Through listening and support we aim to educate and empower LGBTI+ young

people so they can make informed decisions and reduce harm and harms associated with their drug use.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

BeLonG To Drug & Alcohol Service has led the way in developing a dynamic and innovative response to the needs of LGBTI+ young people in relation to issues around drug and alcohol use. BeLonG To see drug use as a health issue and not one of criminal justice and have taken a position in favour of decriminalisation. BeLonG To, along with a host of other agencies, presented to The Joint Committee on Justice, Defence and Equality arguing in favour of such an approach. A consensus was reached in favour and now Ireland is on the brink of changing how we treat those most affected by drug use. BeLonG To has for the past 15 years been at the forefront of bringing about social change in Ireland.

### WHAT MAKES YOUR PROJECT UNIQUE?

BeLonG To Drug and Alcohol service is unique in that it is still the only designated LGBTI+ drugs service in Ireland. It also provides the only street-based outreach programme targeting hard-to-reach LGBTI+ youth who are

otherwise not engaged in services and includes young people in the development of its services. Our project is unique in that our outreach service targets other services (youth services, drugs and alcohol services, youth reach, homeless services etc.) and we target these services and projects to increase awareness about our service for LGBTI+ young people and to let these services know about our trainings and making their service more inclusive to the LGBTI+ community. The service-based outreach is developed to target hard to reach young LGBTI+ people who don't know about our service and the supports available to them.

### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

BeLonG To Drug and Alcohol Service empowers LGBTI+ young people to become active participants in the service and to advocate for improved services, education and less harmful drug policy.

### HOW DO PEOPLE JOIN?

Self-referral or referral.

### DO YOU HAVE A WAITING LIST?

No.

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SERVICE**



LOCAL

SERVICES

COOLMINE

## CONTACT INFORMATION

### NORTH DUBLIN TRAVELLERS AND NEW COMMUNITIES OUTREACH

📍 19 Lord Edward Street, Dublin 2

📞 087 366 1499

✉️ tom@coolminetc.ie

🌐 www.coolminetc.ie



#### WHAT DOES YOUR PROJECT DO?

Assertive outreach for travellers and new communities. Supporting the client base with problematic substance use issues.

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

They can expect to be treated with compassion and respect, while they are given ownership of defining their care plans based on their individual needs. Our role is to support them through a variety of different approaches to facilitate person specific, positive outcomes.

#### TELL US ABOUT A SUCCESS YOU HAVE HAD ?

We have a number of people who have completed detox and are currently drug/ alcohol free.

A number of clients have been assessed and referred to residential services including clients from Prison.

#### WHAT MAKES YOUR PROJECT UNIQUE?

We are the only addiction specific project working in this area who provide a comprehensive programme geared towards our client base. We provide outreach / in reach, client advocacy, CRA approach, family support and one to one work.

#### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

Strong advocacy voice for service users while providing the opportunity to our clients to develop self-efficacy so they become their own advocates.

#### HOW DO PEOPLE JOIN?

Family, Self, Detox providers, Community Services including community drug teams, probation, Irish Prison Services, GP's.

#### DO YOU HAVE A WAITING LIST?

No, we provide support usually within 24 to 48 hours from referral.




**RESPECT**




## CONTACT INFORMATION

### CROSSCARE DRUG AND ALCOHOL PROGRAMME (DAP)

 Holy Cross College, Clonliffe Road, Dublin 3

 01 836 0011

 DAP@crosscare.ie

 www.crosscare.ie



### WHAT DOES YOUR PROJECT DO?

Crosscare Drug and Alcohol Programme (DAP) aims to inform and support those directly or indirectly affected by addiction, to make informed choices and access relevant support and treatment plans. In addition, DAP aims to work positively to affect policy and social change in addiction related areas, through engagement and collaboration with service users and other service providers.

DAP offers support and training in the area of addiction. We provide counselling and key working in Drumcondra, Swords, Finglas and Balbriggan. Each individual is offered 6-8 weeks with a review to continue after this timeframe to see if they need more on-going support. We provide support for family members or significant others who are dealing with a loved one's primary or process addiction. Crosscare DAP also roll out the STRONG (Strength Through Resilience Offers New Growth) programme for children aged 7-11 years who are living with familial substance misuse and offer one to one counselling sessions for children needing further support after the programme.

Training is provided for individuals and agencies in the voluntary

sector who work first hand with individuals presenting with substance use issues. We also provide training for Crosscare staff, clients and volunteers. Crosscare DAP also facilitates support groups and offers programmes to local schools and community organisations.

We offer phone support and have published 'Don't Lose the Head' an easy-to-read booklet that aims to support parents/significant adults in negotiating the topic of substance use issues with young people.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

People will feel very welcome in any Crosscare DAP service and will feel listened to without any judgement. Each person is supported in the direction they hope their life will move towards. Crosscare DAP offers a safe space for people to share the parts of their lives they feel they need support with and also offer a menu of options for further treatment options. Crosscare DAP will also link with other agencies and services as requested by the client such as probation, Gardaí, health centres, GP's and mental health teams.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

Crosscare DAP worked with a 19 year old client for one to one counselling in relation to substance misuse. This young person was very concerned that their younger siblings were being affected by their behaviours. DAP offered the siblings a place on the STRONG programme which aims to build resilience in young children living with familial substance misuse. The mother of the young person requested some family work and DAP worked in conjunction with Crosscare's Teen counselling service in order to provide support for the young persons mother and their relationship with each other. Crosscare DAP linked with the local Crosscare youth service which the young person attended and through a combined effort sourced a place in a long term residential treatment centre. During this time the younger siblings attended one to one counselling with a Crosscare DAP counsellor. The family have stated that life is much better for them all now.

In support of our work, Crosscare DAP has received donations from several community organisations including Aldi, Irish Youth Foundation/Applegreen Blossom Fund and local schools.





# LOCAL

# SERVICES

# LOCAL



## WHAT MAKES YOUR PROJECT UNIQUE?

Crosscare DAP has a low threshold criteria. We work with any addiction and at any stage of addiction. We work with children and teens living with familial substance misuse as well as people who are engaged in substance misuse or other process addictions such as gambling and gaming. Crosscare DAP provides keyworkers and counsellors who often work together with the same person depending on their needs.

## HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Crosscare DAP offers a safe space where people can speak with someone on a one to one basis. Also, there are feedback forms for people to fill in at any stage of their journey with Crosscare DAP.

## HOW DO PEOPLE JOIN?

People can self-refer. People can also be referred by a family member, other organisation or service.

## DO YOU HAVE A WAITING LIST?

The waiting list can depend on the time of year however DAP tries to see people as soon as possible after they have referred in.






# FREE SERVICE





## CONTACT INFORMATION

### EDENMORE DRUG INTERVENTION TEAM

-  Unit 6 Edenmore Avenue, Edenmore, Raheny, Dublin 5
-  01 8670271 / 0868380209
-  [info@teamedit.ie](mailto:info@teamedit.ie)



#### WHAT DOES YOUR PROJECT DO?

Edenmore Drug Intervention Team (EDIT) is a community based drug and alcohol service residing in the heart of Edenmore community. We are committed to working with those experiencing difficulties with drugs and/or alcohol from the age of 14 years and upwards.

We offer a range of meaningful and appropriate services to young people, adults, and concerned persons, which are tailored to the individual's specific needs and focus on addressing drug and alcohol use. We aim to help those using our services to become independent of substances and services for improved quality of life. We also work with family members and concerned persons from the age of 14 years, as we believe that everyone in the family unit needs support.

We believe in removing the stigma of using drug and alcohol services and strive to provide an environment that is warm, welcoming and professional. Somewhere that people who need our services want to come back!

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

On assessment, we ask each

individual what they would like to achieve by coming to our service and we will work with them towards whatever goal they have. Whether that is to be safer in their drug and alcohol use, become more stable on their prescribed medication, reduce their use, be referred into treatment or work towards being substance free in the community and then attend aftercare.

Each individual can expect that we will work with them to raise their own awareness of their substance use so that they are making informed decisions and have more control over their thoughts and actions. Our main outcome is for

individuals to realise they have choices, and by making different decisions they can have more control over their lives.

#### TELL US ABOUT A SUCCESS YOU HAVE HAD ?

During the past 12 months EDIT has changed significantly. We have moved building and created a beautiful and professional environment for those using our services to come and spend time in. We are now offering a wider range of professional services than ever before to suit each individual's needs. We are very proud of what we have achieved!





## WHAT MAKES YOUR PROJECT UNIQUE?

We have the capacity to provide wrap around services to all family members from the age of 14 years, providing support for the individual using substances and then providing support to other family members.

We also welcome the opportunity to work with other organisations to support those using our services, and are planning a few collaborations in the near future to try and remove the barriers that individuals experience when trying to access different treatment options. That's the aspiration anyway!

## HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

This is actually something that our Board of Management have asked the staff team to look at. We

would like service users to have a voice and give feedback about how our project operates – we need to find the most meaningful way of doing this and are open to suggestions! One of our board members recently met with a number of clients to chat to them about the services that they receive from EDIT. We hope to do this on a regular basis.

## HOW DO PEOPLE JOIN?

We will take referrals from anyone – whether this is a self-referral or agency-to-agency referral. We do have professional referral forms if required so email [info@teamedit.ie](mailto:info@teamedit.ie)

We also operate an open door policy if someone would like to drop in or ring and talk to a staff member to find out about our services and make an appointment.

## DO YOU HAVE A WAITING LIST?





No waiting list at present.





# CONTACT INFORMATION

## KILBARRACK COAST COMMUNITY PROGRAMME

-  Kilbarrack Community Hall, Greendale Road, Kilbarrack, Dublin 5
-  01 832 4516
-  info@kccp.net
-  www.kccp.ie

### ABOUT

KCCP was set up by the community for the community in 1998. In 2008 KCCP received an Aontas Star Award for being the best adult educational centre in Dublin.

KCCP provides training for people on our structured programmes. We provide training in General Learning, Internet Skills, Painting, Art, Computer Skills, Reading, Quantity and Numbers, Safe Pass, Healthy Food Made Easy, First Aid, Sound Engineering and Music Technology, Property Maintenance, Introduction to Adventure Skills, Forklift Course, Manual Handling, Sports & Fitness, Security Guarding, Teaching Aquatics, Lifeguard/Lifesaving Course.

This level of training helps people progress into full-time employment and into third level courses. The young people on our Reach-Out Project have proven

themselves gifted in writing scripts, acting in and producing videos with relevant messages. These videos have gone on to receive awards (see our webpage). KCCP places the person who uses the service at the centre of all of our programmes.

A person who uses the services is on the management committee at all times.

### KCCP PROVIDES A RANGE OF COMMUNITY SERVICES:

1. Adult Drug and Alcohol Rehabilitation Service - It is a structured, Community Employment, rehabilitation programme which provides education, training, personal development, counselling and support.
2. The Reach-Out Project - This project supports young people who are 18-25 and looking for support with cannabis, alcohol



and tablets. It is run over four afternoons per week (19 ½ hours per week). From 9.30am to 1.30pm Monday to Thursday, 9.30am to 1pm Friday.

3. Youth Matters is a programme for young people between 6-20yrs, providing a range of stimulating and varied activities, age appropriate games, informal life skills, activities including summer projects, trips away, fun days etc.
4. Substance Abuse Services Specific to Youth (SASSY) - KCCP has linked in with SASSY who provide specialist counselling for adolescent who use drugs (12-18 years of age).
5. Parent and Family Support Services - KCCP recognises that drug/alcohol use affects the whole family and the community as well. KCCP offers a variety of supports to family members affected by drug/alcohol misuse, offering information, advice and support. The St. John Parent Support group meets every Wednesday night at 8pm.
6. Counselling & Referral Service - KCCP offers a counselling service.
7. KCCP runs a Parent Toddler Group every Thursday between 10.30 am -12.30 pm. The group offers support and developmental play with children between 0-4yrs.







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# CONTACT INFORMATION

## SOILSE

-  Basement Offices, 16-22 Green Street, Dublin 7
-  01 872 4535
-  soilse@hse.ie
-  www.soilse.ie

### WHAT DOES YOUR PROJECT DO?

Soilse offers two day programmes: a pre-detox programme which prepares people who are stabilised on methadone (pre-detox) for detox and a recovery programme for people who are drug-free. The pre-detox programme is based in Henrietta Place and provides addiction education, relapse prevention, recovery group work, care planning and one-to-one support. In addition, there are sessions on mindfulness, health, fitness, communications and art together with literacy support.

There is also a weekly opioid replacement therapy (ORT) meeting. The drug-free programme in Green Street has a strong emphasis on recovery education, relapse prevention and care planning. Career guidance is available as well as educational support for those who choose to go on to further education. Peer support is available from Soilse's recovery coaches. There is a weekly NA meeting open to all participants.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Soilse offers a continuum of care. People in our Henrietta Place programme will be supported to do a residential detox and treatment programme, and then to progress to the Green Street (drug-free) programme. People on the Green Street programme will focus on

consolidating their recovery and preventing relapse. When they finish the Soilse programme, they will have a progression plan in place for further education or work.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

Soilse has won a number of STAR Awards (from Aontas - the National Adult Learning Organisation) for various aspects of our programmes. In March 2018, we won a national STAR Award for adult learning initiatives that promote health and wellbeing. We try to incorporate wellbeing into all aspects of our programme and the lives of our service users. For instance, we offer a gym-based fitness programme, hill-walking and other outdoor activities, alternative therapies, mindfulness, stress management, nutrition workshops, smoking cessation, and talks on sexual health and other health topics. All of this is underpinned by our overriding emphasis on recovery.

### WHAT MAKES YOUR PROJECT UNIQUE?

What makes Soilse unique is our strong belief in, and promotion of, recovery. We believe passionately that people can move from a life of dependence on addiction services to a life of fulfilment, wellbeing and full participation in society. We try to empower people to achieve that life.



### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

We have a Service User Forum where representatives, elected by their peers, can raise issues and concerns or make suggestions. We hold regular community meetings where participants and staff can discuss concerns. We also conduct regular evaluations with participants on how they feel the programme is going and how Soilse could improve its service.

### HOW DO PEOPLE JOIN?

To be eligible for Soilse, people must have a history of opiate addiction (and meet certain other eligibility requirements). People can apply directly to Soilse or they can be referred by a professional or by a project or agency. The first step is to complete an application form which is available on our website, [www.soilse.ie](http://www.soilse.ie). Applicants will then be called for an assessment to see if Soilse is the right programme for them.

### DO YOU HAVE A WAITING LIST?





Our Henrietta Place programme has a continuous intake policy for suitable applicants. Our Green Street programme runs consecutive intake groups. An applicant may have to wait until the next group starts.

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## CONTACT INFORMATION

### GATEWAY PROJECT

-  42 Manor Street, Dublin 7
-  01 822 3002
-  carmelbrien@gatewayproject.ie
-  gatewayproject.ie



### WHAT DOES YOUR PROJECT DO?

The Gateway Project is a Pre-Employment Education and Skills Training Project for women.

We encourage social inclusion for women in the local community recovering from addictions.

It is an integrated project tailored to meet the whole of the client's needs, providing a comprehensive package of work skills, training and social supports.

The Project, with a CE programme provides a programme of QQI accredited training, from Level 3 to Level 5 in Healthcare, Childcare and Business Administration Studies.

Our key aims are :

- To equip learners with the required skills and confidence, to prepare them in their initial preparation for employment.
- To encourage women to identify their skills and talents and to harness these.
- Increase ability to interact with non drug users and to form and maintain relationships.

- Assist learners to resolve social issues in their lives. To develop a belief in individuals' abilities and potential.
- Provide holistic support structure through advocacy, Networking and Links with Organizations to disseminate information.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

During the participants time in Gateway they can achieve full Major Award Qualification in Healthcare, Childcare, Business Administration Studies, Life Skills.

### TELL US ABOUT A SUCCESS YOU HAVE HAD ?

Gateway participants have progressed to higher education and also to Full time employment.

We have progression to:

Healthcare Assistant, Childcare Workers, DIT-Applied Social Studies, Local Community Centres, Trinity College, Marino Health Centre, Office worker, Administration Worker. Some student's comments:

### PERSONAL STORIES

*"I absorb all training that is available to gain as much experience as I can especially leaning towards childcare."*

*My Confidence has increased and so has my ability to study and go forward with all available Modules. I have routine back in my life which brings stability both at home and in Gateway."*

*"Before starting with Gateway I had no computer knowledge but since starting training my computer skills have really improved. In particular Care of the Elderly brought me great happiness. I realise from completing this course this is the line of work I wish to follow."*





## SKILLS EDUCATION INCLUSION TRAINING SUPPORT



### WHAT MAKES YOUR PROJECT UNIQUE?

We are delivering the training for women in recovery and as their CE place is for 3-4 years we deliver all 8 modules needed for Full Major Award in Childcare, Healthcare and Business Administration studies. We have a Recovery Coach to support our participants in their recovery journey and help them avoid relapses, or help them get back on track after a slip. Gateway complements its Training Programme with relevant supports with respect and dignity.

### HOW DO PEOPLE USING THE

### SERVICE HAVE THEIR VOICE INCLUDED?

Gateway Project evaluates our training programme twice yearly and all participants and tutors take part in the overall evaluation. By listening to our participants ideas, comments and showing them importance of their voice, our services are more efficient and effective and truly focus on the women and their needs.

### HOW DO PEOPLE JOIN?

All applications are by referral and applicants must be eligible to participate on CE Scheme.

### DO YOU HAVE A WAITING LIST?





We have capacity of 30 places, but at the present we have only 5 places available.

# FREE SERVICE



## CONTACT INFORMATION

### CHRYsalis COMMUNITY DRUG PROJECT

-  33 Manor Street, Dublin 7
-  01 882 3362
-  [ross@chrysalisdrugproject.org](mailto:ross@chrysalisdrugproject.org)
-  [www.chrysalisproject.ie](http://www.chrysalisproject.ie)



**CHRYsalis**  
COMMUNITY DRUG PROJECT



### ABOUT

Chrysalis is a Community Drug Project which focuses on harm reduction. We deliver a safe, compassionate space and a variety of different services from key working & case management to addiction counselling for people and families affected by drug or alcohol misuse within the North Inner City area. We provide support around stabilizing and entering residential detox if required.

The project is quite unique as we have different services along the continuum of care so we can engage you where you're at. We have our MERG (Monday Evening Recovery Group) group on a Monday evening for those in the early stages of their recovery, a Peer led Social Night every Tuesday, a SMART Recovery meeting every Wednesday and a Peer led Drug Free Recovery evening every Thursday. There's football every Friday evening and the team have won a number of tournaments.

We offer those that attend our service the opportunity to get involved as Peer Volunteers at our Social Night and our Recovery Night. We take volunteers at various stages of recovery. We provide all our peer volunteers access to training and support and most importantly - All we ask

is that you have a connection to the North Inner City area and are experiencing or have experienced substance use either directly or indirectly.

Our aim is to give people a chance to build new relationships, build new friendships and be supported all the way. All you need to do is give us a call!

For further information on the above you can contact Miriam on 086-2198853 or [miriam@chrysalisproject.ie](mailto:miriam@chrysalisproject.ie)

### PERSONAL STORY

*"My name is John and I have been a service user in Chrysalis for the past 5 years and have availed of many of the services on offer. I initially attended for key working as I was very chaotic and my drug use was getting progressively worse.*

*From day one I always found it a very safe place to go with a very relaxed atmosphere. The staff there were incredibly helpful, patient and understanding. I would*

*have started attending the Monday night MERG group and the Tuesday Social Night at the start which was a chance to socialise with other addicts who were working towards becoming abstinent from drugs.*

*Chrysalis helped me so much with a lot of my problems from health issues, legal trouble, accommodation, family and addiction problems. They guided and helped me get to a stage where I was ready to go into Detox and Rehab.*

*Since I came out of treatment I started counselling and attending the Thursday Recovery Night which has a check in group which has been a huge help in my recovery and a chance to meet other people and get feedback and support and I now attend as a peer-worker. I am hugely indebted to Chrysalis and I know I would not be where I am today if it wasn't for them and the amazing team there."*





## RESOURCES

### CHRYSLIS SEX WORK PROJECT

Chrysalis Sex Work Project provides a range of additional services to people engaged in sex work. It is open to all people who are or have engaged in sex work regardless of gender identity, background or catchment area. It provides a wide range of services, street outreach to female sex workers, net reach, safety advice and information, provision of harm reduction materials, case management and advocacy work, crisis intervention, referrals to specialised services, in reach support to prisons, hospitals etc, training to professionals and community groups.

As part of this service a new website, Stay Safe Work Wise, [www.chrysalissexworkproject.ie](http://www.chrysalissexworkproject.ie) has been developed for Sex Workers. It has news updates, resources and a services directory. Most of the

information is in Working Safely, this has information about keeping safe when working, whether outdoors, indoors or online. It also outlines what you can do if things go wrong.

If you, or someone you know has experienced a violent incident while working, you can report this to Chrysalis. We can refer you to [Uglymugs.ie](http://Uglymugs.ie) to circulate information and to report dangerous people to other sex workers. We will not report this to the Gardai UNLESS YOU ASK US TO and if you do want to report incidents to the Gardai we can come with you. There is information about sex work and the law, including Know your Rights and also what you can do if you are a victim of "Revenge Porn" in Legislation. In Health and

Social Supports you can get a broad range of information from housing and homeless supports, your entitlements as a migrant to stress management.

There is a private part of the website, which only Sex Workers and a select number of practitioners will be able to access. This incorporates a forum and an instant chat application (which will be manned by trained Chrysalis staff and volunteers including peer workers).

**COMPASSION**

**FREE  
SERVICE**





## CONTACT INFORMATION

### THE SNUG COUNSELLING AND INFORMATION SERVICE CLG

📍 MACRO Community Centre , 1 Green Street, Dublin 7

☎ 01 878 6231

✉ thesnug@eircom.net



Counselling Service

#### WHAT DOES YOUR PROJECT DO?

- One to one Counselling
- Information and Advisory Service
- Support and Advocacy
- Referral to relevant Agencies
- Outreach to groups or individuals affected by addiction
- Brief intervention and crisis therapy
- Education Support
- Support Groups: Family Support Group and Women's Group

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Support for addiction and recovery and onward referral.

#### WHAT MAKES YOUR PROJECT UNIQUE?

The resilience of staff to support clients regardless of where they are in their journey.

#### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

We conduct an annual satisfaction survey with clients to ascertain

their levels of satisfaction and suggestions for change or development of these.

#### HOW DO PEOPLE JOIN?

Either self-referral or through an agency.

#### DO YOU HAVE A WAITING LIST?

Yes it fluctuates from 2 – 6 weeks.

### PERSONAL STORY

*Client is a 63 year old mother who has been affected by her son's chaotic drug use: Cocaine, Heroin and street drugs. She attends the Family Support group at the Snug counselling Service and has also attended one to one counselling. Consequences of her sons drug use include: drug debt, trouble with police, relationship difficulties within the family, violence and loss of family home.*

*Client has talked about the stigma and shame she felt over the years due to the addictions in her family. She has been a long term member of our group and attends every fortnight. Group facilitates discussion, education and peer support. Recent topics up for discussion include education around street*

*drugs, treatments available, post treatment difficulties for families, positive interventions, and caring for grandchildren.*

*Client engages well in group discussion and reports that she has benefited greatly from the topics. She is a valued member of the group. She has recently suffered poor health and has spent a long period in hospital post surgery. She has coped very well in the circumstances and has been supported by group members with cards and texts etc.*

*Also members of staff have visited her while she was in hospital. She has recovered well and is back attending meetings. We have referred her to the Jigsaw Programme (Sanctuary) where she can avail of relaxation treatments at low cost. She also benefits from social activities organized by the group, to promote relaxation and a sense of wellbeing.*

**FREE  
SERVICE**



LOCAL

SERVICES

HIV IRELAND

# CONTACT INFORMATION



## HIV IRELAND

📍 70 Eccles Street, Dublin 7

📞 01 873 3799

✉️ info@hivireland.ie

🌐 www.hivireland.ie

🕒 Mon - Thur 9am - 5pm / Fri 9am - 4:30pm

We have a free HIV and STI testing clinic in our offices on the second and fourth Wednesday of every month. This is a walk-in service and the doors open at 1pm on the day of testing. We also test in the Red Door Project, St. Mary's Convent, Dublin Rd, Drogheda every 3rd Wednesday from 1:30pm – 3:30pm.

### WHAT DOES YOUR PROJECT DO?

We provide a range of supports and services for people living with, and affected by, HIV. You can avail of a range of free community supports available including one-to-one support, counselling, HIV-related information, and HIV-related advocacy. HIV Ireland has a free condoms service that can be accessed by dropping into our office anytime during opening hours. We also provide a range of education and training programmes on HIV, Hepatitis, and sexual health.

Our vision is to work towards an AIDS-free generation, contributing towards a significant reduction in the incidence and prevalence of HIV in Ireland. We undertake to advocate for people living with HIV, prevent new HIV infections, and combat HIV-related stigma and discrimination. We operate under an ethos of equality and are committed to making a positive contribution towards a humane and just society. We work on a range of policy issues to effect change to ensure the best outcome for those living with, and affected by, HIV.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

This really depends on the service

or support that you access. If you wish to avail of community support services, it is always best to call ahead and make an appointment, to ensure that there is someone available to meet with you. If you wish to use the free HIV and STI testing service, it is best to attend early on the day as places are limited. If you would like to access some free condoms or free information leaflets, you can just drop in during opening hours and ask for them at reception.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

We are now in our 32nd year of providing support to those living with HIV in Ireland. We were the first organisation in Ireland to provide a community-based HIV and STI testing service for the general public and to provide HIV specific outreach to the general community.

### WHAT MAKES YOUR PROJECT UNIQUE?

We are the only HIV charity/organisation in Dublin to provide these vital services for people living with, and affected by, HIV.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

We work closely with, and support,

Positive Now and the All-Ireland Network of People Living with HIV. Positive Now is a diverse group of people living with HIV working to build and enable an all-Ireland network and working to ensure that the voices of HIV positive people are represented at all levels and that people living with HIV can avail of peer support around the country. Positive Now hold monthly social groups which anyone living with HIV is welcome to attend. With the support of HIV Ireland, Positive Now also hold educational sessions, workshops, forums, and conferences for their affiliates.

When working on policy and other issues, we consult with Positive Now and the All-Ireland Network, and others living with HIV, to contribute to this vital work.

### HOW DO PEOPLE JOIN?

Membership of Positive Now is open to anyone living with HIV, and it's free. You can register at [www.positivenow.ie](http://www.positivenow.ie)

### DO YOU HAVE A WAITING LIST?

No, there is no waiting list to register as a member of Positive Now.

**FREE SERVICE**



## CONTACT INFORMATION

### UISCE

📍 8 Cabra Road, Phibsborough, Dublin 7

☎ 01 555 4693 or 01 515 7253

✉ info@myuisce.org

🌐 www.myuisce.org

## UISCE

### WHAT DOES YOUR PROJECT DO?

UISCE is the National Advocacy Service for People who use Drugs in Ireland. UISCE works to make sure that the human rights of people who use drugs are protected in our laws, policies and services by advocating on behalf of a person or empowering them to self-advocate.

UISCE's goal is that the voices of PWUD are heard where decisions that impact their lives are being made. We engage with people who use drugs through peer-led outreach so we can identify any issues and support the community.

On top of being advocates for the community of people who use drugs, UISCE publishes this magazine (yes, the one you are reading right now!). The Brass Munkie magazine started as a 1-page newsletter and look what it has become! We aim for this magazine to be a source of interesting information about things that impact the lives of the community of people who use drugs. Also, we always include all types of creative content from people that kindly send their stories, poems, artwork and more.

UISCE focuses on overdose awareness by providing information about Naloxone and training on how to use it. The previous issue of the magazine was

a Naloxone special, including all relevant information about opioid overdose awareness/prevention and Naloxone (where to get it, how to administer it, etc). If you want more information about this, contact us!

### WHAT IS ADVOCACY?

Advocacy ensures that people have their voice heard on issues that impact their life and that are important to them and to protect their rights. Through advocacy people can express their views, concerns or complaints about a service, defend their human rights, access information, explore their choices and make informed decisions. UISCE provides free and confidential advocacy to people who use drugs in Ireland (aged 18 and over). If you feel like your

rights are not being respected, UISCE can support you to make sure your voice is heard.

### HOW DOES UISCE ADVOCATE FOR PEOPLE WHO USE DRUGS?

When you contact us with a request, there are two ways that UISCE can support you:

UISCE can advocate on your behalf—this means making phone calls, writing letters/complaints, attending meetings, etc.

We always make sure that everything that we communicate on your behalf reflects your thoughts and concerns and that we have your consent to do so.

UISCE can support you to self-advocate—this means that







we support you through the communication process or we can attend a meeting with you if you need us there.

Remember, UISCE will never communicate with anybody on your behalf without your consent. We are not here to make decisions for you, we are here to support that your voice is heard.

## WHAT IS PEER-LED OUTREACH?

Peer-led outreach is the main way UISCE engages with the community of people who use drugs in Ireland.

Our team of peer volunteers go out on the streets to talk to people, identify their needs, offer support and information about UISCE or other relevant topics (Naloxone, Decriminalisation, Service User Forums, ....).

Peer led outreach can be street-based (meeting people on the streets) or service-based (meeting people at a service).

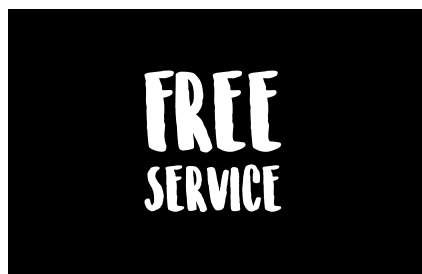
If you want volunteer with us and join our peer led outreach team, call/email us and we'll organise a meeting. Don't worry, we provide all the relevant information, materials and training you will need for outreach!

## HOW DO PEOPLE JOIN?

If you need UISCE's support just give us a call 01 555 4693 / 01 515 7253 or send us an email [info@myuisce.org](mailto:info@myuisce.org) and we can have a chat!

## DO YOU HAVE A WAITING LIST?



No.





# CONTACT INFORMATION

## DONORE COMMUNITY DRUG AND ALCOHOL TEAM

-  Donore Avenue, Dublin 8
-  01 4164339
-  info@donorecdat.ie
-  www.donorecdat.ie

### WHAT DOES YOUR PROJECT DO?

We offer a variety of programmes aimed at improving peoples health, reducing harm and help people feel safe and secure to pursue a care plan with a trained member of staff. Anyone can drop in for a cuppa and a chat. We have hot meals at different times during the week. People can Access showers, change of clothes, when possible, use of phone/computer. We have Yoga classes, art classes, acupuncture, creative writing from time to time. We will engage people in Care plans and when needed help with their case management. We are here to support all who come into our service and want us to advocate on their behalf.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

First and for-most we try to ensure that everyone who comes into our service feels, welcomed, save and valued. Very often the outcome may be to get some food, a shower, some advice or information. People can come in just to meet and talk to other people, to feel less isolated. We help with referrals to treatment or rehabilitation programmes. Advocate for people with legal, medical or welfare matters. In a nut shell - people who come into

our service can expect to feel better about themselves and are assisted to pursue any plans they want to make their lives feel better and more manageable.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

We made an audio piece "Our Domain" which was the result of a number of people's stores expressed as part of our Dynamic Story-telling programme. This piece was also played at the official launch of our strategic plan 2017-2020 - to great acclaim.

### WHAT MAKES YOUR PROJECT UNIQUE?

Our Project is unique as it is one of the very few projects in Dublin that is a Community based low-threshold , harm reduction & currently the only one in the South Inner City. The bar is set very low so nobody is excluded,so on any given day we can have active crack users, with active alcohol users with recovering drug users and Young poly drug users with non-using family members having a cup of tea, downstairs doing yoga or acupuncture in our holistic room, ori na counselling sesión in counselling room, having a careplan meeting or playing pool in our games room.

We are the first point of entry for many, a re-curing support, a place

of relaxation and peace depending on the stage of health position one is at.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Our strategic planning process includes inputs from people who use our service, and a key objective is to create an effective mechanism that ensures their voice & representation throughout . People who come into our service are free to express their opinions or offer advice on improvements in the operation of the service. Many discussions are had on the floor in any of our Drop-Ins.

### HOW DO PEOPLE JOIN?

Most people self-refer or simply come along with a mate. We do however take referrals from the local clinics and doctors as well as various state-run and community-run services.

### DO YOU HAVE A WAITING LIST?

Presently we have a waiting list for a small number of people.



**FREE  
SERVICE**



LOCAL

SERVICES

LOCAL

# DUAL DIAGNOSIS

## CONTACT INFORMATION

### DUAL DIAGNOSIS IRELAND

✉ info@dualdiagnosis.ie

🌐 www.dualdiagnosis.ie



#### WHAT DOES YOUR PROJECT DO?

Dual diagnosis Ireland is an all volunteer registered charity and exists to raise awareness of the issue of Dual Diagnosis. Dual diagnosis is the term used when a person suffers from an addiction and other mental health issue.

We Have:

- Run an advertising campaign
- Set up a mailing list to communicate with people working or interested in this area
- Completed numerous media briefings in press, radio and TV
- Helped people who have difficulties trying to find the right service
- Supported researchers in this area
- Run or spoken at events for people working in this area
- Participated in political campaigns
- We connect interested stakeholders together in order to share best practice and influence decision makers

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

We provide information and advice to people and their families who are having difficulty getting supports and accessing services

On our website people can find advice and resources to find their way around mental health services, including template letters for writing to health care services and personal stories. They will also see submissions to government which include figures on how integrated care actually costs the state less.

#### TELL US ABOUT A SUCCESS YOU HAVE HAD?

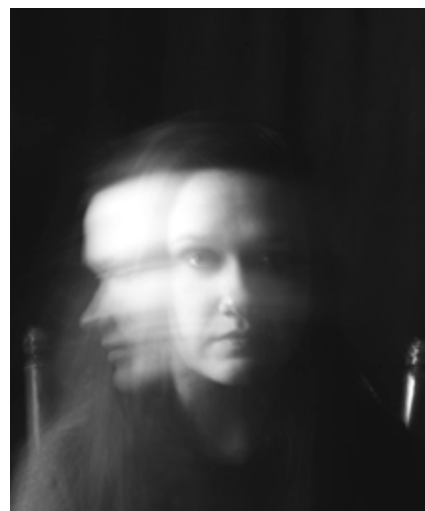
Our biggest success is when a family tells us they have managed to get help as a result of the advice or information we have given them. Getting dd discussed in the Dail and chairing a cross party committee session on dual diagnosis was a big achievement.

#### WHAT MAKES YOUR PROJECT UNIQUE?

There is no other organization focused purely on trying to improve services for people with a dual diagnosis. We use our own lived experience and a range of insights from our volunteers to drive what we do.

#### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

We welcome peoples stories and with their permission we share their stories on our website (this can be done anonymously) Helping families decide whether to go public or not when a loved one has died due to the lack of services.



We are currently reviewing our strategy and would welcome peoples feedback.

#### HOW DO PEOPLE JOIN?

People can join our mailing list on our website [www.dualdiagnosis.ie](http://www.dualdiagnosis.ie) and they will receive occasional en-zines giving them an update on the developments in the area of dual diagnosis. They can also follow us on Facebook and twitter. If people have any individual queries they can email us and we will get back to them within 24 hours.

#### DO YOU HAVE A WAITING LIST?

N/a (not applicable) we do not provide direct services to people.





**FREE  
SERVICE**





## CONTACT INFORMATION

### FRONTLINE MAKE CHANGE

-  Kavanagh House, 135 Emmett Road, Inchicore, Dublin 8
-  01 473 6502 (Inchicore) 01 426 5970 (Bluebell)
-  [info@frontlinemc.ie](mailto:info@frontlinemc.ie)
-  [www.frontlinemakechange.com](http://www.frontlinemakechange.com)



#### WHAT DOES YOUR PROJECT DO?

Frontline Make Change work with individuals; families and communities affected by addiction. Frontline work under the Treatment & Rehabilitation pillar of the national drugs strategy, we provide a range of programmes through our adult and childcare services. Adult services are person centred and work in areas such as harm reduction, stabilisation, progression, key working, care planning, referral/interagency work, aftercare, family support, counselling/psychotherapy, art therapy, group work and community prison links.

Adult groups include: Stabilisation Day Programme (16 week stabilisation programme; Monday – Friday), Afternoon low threshold harm reduction drop in, Progression Groups, Benzodiazepine Support Group, Cannabis Group, Polysubstance Group, Women's Group, Men's Group, Restorative Practise Group SMART recovery Groups (male 7 female groups), Aftercare Groups (evenings), Family Support Group (evening) and Outreach Interagency Groups in conjunction with Community based organisations (voluntary; community & statutory) in line with National Drugs Rehabilitation Implementation Committee (NDRIC) protocols.

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Individuals and families who attend Frontline can expect to be welcomed into the service, they will not be judged, will be treated with dignity and respect and will be offered access to supports based on their needs. We provide support with stabilisation through key-work/counselling/psychotherapy and group work; support to access methadone maintenance; community detoxification through a shared care partnership with local doctors, progression toward drug free through personal development day programme with a pathway to education, work and Community

Employment opportunities. Outcomes for service users include development/skills in decision making/choices, physical and mental health improvement, empowerment and self-determination in controlling their own lives, drug stabilisation and drug free.

#### TELL US ABOUT A SUCCESS YOU HAVE HAD?

Our 16 week Day Stabilisation Program has now completed its second program the key areas of the programme are delivered in 4 week blocks, they are stabilisation, health (physical and mental) – Personal Development and Progression & Choices. Graduated of the program had moved into Community Employment (CE)





# LOCAL

# SERVICES

# LOCAL



## SUPPORT

programs; returned to educational programs through CDVEC/ETB and continue to engage in stabilisation and progression. Frontline have recently employed and ex service user who progressed through the service and now works as a Recovery Champion, other service users are now key holders and provide peer led groups in areas such as Family Support; Aftercare; SMART Recovery and Fitness/ Aerobics.

### WHAT MAKES YOUR PROJECT UNIQUE?

We have developed a rehabilitative continuum pathway of progression for service users through our shared care agreements and interagency work to give people in addition the support; tools and services to break the cycle of addiction in their lives. We provide extensive levels of Family Support that include and support groups (out of hours/evening); key-work; designated counselling slots and holistics to family support members.

The organisation has launched its new strategic plan that identifies Social Enterprise as the next area of development for the service.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Frontline facilitate service user forums four times per year. We have service user elected representatives and a former service user who is our Recovery Champion and now works with Frontline. We use evidence based tools to evaluate/review all services/programs and through our regular meetings and discussions with service users. We consult our service users on all aspects of service provision, initiative development, emerging and personal needs.

### HOW DO PEOPLE JOIN?

Self referral; Drop In; Referral from other organisations – people can call in for a cup of tea, a chat and see if we can provide the supports they need.

### DO YOU HAVE A WAITING LIST?

No.



### WE HAVE TWO SERVICES

Inchicore - Kavanagh House, 135 Emmett Road, Dublin 8





Bluebell - Bluebell Community Centre, Bluebell Road, Dublin 12

# FREE SERVICE



# CONTACT INFORMATION

## NEEDLE EXCHANGE PROGRAM

-  Riverbank Building, 13 Merchants Quay, Dublin 8
-  01 524 0924
-  [openaccess.info@mqi.ie](mailto:openaccess.info@mqi.ie)
-  [www.mqi.ie](http://www.mqi.ie)



**Merchants Quay Ireland**  
Homeless & Drugs Services

### WHAT DOES YOUR PROJECT DO?

During the day the Needle Exchange program is located on the first floor of the Open Access Service. At 5pm it moves downstairs and is ran with one intervention room. The service provides people who use drugs with information about the risks associated with drug use and the means to minimise such risks.

Our focus is on education and reducing the harms associated with injecting and smoking illicit drugs but also recognises and includes other ways of using drugs.

#### We provide:

- Fixed site Needle Exchange & disposal of used injecting equipment.
- Full assessment and training on safer injecting / drug use practices.
- Information, education on the safer use of non-injected drugs.
- Naloxone training / prescribing / dispensing.
- Hepatitis B Vaccination & BBV / STI Testing.
- Primary Healthcare / Nursing Service.
- Sexual Health Services.
- Information, Signposting and Referral to other social services.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

People who use drugs can face a range of problems associated with their drug use. While not all drug use causes problems, the use of drugs does carry a range of risks. We recognise that the risks attached to drug use are higher for people who inject drugs. Outcomes for people attending are often a reduction in injecting and other drug related harm.

#### The initial and main objective of our needle exchange is to:

- Reduce the transmission of HIV, Hepatitis and other infectious diseases, and to contribute to the health of service users.

#### Other key objectives include:

- Reducing and addressing Infections caused through injecting
- Reducing and addressing Injuries caused by injecting
- Reducing incidence of drug overdose

#### Offering support and information around:

- Drug treatment issues
- Physical health issues
- Housing issues

### TELL US ABOUT A SUCCESS YOU HAVE HAD ?

It is a service that seeks to connect with hard to reach and often socially isolated people, many of whom are injecting drugs / homeless / rough sleeping or at risk of homelessness.

We provide on average 120 needle exchange interventions daily. We support a diverse group of people to make positive changes to their behaviours, reduce risk and improve their health.

Staff in the Needle Exchange routinely support clients with a variety of issues. Our focus is on developing trustful relationships. During interventions we listen to client's concerns, assess, support, and if appropriate, signpost to relevant specialised services via Project Workers and Case Workers from the Open Access Service. Staff in our needle exchange have supported people to; stop using street drugs, stop injecting, stop sharing and to improve injecting technique & injecting practice.

On 28th October the MQI Harm reduction team were delighted to present details of clients accessing Naloxone training and prescriptions from 2015 to 2019 at Irish Street Medicine Symposium in Cork





## WHAT MAKES YOUR PROJECT UNIQUE?

Our ability to provide and maintain quality services to large volumes of people despite the many challenges that face us.

Access for clients to onsite; Nursing, GP, Dentist, Mental Health Team, Crisis and Case Management Team, Young Person's Support Worker, Drop-in services with food and showers, Counsellor.

We offer naloxone training and prescribing for clients who are using opioid drugs. This can be arranged by emailing [oascm@mqi.ie](mailto:oascm@mqi.ie). We offer both intramuscular and intranasal naloxone kits to people who have been trained.

Our needle exchange workers are trained to a high standard and other drug services often come to visit our needle exchange to share learning.

## DO YOU HAVE A WAITING LIST?

No.

## HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

The Open Access Service Client Forum occurs every six weeks. Client advocacy is done at various levels, client feedback is very valuable in tailoring our responses to the changing needs and suggestions.

We also have suggestion box located on the HPU floor. All suggestions are reviewed regularly with outcomes and feedback displayed in our Drop-in on the "client notice board"

Staff from MQI represent the clients, highlight drug trends, existent interventions and responses needed to the gaps identified, promoting interagency responses.

## HOW DO PEOPLE JOIN?

This is an open access, low threshold, harm reduction service for people over 18 years old who use drugs.

## MQI NEEDLE EXCHANGE OPENING HOURS:

### Mon-Fri:

7:45am - 5pm (*upstairs / full service*)

5pm - 8:20pm (*downstairs / limited service / one NX worker*)

### Sunday:

7:45am-1:20pm (*upstairs / limited service / one worker*)

Closed Thursday Mornings  
10am-1:45pm

**FREE  
SERVICE**



## CONTACT INFORMATION



### COMMUNITY RESPONSE

📍 14 Carmans Court, Carmans Hall, Dublin 8

📞 01 454 9772

✉️ info@communityresponse.ie

🌐 www.communityresponse.ie

your own decided goals on a scale that reflects personal ambitions in relation to change. In relation to alcohol, goals may involve becoming more aware of the impact, reducing ones alcohol use and for some total abstinence. People using the service are met on an empathetic level with no expectations put upon them and are given the opportunity to gain awareness around the impact of alcohol through information and peer education.

In relation to Hepatitis C people will have the opportunity to receive factual information covering topics such as transmission, testing and treatment. With the option of a supported pathway to care.

A weekly Family Support group offers peer support, facilitated education and the opportunity to attend family support events and meetings.

### WHAT MAKES YOUR PROJECT UNIQUE?

We are a Primary Alcohol Service and a Long standing Liver Health Service. Our stabilisation programme is unique as people can present affected as long as they can actively participate in the group. We provide programmes

### WHAT DOES YOUR PROJECT DO?

Our service aims to empower you to make and maintain healthy lifestyle changes in relation to alcohol, poly-drug misuse and Hepatitis C/Liver Health. We offer a safe, non-judgemental space to allow you the opportunity to make positive changes relating to alcohol use, poly-drug use and liver health.

There are a variety of different services on offer such as Alcohol Stabilisation, Change and Recovery, Alcohol Education, Hepatitis C Education, Hepatitis C Support, One to One Support, Family Support, Relaxation, Mindfulness Based Relapse Prevention and Holistic Therapies.

We aim to facilitate and support people on an individual basis, catering to each clients varied needs.

Through our alcohol programmes we deliver information and education on the effects of alcohol, harm reduction and relapse prevention. People who use the service have the opportunity to develop skills and tools to make informed choices about their alcohol use.

Our Hepatitis C programmes create the opportunity for people to become more informed

about transmission, testing and treatment options. This allows people to make informed choices about their own health and well being.

Our free service is for anyone in the community experiencing issues with alcohol including families. Our alcohol education programme is open to anyone in the community and our Hep C/Liver Health workshops are delivered in community services as well as treatment centers to staff and clients.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Outcomes vary with each person as reasons can be different for engaging in our service. We support you to work towards





across the continuum of care for Alcohol use, from active daily drinking to alcohol free living. You will set your own goals.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

It is extremely important to us that the voices of people who use the service are included and heard. On week 10 of our Stabilisation Programme and week 12 of our Change and Recovery Programme we carry out a client review of each programme. In these reviews you have the opportunity to provide feedback and constructive criticism directly influencing service design and key improvements. We also do evaluations at the end of each group so that we can see people's feedback on a more regular basis. Recently we conducted two "client forums" with an external facilitator as part of our Strategic Plan to allow people to give feedback in a new environment. We welcome any feedback which clients have for our service.

### HOW DO PEOPLE JOIN?

People can be referred by any service they're linked in with or they can call our number themselves to make an appointment for assessment. People can also be referred using our online referral form on the homepage of our website, a pdf of our referral form can also be downloaded in the looking for help section.

### DO YOU HAVE A WAITING LIST?

No.

**FREE  
SERVICE**

**BILLS STORY-** *"During the time of vodka and confusion, thoughts of death, madness and panic-anxiety attacks, add to this the house I had lived in for eight years was being repossessed by the banks, things went down -hill very swiftly. In the mist of all this madness I got notice to quit my home on the twenty third of December 2016, happy Christmas lets greet the new year with a bang, one bottle won't cut it, snort some sneachta, smoke some weed and oh yea buy more vodka.*

*I was living like a person possessed, windows blacked out television on mute the only light source, with Lyric FM on. No words to be spoken, no song lyrics to remember and trigger an episode. Fast forward to 01-03-17, the doctor tells I'm fit to go home, only I have no home. No-one would tell why I was in St. James Hospital in the first place. A social worker arranged for me to get a rolling bed at the Bru Hostel, you know the one. Outside, my release papers reveals I overdosed on pills and vodka and trying to jump in front of Luas, first port of call - a pub, the shock of the reading the papers I vowed no more vodka, just beer.*

*It was while in the Bru a lady called Grainne and a gentleman called Kevin, two members of Cross-Care staff proved invaluable in pointing me in the right direction with help and support. Around this time I received a call from a gentleman called Derek who is a senior project worker at a place called Community Response just off Francis St. Anyway, I went along for an initial assessment and got information about their work and particularly their stabilisation programme, although no vodka just beer I knew it would only be a matter of time before I was drinking a litre a day again and the progression to losing it again was a dead cert.*

*I started the stabilisation programme which is a group that meets every Tuesday for two hours, although still drinking beer to kill time between opening hours of the hostel, but with the help of the Community Response and the group, after some months I made the conscious decision to totally abstain from alcohol. I put this down to the programme itself, dealing with addiction learning about the effects this disease has on the body and the mind, this is why I think AA never worked for me in the past, plus instead of being anonymous I was part of a group with a common goal, to get sober.*

*Having finished the stabilisation programme, I went onto the relapse prevention programme which I attended for only a short time due to returning to college, but I continued with mindfulness sessions on Tuesdays with Robbie as well as seeing Derek on Fridays one to one, a check in, a cup of tea and most importantly advise on my limitations and advise on spotting certain triggers to stay clear of which could jeopardise my recovery.*

*The main thing I've learned from the people here was to bring back structure and order to my life, I'm sober over one year, moved to a more stable hostel gone back to college I'm involved in so many off shoots from Community Response and Cross-Care my family joke unlike before I have a social life plus I've gotten my family back from whom I estranged, I have also started psychological counselling which I should have done years before, working things out with a clear mind, I'm not the bad person I thought I was, I'm comfortable in my own skin, now I can look people in the eye and not feel ashamed but the biggest prize if I can call him that is seeing my son again, three times in the past year with a fourth trip planned for July, after no contact for years and years. Jesus, I thank YOU for leading me to these people who have helped me so much to stay on the path and not stray, to tame the brain, to slow down, take a deep breath, there is always hope in a disaster area.*

*Remain my friends as you shall always find me yours,*





*(Bill is still at college part time, working part time & attends community response for mindfulness- October 2019)*





## CONTACT INFORMATION

### RIALTO COMMUNITY DRUG TEAM

-  St. Andrews Community Centre, 468 South Circular Road., Rialto. Dublin 8
-  01 4540021 / 087 936 9159
-  rialtocommunitydrugteam@eircom.net
-  rialtocommunitydrugteam.wordpress.com



### WHAT DOES YOUR PROJECT DO?

- Opiate Substitution Treatment
- Alcohol Information & Education Group
- Crisis intervention
- Relapse Prevention Programme
- Individual Keyworking & Counselling
- Systematic Family Therapy
- Support Groups (*Mental Well-being, Men's Health, Womens' Support*)
- Complementary Therapies
- Prison Links
- Housing Support
- Family Support
- G, T & After-party support
- LGBTI+ friendly
- Drop-In support including the provision of hot meals for clients and homeless.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

RCDT is a low threshold service working with people through harm reduction, case management, to specialist support. We offer a welcoming, inclusive, trauma informed, confidential and committed service. We work where the person is at and listen to

their needs and wants and respond accordingly.

### TELL US ABOUT A SUCCESS YOU HAVE HAD ?

RCDT was established as a community response to heroin epidemic in 1992. In that time the area, the city and the drug scene has undertaken great change. This has influenced our service delivery and as a result we have striven to influence policy as a team, and also through community structures like Canals Local Drug and Alcohol Task Force.

### WHAT MAKES YOUR PROJECT UNIQUE?

RCDT was the first established Community Drug Team in Ireland. As a local community project, we are well placed to meet and respond to emerging and ever changing needs locally, city wide and nationally.

### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

RCDT has carried out service user surveys each year and where resources permits host service user forums to get a more in-depth level of feedback. Less formal channels like summer BBQs, outreach and social media also help us hear the

views of service users. These are brought to our team meetings and management committee. We explain at these events that observations and constructive criticisms help us to build a better service. We have had many useful initiatives emerge from our user's forum and our client gatherings.

### HOW DO PEOPLE JOIN?

Self-referral, family & friends. Fellow agencies & services i.e. GP's alongside other medical professionals. Probation Services, Social Work, fellow addiction/ community supports and services.

### DO YOU HAVE A WAITING LIST?

RCDT are aware of the difficulties for the individual reaching out for support and we strive to respond to their needs by facilitating assessment and service within as short a timeframe as is possible.





LOCAL

SERVICES

HESED HOUSE

## CONTACT INFORMATION

### HESED HOUSE

📍 74 Tyrconnell Road, Inchicore, Dublin 8

📞 01 454 9474

✉️ office@hesedhouse.ie

🌐 www.hesedhouse.ie

#### WHAT DOES YOUR PROJECT DO?

Hesed House provides professional counselling and psychotherapy for individuals, couples and families. We provide therapy for issues such as depression, anxiety, abuse, bereavement and the effects of addiction.

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

We aim to provide all clients with a safe and confidential space where they can reflect upon thoughts, behaviours or relationships that might be causing them distress.

#### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

If you have any suggestions to make about the service or have concerns about the service you received, you can contact the clinical director in confidence at

01-4549474 or clinical-director@hesedhouse.ie

#### HOW DO PEOPLE JOIN?

Hesed House operates on a self referral basis. To make an appointment, please call the office on 01-4549474 where we will take your details and answer any questions you may have. Please note: We have a strict catchment area- To attend you must live in Dublin 8.

#### DO YOU HAVE A WAITING LIST?

Yes.

#### DO PEOPLE NEED TO PAY TO JOIN?

Hesed House provides a service to everyone and our fees are based on your ability to pay.

A sliding scales of €1-€30 applies however if you are not in a position to pay, you will still be seen.





# CONTACT INFORMATION

## RADE

📍 OLV Building, Cathedral View Court,  
off New Street, Dublin 8

📞 01 454 8733

✉️ michael@rade.ie

🌐 www.rade.ie



### WHAT DOES YOUR PROJECT DO?

RADE is a harm reduction Community Employment Scheme. We do not do urine testing, however people cannot attend while appearing to be affected by substances. Our purpose is to improve the quality of life for the participants by addressing their sense of isolation and boredom through the use of cultural activities that are engaging. Daily workshops are facilitated by professional artists and weekly classes include: Drama, Tai Chi, Yoga, Creative Writing, Film Making and Art. Each year RADE produces a number of public exhibits of the groups work. To date RADE has produced:

- 6 original theatre plays
- 7 short films
- Opera
- Dance show
- Radio play with RTE
- 11 film documentaries
- 12 books of creative writing
- 4 comics
- Numerous exhibitions of art, paintings, drawings and wood carving
- 2 music CD's

RADE work with people at all stages of recovery. This ranges from those who are still active

users of street drugs, people who are on methadone medication only to people with alcohol problems and people who have become drug/drink free.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

The teamwork and interdependent nature of public productions competes with the passive stimulation experienced by drug taking and helps to promote self-education, confidence and self-esteem. Our method of working allows participants to experience essential elements of employment, including teamwork, deadlines, time keeping and personal responsibility. Productions provide real evidence to the individual that they both belong and can contribute to the community and the focus towards the showcasing of the art product each year gives a meaningful motivation to participants.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

RADE has 3 times been the winner of awards for adult education with Aontas. We have also received awards from the Irish Times and Dublin City Council. The President of Ireland is the projects patron and he has visited the project

and attended a number of performances. Our programme has worked with many of Ireland's leading artists in art, drama, film and creative writing. We have produced a radio play with RTE and participants have performed in Love/Hate and Taken Down. We were nominated for a total of 2 awards in the Dublin Theatre Fringe Festival and our films have been selected for a number of Film Festivals.

### WHAT MAKES YOUR PROJECT UNIQUE?

Several third level colleges, both national and international have visited RADE to see the work of the project. RTE, TnaG and Spanish TV, The Irish Times and several news media have done features on the work produced on the programme. RADE was also been highlighted in European publications of best practice for adult education.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

RADE participants facilitate their own weekly meeting and deliver reports to staff suggesting their interests. The creative writing publications are written by participants and it is their voice and theirs only that appears in the print. Through improvisations and





discussion participants contribute to the art product and the programmes development. Over the years participants have played various roles in the production of theatre and film, including set building, acting, writing, sourcing props, performing music, costumes and camera work.

### HOW DO PEOPLE JOIN?

Simply pick up the phone and speak to a RADE keyworker. They will be offered an assessment appointment. To comply with the regulations of DSP, participants will need to be referred by an agency. This can include Doctors, Clinics, other services and counsellors. Participants do not need to be drug free; however people are not permitted to attend while affected by substances.

### DO YOU HAVE A WAITING LIST?

Yes. The project is currently full and there is a waiting list. People come and go at different stages through the year. Whoever is next in line will be taken on. RADE is currently developing a pilot programme with the HSE and the Local Drugs Task Force, which will allow people attend for specific training. Otherwise the CE element of RADE can allow people up to 3 years on the project.

### DO PEOPLE NEED TO PAY TO JOIN?

No. People who are on CE will be paid Community Employment rates for 20 hours per week. This is about €25 more than the dole.



**FREE  
SERVICE**

**CREATE**



## CONTACT INFORMATION

### FUSION CPL

📍 Cherry Orchard Health Centre, Cherry Orchard Grove, Dublin 10

📞 01 623 1499

✉️ info@fusioncpl.ie

🌐 www.fusioncpl.com



### WHAT DOES YOUR PROJECT DO?

Fusion supports individuals living in the community to address their addiction issues (drugs/alcohol). Support is available to those over the age of 18 and from Dublin 10, Palmerstown and Chapelizod, we aim to offer support such as treatment, counselling, group work, holistic therapies and access training, education and employment. In addition, we will support you with personal issues that may be impinging on you accessing any of the above and will refer you to appropriate services as required.

Fusion provides a community prison link (CPL) service. The Community Prison Links worker facilitates a link between community and prison based services. Through the development of treatment and rehabilitation care plans individuals are assisted to identify and address their individual needs, which includes working with services internal / external to prison.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

- Support and assistance in whatever way we can
- The opportunity for personal development and growth which we see as key to a full recovery from addiction

- The commitment of each staff member and of our team as a whole entity of FusionCPL
- Understanding and empathy for the situation you find yourself in
- The opportunity to continually review your progress with your Project worker
- We hope that during and following your participation with FusionCPL that you will:
  - Be more independent
  - Have a clearer knowledge of where you are going with your life
  - Be supported and stable in your recovery
  - Having achieved your set goals in the time frame that you originally outlined, be more confident in yourself.
  - Be more responsible
  - By attending training and education and increasing your access to employment

### HOW DO PEOPLE ACCESS FUSION CPL?

Referrals welcome by phone or email. Criteria for referral to Fusion CPL:

- ✓ Have/had addiction issues
- ✓ Over 18 yrs of age
- ✓ Reside in the Dublin 10, Palmerstown or Chapelizod area

### DO YOU HAVE A WAITING LIST?

No.

## CHARTER OF RIGHTS

1. You have the right to be treated with respect
2. You have the right to appropriate confidentiality
3. You have the right to be in a safe environment
4. You have the right to be treated fairly
5. You have the right to be listened to
6. You have the right to be right and the right to be wrong
7. You have the right to complain
8. You have the right to speak
9. You have the right to be an individual
10. You have the right to take part and engage in the programme without a threat to your recovery
11. You have the right to use staff knowledge
12. You have the right to ask questions and be answered
13. You have the right to look at your own files
14. You have the right to choose your own courses



## CONTACT INFORMATION

### BALLYFERMOT STAR

📍 7 Drumfinn Park, Ballyfermot. Dublin 10

☎ 01-6238002

✉ info@ballyfermotstar.ie

🌐 www.ballyfermotstar.ie



#### WHAT DOES YOUR PROJECT DO?

Ballyfermot Star offers several different programmes to meet the needs of everybody in the community. From programmes to help you manage drug use to family support and children's summer project.

**Some of the programmes available are:**

#### BALLYFERMOT STAR/REALT SOLAS PROGRAMME

Realt Solas (Star Light) is a programme that can support you if you are using Cocaine, weed, or alcohol. Realt Solas has one to one key working sessions, therapeutic group work, and therapies such as reiki, acupuncture and counselling.

T: 01-6238002 M: 086-0279396

E: info@ballyfermotstar.ie

#### BALLYFERMOT STAR/REALT EOLAS PROGRAMME

The Realt Eolas (Star Knowledge) section of the organisation is the first port of contact for people who are using heroin, crack cocaine, benzodiazepines and also for people who are stable on methadone. Access to evidenced informed programmes (programmes which have been proven to work) including; Community Reinforcement Approach, Reduce the Use Programme.

T: 01-6238002 M: 086-2785592

E: info@ballyfermotstar.ie

#### BALLYFERMOT STAR/REALT NUA EDUCATION & TRAINING PROGRAMME

Realt Nua supports people who are over 18 to access services within the community and to provide paths to move into treatment, rehabilitation, further education and employment.

T: 01-6120949/50 M: 087-6549437

E: info@ballyfermotstar.ie

#### BALLYFERMOT STAR/REALT BEAG – CHILD & FAMILY CENTRE

Realt Beag (Little Star) is a registered Child and Family Centre providing Early Years Services for children aged from 6 months to 6 years old. The Centre is part of the drugs project and provides full day care to children focusing on the wellbeing of the child and you as a parent.

T: 01-6236203

E: childcare@ballyfermotstar.ie

#### BALLYFERMOT STAR/REALT NA CLANN- FAMILY SUPPORT SERVICES

Ballyfermot STAR Family Support, provides support for people in the area who are affected by substance use, bereavement, suicide, violent death or have a family member in prison. We provide one to one key

working sessions which we deliver through the use of Community Reinforcement Approach Family Therapy (CRAFT). CRAFT works to change the environment to make a life that does not include the use of drugs more rewarding. It's a problem solving, skills based programme where people learn to cope with a loved ones drug use while improving their quality of life.

We also provide a counselling service.

T: 01-6235643/44 M: 087-6433369

E: kathleencronin@

ballyfermotstar.ie

#### FURTHER EVENTS / SERVICES:

We organise a commemoration service every June which remembers our loved ones who have passed away as a result of addiction. This is a chance for the community to come together as a whole.

We provide a summer project (4 weeks) for the children, parents and grandparents that access the service held each year for the month July. During this month we take the children to places like the zoo, fun parks – depending on the lovely Irish weather. It's a chance for them to have some fun days out with friends and family.

Holistic therapies are offered to people who use drugs that are linked into Ballyfermot STAR.

**FREE SERVICE**





# CONTACT INFORMATION

## BALLYFERMOT ADVANCE PROJECT

- 📍 3b Le Fanu House, Le Fanu Road, Ballyfermot Dublin 10
- ☎ 01 623 8001
- ✉ info@ballyfermotadvance.ie
- 🌐 www.ballyfermotadvance.ie
- 🕒 (24) Open Mon-Friday 9.30am-5.00pm (except Tues 2.00-5.00pm.)



### DROP-IN

People use BAP's Drop-In service during opening hours without prior appointment. For many people, this is the first contact they have with BAP. The Drop-In is what is called a 'low-threshold' service – you can come here for any reason and at any stage in your drug use and all you must do is abide by the Charter of Rights.

We recently installed a washing machine and a clothes dryer in the drop-in for people who need to use them. We also opened the shower room which is used daily. People who use this service now feel that this service belongs to them. We are the only low threshold drop-in service in Ballyfermot, we are an open access service so anybody can just come to our service and use the facilities they need to use. We have very experienced staff and the service is needs driven. We are open to change and where every member of staff no matter what their role is open and welcoming..

People use the Drop-In for a variety of reasons, for example; somewhere to be; to meet other people; when they are experiencing immediate difficulties; for information and advice.. While using the Drop-in you have access to food, laundry facilities, and

shower facilities. The Drop-in for some people is the first point of contact with BAP services and we see the Drop-in as one of the most important services we offer.

### NEEDLE & SYRINGE PROGRAMME

The Needle & Syringe Programme (NSP) is a health promotion intervention grounded in the harm reduction philosophy. Through this service people who smoke or inject drugs can obtain sterile injecting equipment and other drug paraphernalia like foil for smoking heroin, crack pipes and sterile water. Service users are also offered a wide range of advice and support regarding safer drug use and safer injecting techniques, tailored to their needs. The aim of these services is to reduce the damage associated with sharing used injecting equipment i.e. preventing the spread of HIV, Hep C, vein damage, overdose, etc.

### OUTREACH PROGRAMME

Our outreach programme engages with people who do not already know about us or who may not wish to access centre-based services. In many ways outreach is an extension of our open access work – we can provide friendly, non-judgmental advice and support on the streets, in cafes, community centres, service users' homes, or

wherever else suits the service user. Services provided include advocacy, phone calls, referrals and brief interventions.

BAP Project Workers engage in street outreach on a daily basis. If for some reason clients cannot come to the BAP premises the BAP worker will meet them where it is convenient for them. Part of this work includes- Home visits/ hospital visits/ visits while in treatment or on occasions visits in prison.

People find visits to their home better for them if:- they have health problems which prevent them leaving the house; they have childcare issues; they would rather not meet other people from the community.

Home visits will also be done if people ask specifically for a visit; if there is a concern about a person's mental health; or if an unexpected situation arises which requires immediate support/intervention in the home.

We also run an Out of Hours Outreach service which include harm reduction interventions and goes out into the community when other services are closed and also links in with the Dublin homeless after hour's service if they meet people who require that service.



## KEY WORKING & CASE MANAGEMENT

When you come to Ballyfermot Advance you can expect to be accepted and treated in a very friendly and respectful way. People who use our service can expect to be listened to and can expect to be heard and the outcomes you achieve will be your outcomes. You will have better engagement with other services and have a care plan which is realistic if you wish to have one. BAP employ Project/Key Workers who provide one-to-one support (key-working) to people with drug and/or alcohol problems.

When the client accesses BAP, if they would like individual support, the person on duty will meet with them and discuss the supports the person identifies themselves and require. Once this happens, within a week they will be allocated a key worker to work with them. The key worker will contact them and arrange to meet with them at time and place convenient for both, where a more detailed discussion will take place around the supports they identifies for themselves.

The client and their key worker will then look at putting in place a 'Care Plan' which will identify the areas of their life they want to change and together they will work towards changing those areas the client wish to change. Throughout the course of the clients work with the key worker, they can adapt and change their care plan, to meet their needs as they arise.

It may be the case that they may benefit from a coordinated approach to addressing their issues if they are involved with a few different services due to issues in their life, ie., if they are accessing homeless services, may have legal issues, may be involved with probation services, etc. We offer appointments to people which suits them and are available

to meet outside of opening hours.

BAP's system of key working, care planning and case management is aligned to the principles outlined in the National Rehabilitation Framework (NRF). Our Key Working and Case Management team can provide clients with priority support including individuals with complex needs.

## FAMILY SUPPORT

Our Family Support provides a confidential and non-judgemental space for parents, siblings or any concerned person of those with addiction issues through the 5-Step Method which is a brief intervention where positive changes can be achieved by both family members and using relative.

## COUNSELLING

We offer one to one counselling for those who experience problems with drugs and/or alcohol over the age of 18 years old. This service is for people who wish to avail of further treatment including residential detox, community detox or residential treatment. It is on every Tuesday morning in BAP premises

## GROUP WORK

### Groups currently running:

We have an Art Group on a Friday at 11am where clients can explore their artistic side and learn a new skill and way of relaxing it is an easy structured classes for beginners and also for people who have some experience.

We have 2 Smart Recovery groups, we have an open group every Thursday evening and an ACRA SMART Group for 16-24 years age run in conjunction with Familibase. We also run a community restorative practice group, this is run in conjunction with other community organisations including the Garda.



## DROP-IN

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# CONTACT INFORMATION

## BALLYFERMOT SOCIAL INTERVENTION INITIATIVE

📍 83 Cherry Orchard Crescent, Ballyfermot, Dublin 10

📞 01 626 7041

✉️ bsii@eircom.net

🌐 bsii.ie



### WHAT DOES YOUR PROJECT DO?

Ballyfermot Social Intervention Initiative (BSII) is a family support/crisis intervention project working with families throughout Dublin 10 but specifically in Cherry Orchard, where one or more young adult is involved in detrimental/high risk/anti-social/criminal behaviour. We take a three-stranded approach to this work; working with parents, the young adult offenders, and siblings and close relations. Our objectives through one-to-one or group work are to assist young adults in refraining from anti-social and detrimental behaviour and to encourage them into activities that will enrich their lives and the lives of their community.

We provide practical and emotional support to young adults and families to develop their coping strategies in dealing with high-risk and anti-social behaviour, and we develop a model of effective partnership working with service providers, individuals and families to achieve aims. BSII is affiliated to the Ballyfermot Local Drugs & Alcohol Task Force and works from Community Development and Restorative Practices principles.

We believe that whilst young adults engaging in anti-social behaviour must take responsibility

for their actions and consequences, individual circumstances must also be taken into account and behaviour cannot be dealt with in isolation from social inequality and exclusion.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Service users will have access to a professional service in a supportive, non-judgemental environment. Families and individuals will be supported to develop a sustainable action/care plan to identify needs and access relevant services to make positive change happen. BSII enables people to acquire/enhance skills needed for positive change and supports attitudinal changes in people through discussion and reflective thinking. Service users will be better able to engage in self-advocacy, deal with issues, meet needs, and challenge inequalities.

### WHAT MAKES YOUR PROJECT UNIQUE?

BSII is unique in the Ballyfermot area because we are not singularly a drug-specific support service under the LDATF. We are a community-led project providing a holistic service that supports

not only people with drug misuse and alcohol issues but also those who need support with other challenging issues, such as Garda, court and prison issues – mental health problems and suicide ideation – housing and homeless issues – education and training needs – social welfare problems – family support challenges – poverty, debt and money-management issues – and state and local-level policy inequality issues. We are often the stepping stone for people in the local community to engage further in specific services while maintaining their long-term working relationship and continued engagement with our project on other issues.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Each individual care/action plan is developed together in one-to-one sessions that are based on a working relationship of trust, good listening and communication, in an environment that is safe and supportive for the service-user's full engagement.

By engaging and acting together on the plan to meet the service-user's needs the individual's plan is constantly reviewed and updated





LOCAL

SERVICES

LOCAL

with their consent. In group work any plan of action is again discussed, developed and agreed in an inclusive and respectful environment which can include confidentially for individuals, and feedback on any action is encouraged and respected. We actively try to encourage local people onto our Board of Management.

## HOW DO PEOPLE JOIN?

Many service-users first engage with our project because they've heard about us through word of mouth in the local community, normally from people who engage in our project already. We do also get referrals from other services and agencies in the local community. Engagement is voluntary.

## DO YOU HAVE A WAITING LIST?

No, we usually work with people as soon as they present themselves. It might take us a few days before we can engage with someone sometimes because of work-load.



FREE  
SERVICE

# PERSONAL STORY

## Personal Story - Engagement with a project-user over a 5-year period:

*It's often the case that someone will initially ask us for support on one particular issue but then, through engagement, present other factors (often inter-connected issues) that they need support with. One local young man first engaged with the project when he was having problems with accommodation. He was living in a run-down caravan in his mother's backyard after being separated from his partner and son. The poor condition of the caravan meant he was having health problems and also there was tension with his mother who wanted him gone.*

*We supported him into rented accommodation and helped him with his GP and hospital visits. The young man had spent many years in prison and was now trying to get his life together but one of his main problems was getting a handle on his methadone usage and other substance misuse issues (i.e. tablets, weed). In one-to-one sessions we could give him emotional support through therapy techniques (i.e. REBT, CBT, MI), as well as practical support with his drug use; referring him onto addiction support services while maintaining our core-worker role.*

*The young man had a previous history of involvement in local feuding and this arose again when an attempt made on his life resulted in the tragic shooting of someone close to him. This led to greater family estrangement and a sharp deterioration in his mental health. His isolation from family, as well as restricted movement from being threatened locally, resulted in the need for two suicide interventions from our project.*

*However this period of extreme low in his life gave him the catalyst to change his life for the better. With BSII support he achieved drug-free status through the Coolmine; we supported him into new accommodation where his son stays with him 3 days a week; he completed his CE training with Casadh; has restarted his relationship with his partner; and is engaged in part-time work. There are still issues in his life and the working relationship with the project continues.*



## CONTACT INFORMATION

### SANKALPA ADDICTION SERVICES

Unit 8 Glasnevin Business Centre, Ballyboggan Rd,  
Finglas, Dublin 11

01 830 2690

hello@sankalpa.ie

www.sankalpa.ie



### PROJECT?

We take a person centred approach when working with service users to achieve their own set goals depending on where they are at in their recovery. Typical goals for people attending our Stage 2 programme is to stabilise and to become medication compliant. Service users can also expect to work towards residential treatment/detox or drug free. For the service users on our Stage 3 programme the goals are more likely to be related to maintaining their recovery, developing new life and work skills. We also endeavour that all service users exit this programme to either full time employment or full time education.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

2019 has been a year of great changes for Sankalpa. Our stage 3 programme has expanded exponentially. We are now one of the largest specialist Drug community employment scheme in Ireland. Although it is sad to part ways it is always nice to lose our service users to full-time employment or education.

We have successfully graduated a number of service users from Stage Two through the Reduce the Use programme and are now implementing the Recover Me programme. These programmes were developed and created by the Saol project.

We hosted a Halloween Spooktacular movie night for our service users and their families. Hosting events such as this offers service users and their families an

### WHAT DOES YOUR PROJECT DO?

Sankalpa offers a 3 staged programme in the continuum of care.

**Stage 1. (ACCESS)** is a pre-entry programme that is the first port of call for many of our service users, both past and present. It has a dual function facilitating both assessments and crisis management. For many service users Stage 1. is the portal through which they can access the brief intervention needed in times of unforeseen stress, relapse and/or family issues. There is a drop-in service every Tuesday afternoon from 2.30pm - 3.30pm. This is a good opportunity for individuals to learn about the services we provide and also gain support in their recovery. Our In-Reach programme is also operated from our Stage 1.

**Stage 2. (Turning Point)** is a full time non-residential stabilisation day programme. It offers an integrated programme of SMART recovery, process, therapeutic, educational, holistic and social interventions for those who are contemplating reducing or eliminating their problematic substance misuse. The approach utilised is a person centred evidenced based psychosocial model encompassing structured interventions through a combination of modalities

including but not limited to motivational interviewing (MI), community reinforcement approach (CRA), cognitive behavioural therapy (CBT) and mindfulness. The programme runs for up to 12 months in duration and has capacity for up to 15 individuals.

**Stage 3. (Connect)** is a work place programme for people who are substance free. We are the only scheme of its kind in Ireland who offer the opportunity to people that are drug free to enter back into employment while also gaining support around maintaining their long term recovery. We work with many different organisations in the community that offer work placements. People on the programme are matched to suitable work placements. Stage 3 is a 1 to 4 year Community Employment work placement programme for people. The program is suited to Individuals who want to get back into the workplace or gain first time experience of the workplace. At the end of an individual's program we aim for service users to be in full time/part time employment or further education.

**Drop-In** Tuesday afternoon from 2.30pm to 3.30pm to learn more about our service and the supports we can offer you.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR



# LOCAL

# SERVICES

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Artwork by Sankalpa Participants



## INDIVIDUALITY

opportunity to attend a red carpet event which may not necessarily be possible to them during these difficult times.

### WHAT MAKES YOUR PROJECT UNIQUE?

We are the only speciality drugs community employment scheme that works from a labour market model, i.e. we place service users in employment. We also are the only low-threshold, day service in the Finglas-Cabra area. We provide individual and group sessions and work with both active and drug-free service users.

Here in Sankalpa we have a Pluralistic approach which is underpinned by a trauma informed practise.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

We have a weekly service user forum whereby individuals can raise any concerns or affirmations they may have for themselves, their peers and our organisation. We also have an anonymous feedback box onsite, comments and suggestions from this are reviewed weekly. We also have quarterly consultations with the service users about the service and invite them to make suggestions ahead of planning services for the coming quarter.

### HOW DO PEOPLE JOIN?

You can self-refer, come to our drop-in on a Tuesday afternoon at 2.30pm or contact us for an appointment at 01 8302690. We also accept referrals from other organisations working with service users who may want to avail of our service. These forms can be located on our website [www.sankalpa.ie](http://www.sankalpa.ie) or by email via [hello@sankalpa.ie](mailto:hello@sankalpa.ie) for a referral pack.

### DO YOU HAVE A WAITING LIST?

Yes there is a waiting list for Stage 2 and 3. All new referrals are referred into stage 1, whilst in stage 1 awaiting placement for either stage 2 or 3 all service users are offered weekly keyworking sessions and support.



## FREE SERVICE

## PERSONAL STORY

### Kariba's Story

*"When I came to Sankalpa I had just completed 6 months in residential treatment. I was put into contact with Sankalpa through a friend who recognised I needed some extra support and some more structure in my life. I quickly got an assessment and within a week I had joined the Connect Group. I was assigned a key worker and received weekly key working sessions, and I also attended the weekly connect group which consisted of yoga, open group and a workshop. These days gave me more communication with like-minded people, the opportunity to learn from the workshops and gave me a safe space to air my thoughts.*

*I was then given options of different Community Employment Schemes based on my interests and the area of work I saw myself in the future. I chose to do my placement with UISCE which has furthered my confidence, given me manageable structure and has given me my work ethic back which I had lost after years of addiction. Sankalpa has allowed me to excel in many areas of my life, and while I am confident in my recovery, I am sure this journey would not have been as smooth without their support."*



## CONTACT INFORMATION

### TURAS TRAINING

📍 Unit C1 Bluebell Business Park, Old Naas Road, Dublin 12

☎ 01 450 5396

✉ info@turastraining.ie

🌐 www.turastraining.ie



### WHAT DOES YOUR PROJECT DO?

Turas is a day programme for anyone that is 18 years or older who's interested in moving away from substance misuse and wants to improve their education and employability. We have a community employment scheme and run a wide range of programmes with a team of tutors, key workers, outdoor education instructors and therapists. We work very hard to make sure everyone feels welcome and spends their time working on the important things that address their needs and build on their skills. Turas is a community of people working together to learn, grow and support each other as much as possible.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Anyone who comes to Turas and works with our team and their peers will achieve something, guaranteed. You may surprise yourself by just how much you will achieve. Our service is designed to give everyone the best opportunity to achieve recognised education and training awards, and make meaningful progress in their care plans (we won't let you away with taking it easy on your care plan!).

Most important of all you can expect a very friendly, professional and dedicated team who are here to ensure you leave every day with a little more confidence and encouragement to move forward with your life.

### WHAT MAKES YOUR PROJECT UNIQUE?

One of our key strengths as a project is the variety in the day programme. We like to get everyone out into the natural environment at least once a week to take part in all sorts of activities from hillwalking in the beautiful Wicklow mountains, or to have fun with team building exercises beside the sea. Our focus is having a mix of activities that helps to improve not just your education and skills, but also your physical and mental wellbeing. You will not get bored in Turas.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

Our entire programme is built on delivering a day programme that people want and need. We are here for no other reason. Feedback, comments and suggestions are actively sought and welcomed at all times. There are regular service user inclusion meetings, comments

box in the front office, daily check-ins and checkouts, course feedback, consultation meetings and formal questionnaires.

We have worked hard over the years to get the right balance of delivering services to best practice standards starting with the service users' needs. We are not perfect and we cannot guarantee every decision we take will satisfy everyone 100% but we do pledge to listen carefully to what people tell us and we routinely change what we do and introduce new things as a result. We believe this is the only way to deliver the right service.

### HOW DO PEOPLE JOIN?

Just call us on 01 450 5396 and we will try and answer your questions and arrange a meeting with you as soon as possible.

### DO YOU HAVE A WAITING LIST?

Generally not. You won't be kept waiting on Turas





## PERSONAL STORY

*Wendy came to Turas a few years ago with a dependency on tablets that she really wanted to change. It was difficult at first for her to know where to start. Step by step she worked on a plan with her keyworker to reduce her tablet use and take a new approach with her doctor.*

*With the help of the structure, routine and support of the day programme, Wendy learned more about addiction, harm reduction, and relapse prevention. Her tablet use slowly reduced.*

*Last year Wendy met the minister for drugs and was presented with a handful of QQI awards. Wendy stood in front of the minister, her peers, and family members proud to say she was drug free for six months and planning to go to college soon.*



## NATURE



If you are under 24, you might even get more money if you join!

# FREE SERVICE

## CONTACT INFORMATION

### ADDICTION RESPONSE CRUMLIN CLG.

- 📍 101, Cashel Road, Crumlin, Dublin 12 &  
160a Sunshine Industrial Estate, Crumlin Road, Dublin 12
- ☎️ Cashel 01 456 3131 / Sunshine 01 4113 222
- ✉️ [info@addictionresponsecrumlin.ie](mailto:info@addictionresponsecrumlin.ie)
- 🌐 [www.addictionresponsecrumlin.ie](http://www.addictionresponsecrumlin.ie)



**ADDICTION  
RESPONSE  
CRUMLIN**

**FREEDOM** Positive Action For Positive Change

### WHAT DOES YOUR PROJECT DO?

The following are the programmes that are provided by ARC to service users of Dublin 12.

#### Treatment & Support Programme

The Treatment and Support programme is an individual's first point of contact with ARC. The aim is to support, encourage and empower individuals taking the first steps on their journey of recovery.

#### Alcohol Programme

ARC offers programmes in alcohol reduction and rehabilitation. The programmes are open to people seeking treatment to reduce their alcohol use.

#### Cocaine and Poly-Drug Use Programme

This programme is for cocaine and poly drug users over 18 years of age living in the Dublin 12 area. People in full-time employment can access the service through a flexibly planned and individually tailored treatment programme.

#### Family Support Services

Services are available to all family members affected by addiction on-site. The negative impacts on families of substance misuse include intensifying

family dysfunction; emotional, psychological and social problems; and severe financial difficulties.

#### FROST (Facilitated Reduction of Opiate Substitute Therapy)

The F.R.O.S.T Programme (renamed from the Reduction Opiate programme) offers cognitive behavioural therapy care planning, key-working, counselling, motivational interviewing, holistic treatments, drop-in, and supports for service users, giving them confidence to move from drug orientated destructive behaviour and address their addiction in a safe environment, the service user needs to reduce their methadone down to 50 mls to access this programme. The FROST Programme is the first step to provide rehabilitation to over 18 years of age to detox and or reduce their methadone use.

#### Stabilisation Programme

Recognising the need for support and education for people in early recovery, this is a part-time rehabilitation and training programme, with service users engaging for 19.5 hrs per week. Service users generally follow the programme for a year, with the possibility of moving on to the Rehabilitation Programme for a further two years.

#### Rehabilitation Programme

Following the initial stabilisation phase, service users continue to the Rehabilitation programme, the programme aims to assist service users to break free from the cycle of addiction, and to enhance the quality of their lives. It is underpinned by the belief that substance misuse is typically rooted in social and economic disadvantage, with the profile of service users generally characterised by indicators of same before they present for rehabilitation.

#### Aftercare Programme

The Aftercare programme supports individuals in moving from a cycle of addiction dependency to becoming and remaining drug/alcohol-free. The programme is open to people aged 18 and over and recovering from substance misuse. The programme is delivered flexibly to accommodate people who are in employment or further education or training.

#### Under 18's Service

ARC's Under 18's service aims to provide safe and confidential access to young people and their families seeking treatment or support for substance misuse. ARC supports young people in accessing suitable educational, training or





employment opportunities, and promoting healthy lifestyles.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

The Outcomes from every programme varies and is identified through Care-Planning and Key-Working sessions. Service users address their Drug Use behaviours, Relationships, Employment skills, Attitudes & feelings, Personal Circumstances and Needs and enabling factors. There is also a running group within the Aftercare and this physical activity will build on a service users' resilience and coping skills. Empowering and building on fitness and improved mental and emotional health and social abilities.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

In January 2014 I first became aware of Addiction Response Crumlin Services. I had accompanied my then 16-year-old son to the Under 18's Project as suggested by a Social worker dealing with his case. It was while I was talking with the staff there that I acknowledged that my drinking was responsible for my son's behaviour. The staff put me in contact with a Staff member/ Facilitator from the Alcohol Reduction Programme from ARC, who sat with me while I described what had brought me to this point. She was very understanding and treated me with respect at a time I felt I didn't deserve it. We had several one to one session and it was suggested that I avail of the courses on offer through ARC. Since then I have just completed a 3-year Level 8 Degree in UCD University in Social Policy & Sociology.

### WHAT MAKES YOUR PROJECT UNIQUE?

Arc offers a broad range of

services, enabling service users to move through the continuum of care within one organisation, from chaotic active substance use to total abstinence and back to education if this is what they choose.

The location is accessible to all service users in the Dublin 12 areas, as all buses pass the Sunshine Industrial Estate and the premises is well within walking distance of the three main local areas. This accessibility is underlined by the service users who have moved outside of the area but still continue to access ARC's services. And the fact that the premises is in an Industrial Estate makes it easier for service users, especially new ones, to come through the main gates as there is no stigma in going to an Industrial Estate while there may be one in walking up to an Addiction Project in a main street and 101, Cashel Road is also easily accessible by buses and in walking distance to service users all over the Dublin 12 area.

### HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

There is a twice yearly facilitated session with service users in a group setting with the Team Leader of each programme.

### HOW DO PEOPLE JOIN?

Service Users can self-refer and we also accept referrals from, HSE addiction services, Probation, Tusla, A & E, Schools, Youth Services, JLO's, etc.

### DO YOU HAVE A WAITING LIST?

ARC does have a waiting list of 6 weeks, however if there is an emergency or crisis within a family etc. Arc staff will facilitate that service user or their family with an appointment, or they could contact our Drop-In service at 101,

Cashel Road which is our first point of call for new service users and they will be given an appointment to have an assessment.



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## CONTACT INFORMATION

### WORKING FOR GROWTH AND RECOVERY IN THE COMMUNITY

📍 Unit 16, Bridgecourt Office Pk, Walkinstown Ave, Dublin 12

☎ 01 419 8630 / 086 027 8729

✉ info@wgrc.ie

🌐 www.wgrc.ie



### WHAT DOES YOUR PROJECT DO?

The Walkinstown Greenhills Resource Centre was set up by the local community in response to the emergence of drug misuse in 2003 and since then it has continued to reflect a strong community development focus. The Centre provides a range of services to individuals, families and the community who are affected by substance misuse and mental health difficulties within the Dublin 12 area.

The Centre is staffed by a dedicated and highly professional team of Counsellors / Psychotherapists and Keyworkers. The main focus of our work is to support those affected by substance misuse by providing one to one counselling. This work inevitably brings us into the wider area of supporting those with mental health difficulties and those who are indirectly affected by substance misuse, usually family members and mainly women and children.

In response to the needs of these groups we have developed a range of further support services which include family support groups, a mental health drop in facility, an aftercare support programme (SMART), an adolescent support service, play therapy and holistic therapies. We also run a very

successful Mens Shed, currently 42 members, this is a tremendous resource to the men themselves in terms of the support they get from it and the wider benefit it brings to the community.

In order to provide our service users with the best possible treatment, care and support, WGRC works closely with the statutory sector. This has brought about new services in the area such as FROST, which is a community detox programme which we deliver in conjunction with Addiction Response Crumlin (ARC). More recently, through working with other organisations, we have developed a response to the increased incidence of suicide, suicide ideation and self-harm experienced by young persons living in Dublin 12 by providing an Adolescent Support Service. As you would expect there is a high demand for this service and we hope to maintain it into the future.

### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

The Centre is unique in many respects, I think the biggest thing that sets us apart from other organisations is the culture of doing our absolute best to support the service user and to

make their experience of the service, a welcoming and friendly experience, where they will be treated with respect and dignity. This is something commented on regularly by our service users and it is something we value and nurture throughout the organisation.

It is no accident that this culture exists as the organisation has a strong community development ethos with a clear focus on the involvement and empowerment of the local community.

This approach which runs all the way through the organisation from a staff member who is the service user representative for the Dublin 12 area, to most of the members of the company being service users and a number of board directors being service users. This structure ensures that the voice of the service user is central to the organisation and is a great way of making sure that the services provided are relevant and accessible.





LOCAL

SERVICES

GENESIS

## CONTACT INFORMATION

### GENESIS PSYCHOTHERAPY & FAMILY THERAPY SERVICE CLG

📍 Blackcourt Road, Corduff, Blanchardstown, Dublin 15

☎ 01 820 2764

✉ office@genesistherapy.ie

🌐 www.genesistherapy.ie



#### WHAT DOES YOUR PROJECT DO?

Genesis is a local charity providing a professional, low-cost psychotherapy service to people in the Dublin 15 area. People coming to Genesis present with a wide range of concerns and the therapists working at Genesis come from several different therapeutic backgrounds including psychodynamic, art therapy, play therapy amongst others. As a result, Genesis can provide therapy to individuals, couples, families and children.

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Genesis provides a safe and comfortable environment for people to come and chat about their concerns with a professional, qualified individual.

#### WHAT MAKES YOUR PROJECT UNIQUE?

What makes the service unique is being able to provide such a low-cost service to such a large area such as Dublin 15 which enables Genesis to reach more people in the community regardless of social or economic background. Generally a person could expect to pay more to see a private therapist.

#### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

We welcome user feedback and provide a suggestion box in the waiting area of Genesis.

#### HOW DO PEOPLE JOIN?

The service operates a policy of self-referral. This indicates a willingness on behalf of the user to engage with the service.

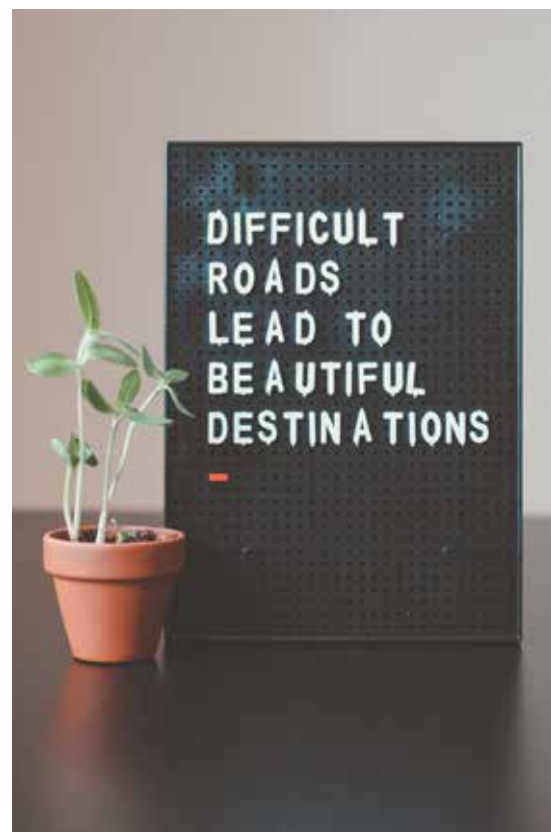


#### DO YOU HAVE A WAITING LIST?

Yes there is a waiting list in place and as the service is in high demand, waiting times can be between 8-12 weeks on average.

#### DO PEOPLE NEED TO PAY TO JOIN?

No -there is no need to pay to join but an initial face-to-face assessment is carried out and costs €15. Each subsequent therapy session costs between €15 and €35, depending on the person's ability to pay. with the fee being agreed during the assessment.





# CONTACT INFORMATION

## DUBLIN 15 COMMUNITY DRUG TEAM

- 📍 Parslickstown House, Parslickstown, Mulhuddart, Dublin 15
- ☎ 01 8216601
- ✉ marie@mccdat.ie
- 🌐 blanchardstowndrugtaskforce.ie



D.15 CDT

Dublin 15 Community Drugs Team C.L.G.

### WHAT DOES YOUR PROJECT DO?

We work with people affected by addiction and their families in Dublin 15.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

We support people who wish to stabilize their drug use and support them to fit the criteria for drug rehabilitation/detox.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

We were officially opened by President Mary McAleese in 2008. That was a very proud day for the team and the people of Dublin 15. Since then we have worked with empathy and compassion with everyone who avails of our service.

### WHAT MAKES YOUR PROJECT UNIQUE?

We are the primary service in Dublin 15 working with people who do not meet the criteria (unstable drug use) for structured substance related treatment programmes. We are a low threshold/harm reduction service supporting people to stabilise and access further treatment.

### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

Dublin 15 Community Drug Team strives to enhance the participant's experience of treatment by providing a platform whereby the service user's voice is heard, and heeded. Our stabilization program, the 'Arising', was independently reviewed in February 2018. This process involved participants completing anonymized evaluation forms. The data, thereof, was compiled and analysed as part of our organizations continual efforts to develop and maintain evidenced based treatment approaches. The participant's views and recommendations are represented in the final report, and therefore shall influence the design of subsequent stabilization programs.

### HOW DO PEOPLE JOIN?

People can self refer or be referred by other agencies.

### DO YOU HAVE A WAITING LIST?

No, we don't. We try to see people the same week they contact our service.



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# POETRY & PERSONAL STORY

## The Road to Hell

*Is there anyone who understands me?*

*My life is going nowhere.*

*I'm living in just pure Hell.*

*For I'm just another junkie.*

*And this story I must tell.*

*My world is filled with emptiness*

*And I ask myself why*

*My only real alternative*

*Was to reach my all-time high.*

*I didn't see the pain and harm*

*As I shot the hard stuff into my arm*

*This is my way of escaping pain*

*I'll never face the world again.*

*I'm getting old before my time*

*My habit turned to a life of crime*

*I guess I just don't want to be another*

*Prisoner in the land of free*

*At first I did it just for kicks*

*It was the easy way to go*

*But now I need my daily fix*

*I'm scared of feeling low.*

*So I finally seek the help I need*

*And want to make amends*

*And to live a life of decency*

*For my family, myself and my friends.*

*I'm one of the lucky ones*

*I'm making my way back home.*

*Because the one who cared*

*For me didn't let me walk alone.*

~S.W



*To all the staff at Sankalpa I just want to thank you all for the support I've received in the past and continually supporting me. I will be forever grateful. You will be glad to hear that I'm 250 drug free!! Finding your service the way I did was meant to be I think. If I hadn't met Phil that night in the Swiss Cottage things in my life would have been so different.*

*From the moment Phil told me about the service and I started to attend, it gave me structure and has helped me a lot on the road in travelling. I was made feel welcome from day one.*

*I loved having somewhere to go and feeling part of a family. The learning and days out the summer project or even just to the park. I'm going to school everyday in here and I'm loving the leaning and I also do NA meetings. I always look forward to seeing Paul when he visits. He cheers me up!. It means a lot. Well, I'm not going to get all sloppy but thank you from the bottom of my heart.*

*So Edel, I hope when I'm released, there is a job for me to help Phil and Lisa to help people like me who want to change, as you all do a brilliant job. I want to repay and staying drug free and with the education I'm receiving I'll be a good candidate!*

*By Sankalpa participant*



# TALLAGHT REHAB PROJECT



## CONTACT INFORMATION

### TALLAGHT REHABILITATION PROJECT CLG

📍 Kiltalown House, Jobstown, Tallaght, Dublin 24

☎ 01 459 7705

✉ info@tallaghtrehabproject.ie

🌐 www.tallaghtrehabproject.ie

🕒 Open: Mon - Fri 9 - 5pm (*Day Programme*)  
Open: Tue - Sat 5-10pm (*Aftercare Service*)



### WHAT DOES YOUR PROJECT DO?

TRP is a dedicated specialist rehabilitation project in the Tallaght area providing a community based day-programme for people in recovery with addiction problems. The programme is specifically designed to provide a safe and confidential environment where participants can actively engage in a therapeutic process of recovery.

The overall objective of the programme is to assist and support the rehabilitation and recovery process and realistic progression of people who have become stable in treatment on prescribed methadone or who have achieved drug free status. Our mission statement comes from a community development ethos, which believes in the benefits of rehabilitation within a community setting and where participants can be supported in their recovery, by their own community.

TRP contributes to local development through providing this necessary service for people with addiction problems.

### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

The eventual goal for participants

is successful reintegration into family and community and preparation for further education or employment. The programme also provides opportunities for clients to develop a range of skills, which will assist them in their ongoing recovery process from self-destructive addictive behaviour and allow them to pursue a drug and alcohol free lifestyle.

### TELL US ABOUT A SUCCESS YOU HAVE HAD?

Every year TRP host a variety of events such as our Annual

Awards ceremony, Family fun day, Christmas family day and our very successful Box Smart Initiative, which is in its 5th successful year.

Most recently TRP held an event in the Civic Theatre in Tallaght. This was a arts programme, which included a Drama piece, written by and starring our very own participants. It also included comedy and music. The whole event was to promote a healthy and positive side of recovery and to highlight that people can and do recover from serious addiction issues.







## WHAT MAKES YOUR PROJECT UNIQUE?

TRP promotes partnership and networking with both statutory and other community agencies. We now have MOU with most of the voluntary and statutory agencies in the Tallaght Wide Area and beyond for the progression of our clients who engage with our services. Tallaght Rehabilitation Project values and respects the right of all our participants to engage in a recovery process that is positive, honest, compassionate and dignified and also meets the needs of our clients through progressive pathways and emotional growth. This is all done in the heart of their own community, which we feel makes TRP unique in some way.

What also adds to our uniqueness is our Aftercare Service. Our Aftercare services are an integral part of the rehabilitation service provided at TRP.

## HOW DO PEOPLE USING YOUR SERVICE HAVE THEIR VOICE INCLUDED?

We are constantly evaluating our services and the programmes that run within it. Participants are encouraged to participate in all sub groups.

We also have a quarterly house group, where staff and participants come together to discuss the programme and bring new ideas and suggestions.

## HOW DO PEOPLE JOIN?

Tallaght Rehabilitation Project operate on a referral basis and can be referred through the following methods:

Local G.P., Clinic, Prison Services, Self-Referral and other local projects/agencies both statutory and voluntary.







People who are on CE will be paid Community Employment rates for 20 hours per week. This is about €25 more than the dole.

# FREE SERVICE



## CONTACT INFORMATION

### DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT

-  45 Upper Georges Street, Dun Laoghaire, Co Dublin.
-  01 280 3187
-  [info@drop.ie](mailto:info@drop.ie)
-  [www.drop.ie](http://www.drop.ie)



#### WHAT DOES YOUR PROJECT DO?

Our programmes are designed to support individuals at any stage of substance misuse and with each step we look to assist our service users in defining their progression path across our continuum of care or by way of referral to another agency who can better meet their individual needs. For those unable to attend group programmes we also provide one to one appointments throughout the day and also one evening per week.

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR PROJECT?

Anyone who chooses to access our services can expect to be appointed a keyworker who will work with them to develop a care plan based on their individual needs around their drug use and other areas that are negatively affected through their drug use. If the goal is to stabilise their drug use and access further treatment options they can complete our Pre-Entry Programme move on to our Stabilisation Programme. If someone has recently become drug free they can join our CE Drug Free Rehabilitation Programme and learn more about what recovery

means to them and participate in training and work experience placements.

#### TELL US ABOUT A SUCCESS YOU HAVE HAD ?

Engagement with a support service like ours opens up many possibilities for a person. We have had a client come to DROP originally homeless living in a tent and with a chaotic lifestyle who went on to stabilise his drug use, moved through homeless services and into independent living at a pace that was determined by him. We don't own the success our service users do. If you wish to come along develop a care plan and do the work then possibilities are endless.

#### WHAT MAKES YOUR PROJECT UNIQUE?

I don't think we are unique in that we are providing services similar to other organisations like ourselves. We are however the only community based rehabilitation service that provides group programmes for stabilisation and reintegration in the Dun Laoghaire Rathdown catchment area and down to Wicklow.

#### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

We encourage service users to provide feedback via our comment box in reception, monthly house meetings with the programme participants, service user consultation in programme and plan development.

#### HOW DO PEOPLE JOIN?

We take referrals through phone and drop in where it is self referral and by referral form on our website if it is a agency referral.

#### DO YOU HAVE A WAITING LIST?






We currently have a waiting list with a turn around time of 3-4 weeks for an assessment appointment and approx 5-6 weeks for a keyworker to be appointed.

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## CONTACT INFORMATION

### NORTH DUBLIN REGIONAL DRUG AND ALCOHOL TASK FORCE

-  32-33 Main Street, Malahide, Co Dublin.
-  01 223 3493
-  siobhan@ndublinrdtf.ie
-  www.ndublinrdtf.ie
-  Fingal Families is an initiative of North Dublin Regional Drug and Alcohol Task Force



#### WHAT DOES YOUR PROJECT DO?

Fingal Families is a free and confidential service.

This service is for family members impacted by another person's drug and/or alcohol use living in North County Dublin.

#### Our goal is:

- To reduce stress and strain for family members in North County Dublin who are impacted by another person's substance use
- To provide pathways into other support services where needed

#### We do this by providing:

Assessment, brief information & advice, 5-Step Method, Young Person Support Programme, STRONG programme, Counselling, Teen Counselling, Peer Led Family Support Groups, Drug Related Intimidation Programme, Acupuncture, Signposting and referrals to other services can also be made.

As part of our prevention strategy we also work with any parent in the community to build positive relationships with their children through Triple P Parenting workshops.

#### WHAT OUTCOMES CAN PEOPLE EXPECT IF THEY COME TO YOUR SERVICE?

People coming to Fingal Families will receive a warm welcome in a non-judgemental, trusting, respectful environment. They will be treated with empathy and dignity and will be offered a safe space to explore their lived experience. Family members will benefit from a reduction in stress and strain and will have new coping skills to deal with old problems. They will be better equipped to deal with the complexities of familial substance use and make informed decisions about their own lives.

#### WHAT MAKES YOUR PROJECT UNIQUE?

Fingal Families is unique in that it recognises that family members are service users in their own right and can also be agents of change in recovery.

#### HOW DO PEOPLE USING THE SERVICE HAVE THEIR VOICE INCLUDED?

The service model is based on active participation and capacity building. Fingal Families conducts regular reviews individually and in

group settings. Furthermore we have a range of mechanisms for getting anonymised service user feedback. We recently conducted a values survey where family members defined the values they would like to see reflected in the service.

#### HOW DO PEOPLE JOIN?

We accept self and professional referrals. Please phone for referral form or appointment.

#### DO YOU HAVE A WAITING LIST?

Currently there is no waiting list. Fingal Families will aim to offer an appointment within a week of initial contact.



Family Support Conference

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# YOUR NEAREST SERVICE



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# DUBLIN



# UISCE

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