

# **Community & Day services Open Day 2015**

## **WELCOME**

# Community and Day Services

- Our services – What we do ?
- The Team– Who does what ?
- Our Partnerships
- Clients talks- What our clients have to say

# Community & Day services

## What we do.

- Outreach/Prisons & Community
- CRAFT Community Reinforcement and Family Therapy
- Drug Free Day Programme /Aftercare
- Stabilisation: Welcome Programme
- Community Detox
- Contingency Management
- Cannabis Programme
- Drop In
- Counselling

# Community & Day services

## Outreach

### ❑ Outreach: Prisons & Community

- Assessments, pre entry, Admissions
- Mountjoy Detox group and Drug Treatment Programme (Med Unit)

### ❑ Pre - entry Ana Liffey

- Thursday = Welcome & Treatment options
- Tuesday = Drug free & residential
- Thursday = Welcome & Treatment options

### ❑ External site visits

- MQI St Francis farm & High Park, McVerry's, Dublin Simon, Cuan Dara , St Michael's Ward Beaumont Hospital, Enfield etc.

# Community and Day Services

## CRAFT/ Family Support

### ☐ **Community Reinforcement Approach Family Training (CRAFT)**

- Weekly groups on Thursday 6.30pm-8pm
- 8 workshops designed to give family members information and practical skills to help manage the addiction of their loved ones
- Self refer or referred by Coolmine Outreach/staff or external agencies.
- suitable no matter what stage of addiction or recovery their loved ones are at.

### ☐ **Family Support Group / Mindfulness Groups**

- Open-ended group for family members which offers support in relation to dealing with addiction in their lives.
- Mindfulness is paying attention in a particular way its an 8 weeks Course.
- Weekly groups at LESt Mindfulness on Thursday's 7pm-8.30pm Family Group 8.30pm to 10.pm



# Community & Day services

## Contingency Management

- Reinforcement of desired behaviours
- 12 week programme, mixed gender- Work Shops Reduce the use, CRA
- Weekly group sessions - Wednesday @ 5pm-7pm
- Participants provide three supervised urines a week
- Brief intervention at every meeting
- On completion of the 12 week course, participants will receive a voucher, the amount will be determined by the number of drug-free samples and group attendance.

# Community & Day services

## Welcome Programme

### ❑ **Structured Stabilisation Programme (12 weeks)**

- Fortnightly Key working sessions & Care Planning
- Maximum of 12 clients / mixed gender group
- Community Methadone. Alcohol Detox

### ❑ **Daily Therapeutic & Educational group work**

- Relapse Prevention .CRA . Sobriety Sampling
- Case Management Care Plans
- Life Skills , Budgeting, Self care
- Treatment Options,
- Personal Development
- Activities, Art/Drama.

# Welcome Programme Structure

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10.30– 11.10am	Check-in	Check-in	Check-in	Check-in	Review the week
11.15- 12.45 pm	Weekend Review/ Patrick/ Yvonne	Open group	Relapse Prevention Workshops (CRA/CBCS/Anger Management)	GESE/H.S. &Goals of Counselling Group	Weekend Planner
12.45 – 2pm	LUNCH/ Community Duties	LUNCH/ Community Duties	LUNCH/ Community Duties	LUNCH/ Community Duties	LUNCH/ Community Duties
2-3.00pm	C.A./ Mixed meeting CM, DFDP, WP Health P Community Meet	CA Mindfulness	Appointments Time	Speaker – Treatment Options 3pm-3.30pm Client forum	Fun Activity
3 - 3.30pm	Wind down and house responsibilities	Wind down and house responsibilities	Wind down and house responsibilities	Wind down and house responsibilities	Wind down and house responsibilities



# Community & Day services

## Day programme

### ❑ **Structured Drug Free Day Programme (5 months)**

- Weekly Key working sessions & Care Planning
- Maximum of 14 clients / mixed gender group
- 2-3 Community detox places .

### ❑ **Daily Therapeutic & Educational group work**

- Relapse Prevention .CRA .CBT .
- Mindfulness MBRP, Reduce the use, PUP.
- Open groups
- Life Skills, Personal Effectiveness, Money management
- Life story and assignment groups
- Health promotion

### ❑ **Structured Aftercare Programme (5 months)**

- Weekly group
- fortnightly Key working sessions



# Drug Free Day programme Structure

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am- 9.45am	Morning meeting	Morning meeting	Morning Meeting	Morning meeting	Morning meeting
9.45am-10.15am	Break	Break	Break	Break	Break
10.15am-11.40am	Weekend Review group	G.E.S.E Part 1 Present evaluation	Workshop Mindfulness	Open Group/ Life story/ Assignment group	Weekly review/ weekend planner ( part 1 )
11.40am-11.50am	Break	Break	Break	Break	Break
11.50am-12.50pm	Weekend Review group	G.E.S.E Part 2 Feedback& Goals	Work Shop PUP Parent's under Pressure	Open Group/ Life story/ Assignment group	Weekly review/ Weekend planner. (Part 2)
1pm-2pm	Lunch	Lunch	Community Duties Finish	Lunch	Lunch
2pm-3.45pm	Health Promotion Treacy	Workshop (Anger Management) Niamh	Appointments	Works shop CRA Relapse prevention Leah	Wind down Pro-Social Group Activity
3.45pm-4pm	Community Duties Finish	Community Duties Finish		Community Duties Finish	Community Duties Finish



# Community & Day services

## Community Detox

### *WHY?*

- Not Everybody can, needs or wants to be admitted to residential to complete a inpatient Methadone detox .
- In response to a gap in treatment options , A community detox is available for clients wishing to cease their methadone use while remaining in his or her own community
- We respond to this by offering a community detox place on our drug free day programme which enable the client to cease their methadone use while participating in a therapeutic day programme which offers the additional psycho-social supports needed .

# Community & Day services

## Community Detox

### Admission criteria for methadone detox:

- Over 18
- No dependency on other substances
- Stable on a maximum of 40mls
- Support to detox from prescriber

People can be referred and assessed before they reduce to 40mls to receive support.

# Community and Day Services

## The Team

- 1 Manager
- 5 F/T Project Workers
- 2 P/T Outreach Worker
- 1 P/T Counsellor
- 3 P/T Volunteers
- 1 Intern(Job Bridge)
- 1 INTERNAL Community Employment Placements
- We have 2 available external C/E Places and 1 Internal Place C/E available
- We accept Student Placement from College

# Our Partnerships

1. CKU- Polish Centre for Addiction Counselling Services
2. Ana Liffey Drug Project- Outreach & Pre- entry Treatment Options
3. MQI- Host Aftercare and Women's group
4. HSE- Health Promotion/ Needle exchange
5. Irish Prison Service- Mount joy Med Unit Treatment programmes
5. Business in the Community Ireland



# Friends Of Coolmine



**€10 – Your monthly gift of €10 will help provide a bed and treatment for someone who is staying in our residential treatment services**



**€15 – Your monthly gift of €15 will help us provide baby supplies and food for babies who are residing in our Mother & Child Programme at Ashleigh House.**



**€21 – Your monthly gift of €21 will help us provide for our client's medical needs and help fund our detox programme.**

# Upcoming Events

- **Family Open Day April in Coolmine Lodge For Family Members.**
- **Women's Mini Marathon in June in City Centre**
- **Graduate Open Day TBC- Jul/Aug**
- **TBC- Jul/Au Lodge Graduates only - Launch mentoring scheme/Reflection/Dinner**
- **Graduation Sept St. Patrick's Cathedral Family, Friends, peer agencies, donors, funders.**
- **Strategic Plan Launch Early Dec TBC Funders, peer agencies, media.**
- **Gala Concert Early Dec in Draiocht for General public, mailing list, Friends/Donors**

*Please leave your contact email at reception and we will add you to our mailing list*

# Community & Day services

## Cannabis Programme

- **Structured 12 Week Programme**
- 2 days a week, Tuesday & Friday.
- 2 Days of Therapeutic & Educational group work:
- Reduce the use, CRA Work Shops, Mindfulness & Acupuncture.
- Catherine PUP

# Clients Talks

- Please take some time to have a look around and enjoy some of the refreshments provided
- Feel free to speak to any of our staff/ Volunteers if you would like any more info on our services
- Our Outreach Worker is on hand if anyone would like to discuss treatment options or make a referral.

**\*Thank you\***

# HAPPY PATRICK'S WEEK.



coolmine  
therapeutic community