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2021

## **ANNUAL REPORT**



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## Chairperson's Statement

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

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

However, Sankalpa cannot do this work alone:

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

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

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

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

We can never relax.

Sandra Kernan

Chairperson



## Manager's Statement

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

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

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

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

This is our commitment to the 2017-2025 National Drug and Alcohol Strategy *Reducing Harm Supporting Recovery*. Mental health and wellbeing issues are named 'hidden harms' in this strategy. Sankalpa has remained committed to providing the clear-cut treatment pathways via our programmes.

Sankalpa was delighted to host & launch *Recovery Month* in September. With the collaboration of the Finglas & Cabra communities and Recovery Academy, we provided a programme of recovery activities into the heart of Finglas/Cabra, including a Recovery Pop-up Café and the appointment of another recovery coach, Caroline, who has given her experience in many ways at Sankalpa.

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

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

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

Finally, on behalf of our participants, staff, tutors, volunteers, and Board members, a BIG "Thank you" to our two main funders - HSE & DEASP. Our services could reach full potential without your continued support. We would also like to thank all the other front-line services in Finglas & Cabra for their continued support. Going forward let's make 2022 an even better year working together.

Mick Williams  
Manager



**Board of Management**

**Manager  
Michael Williams**

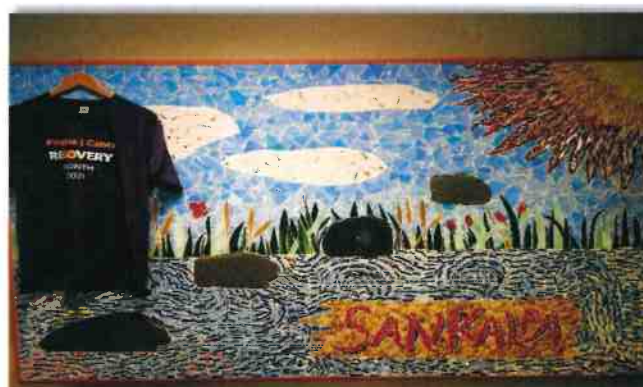
<b>Project Worker Loraine Giltrap</b>	<b>Project Worker David Boyle</b>	<b>Project Worker Ruth Cullen</b>
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<b>CE Supervisor/Project Worker Anna Elvers</b>	<b>CE Supervisor/Project Worker Vacant</b>	<b>CE Supervisor Phil Mullen</b>	<b>CE Supervisor/Administrator Cathy Birmingham</b>
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<b>Assistant CE Supervisor Natalie McEntagart</b>	<b>Office Administration Karen O'Reilly</b>
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<b>CE Participant/Support Worker Mark Kelly</b>	<b>CE Participant/Support Worker Michael Scally</b>	<b>CE Participant/Support Worker Caroline McElroy</b>
<b>Caretaker/Maintenance Darren Burke</b>	<b>Volunteers Kiera Warnock Harini</b>	

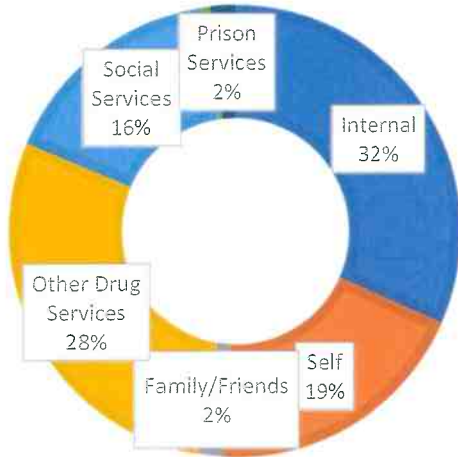
“Coming together is a beginning,  
Keeping together is progress,  
Working together is success.”



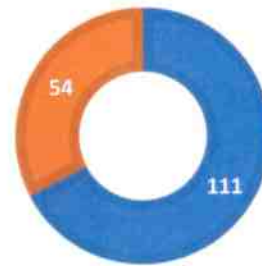
# Breakdown of Referrals & Participants Engagement

## SOURCE OF REFERRALS

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

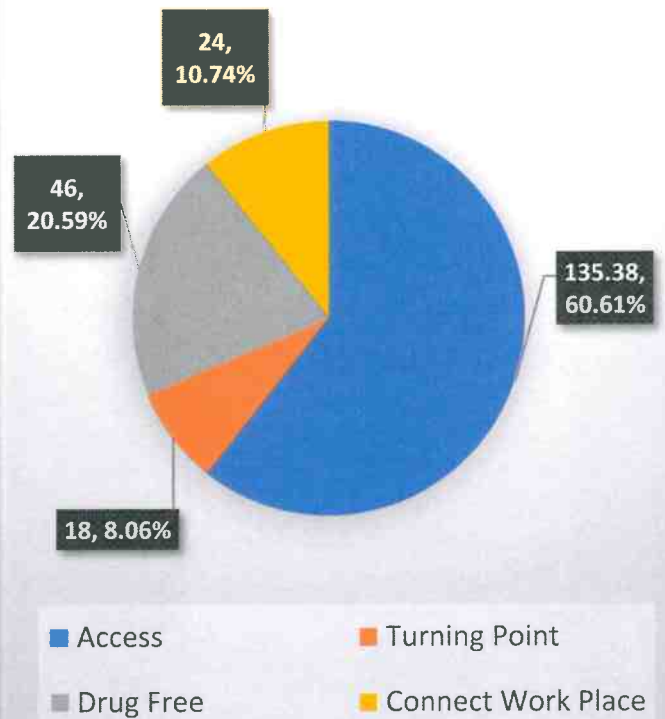


## ASSESSMENTS COMPLETED



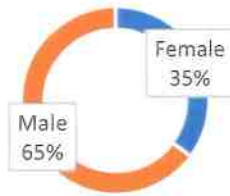
- Initial Assessments
- Comprehensive Assessments

## Referrals to Sankalpa Programme



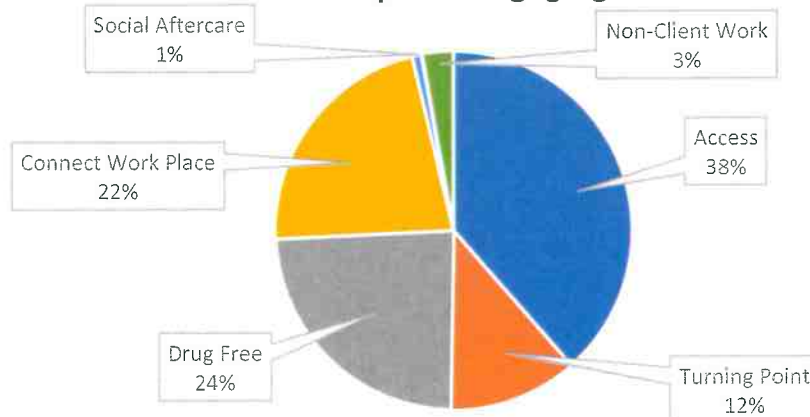
- Access
- Drug Free
- Turning Point
- Connect Work Place

## Breakdown of Gender



- Female
- Male

## Participants Engaging



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



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

### HOW WE WORK

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

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

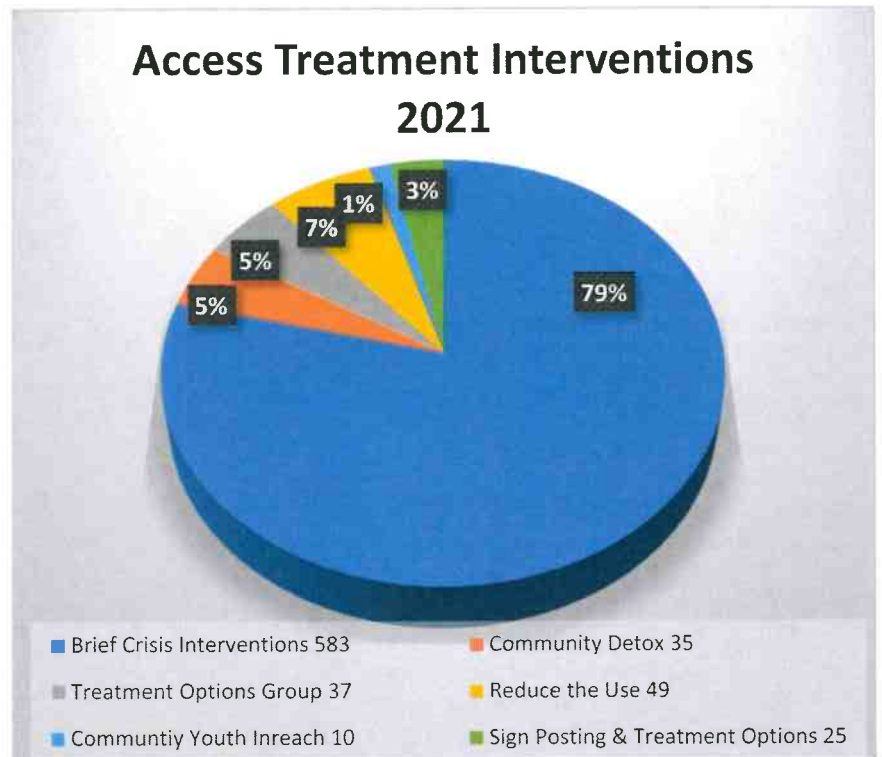
Number of People Supported by Access; Female (20) & Male (40)

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

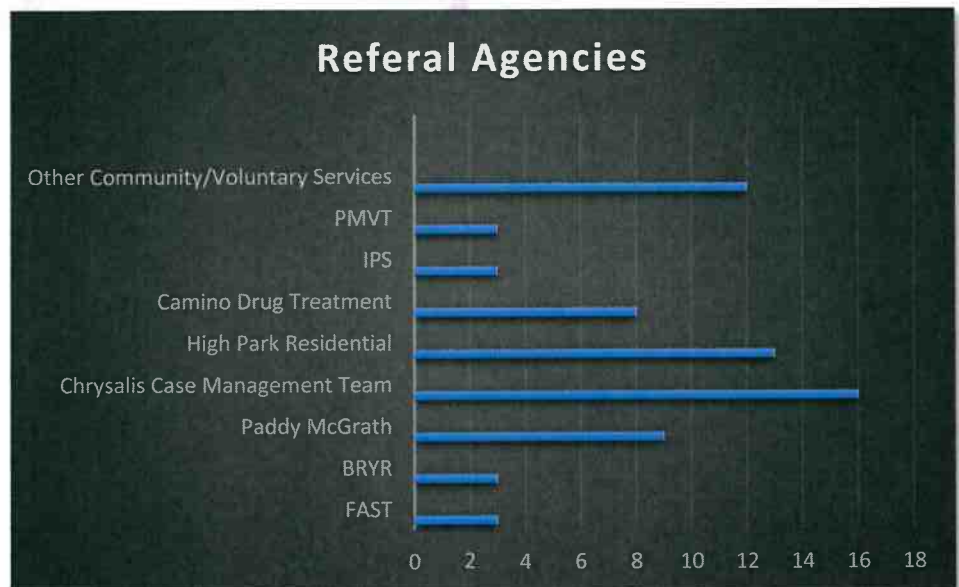
10 Overall progressions from Access to our Stabilisation Group.

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

Female Participant



Sankalpa’s Access programme received 176 referrals in 2021, which were received by working in partnership with other agencies.



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

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



*"Turning Point is a Safe place for me to be when I can't control my other environments".  
Male Participant*

Turning Point is a 9 -12-month stabilisation programme for service users experiencing problematic poly-substance use in the Finglas & Cabra community. Turning Point focuses on providing a therapeutic environment, addiction awareness skills and substance misuse understanding. Participants are supported in developing their motivation and resilience to make lifestyle changes in relation to their individual recovery pathway. This is achieved by:

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

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

Number of people supported by Turning Point; Female (7) & Male (15)

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

12 participants progressed to residential treatment.



Sankalpa have always included creative means in dealing with people's mental health and well-being.



Mental Health Awareness Programme 2021  
Facilitated by Debbie Kearns supported by our local Community Garda, Gary, and Dublin football legend Philly McMahon



# CONNECT

Drug Free Day Programme

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

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

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

Participants engage in a personalised and individually formed care plan that includes group work, one to one key working sessions, inter agency work, GP and medical liaison, social initiatives, and further external referrals.

The model is informed by Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), Community Reinforcement Approach (CRA), Adult Education, Creativity (art, film, and music), complementary therapies and social activities. We also provide supports to the employer /placement provider to ensure a positive experience for all involved.

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

*"Being Drug Free has helped me realise my true potential, thanks to Sankalpa."*

*Male Client*



*Connect Drug Free* was launched in March 2021. This service was not available to the Finglas and Cabra Community before.



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



"Addiction professionals tend to think about the ways addiction adversely affects employment, but historically have thought less about how employment might influence addiction recovery outcomes."

"What if people's employment status at the start of, and during, addiction treatment influences recovery outcomes?"

Recovery Research Institute

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

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

Sankalpa provides supports to both the client and employer to ensure a positive and sustainable experience for all involved.

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



Overview of Progressions for 2021

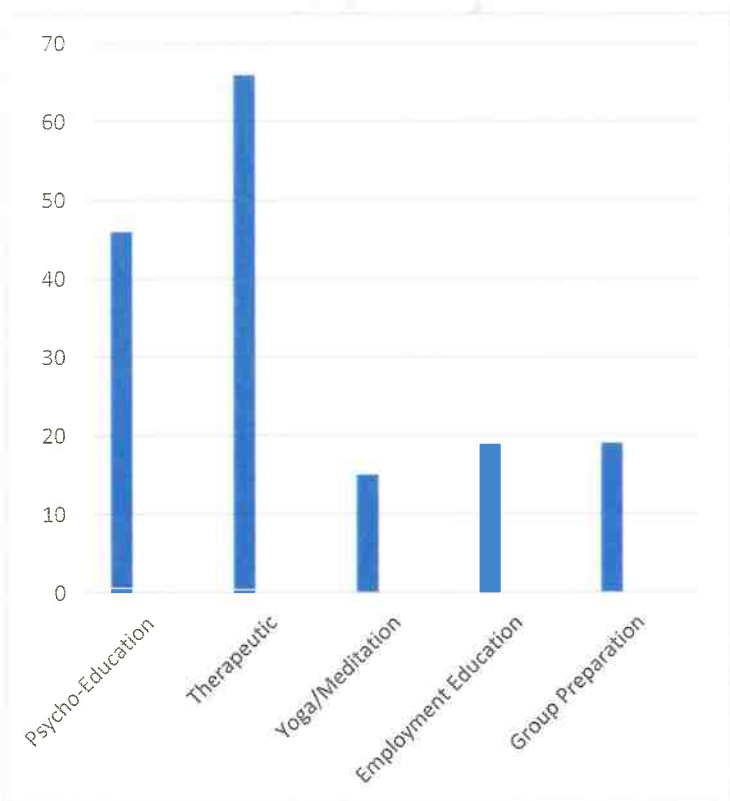
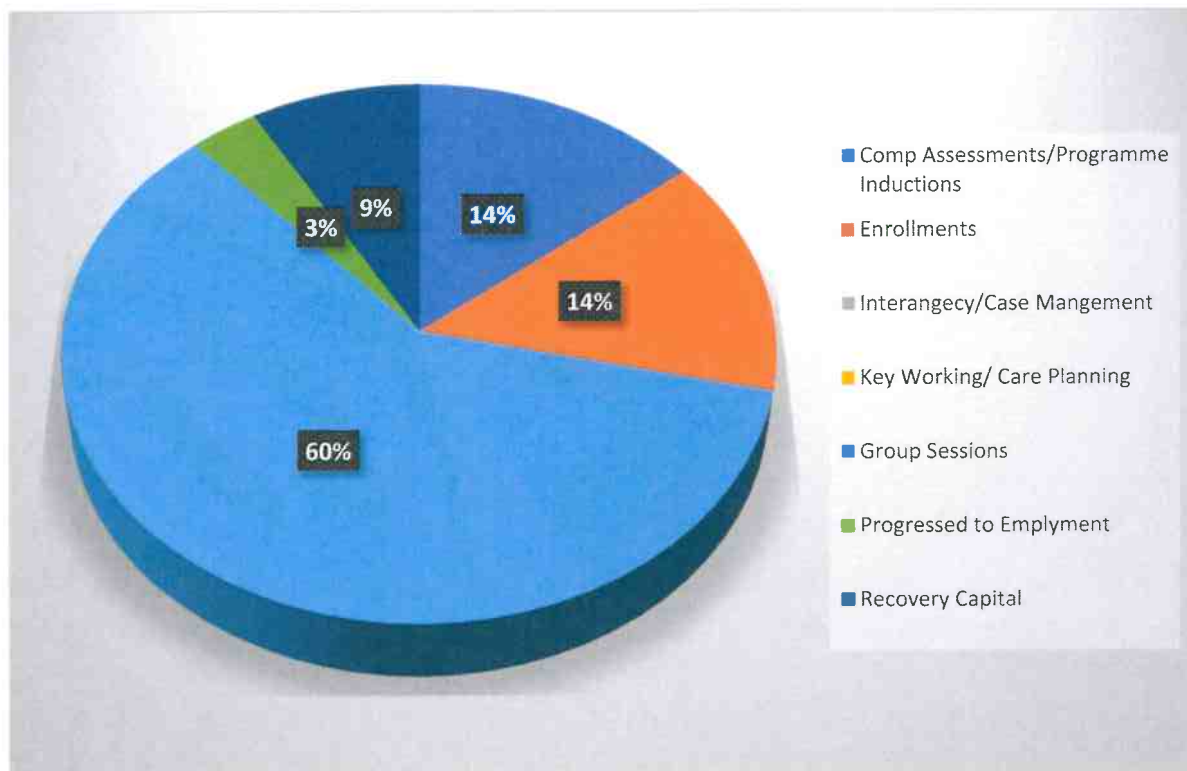
81  
QOI  
Educational & Professional development courses completed

16  
Participants returned to Employment & Full-time Education



# CONNECT

Drug Free Day Programme



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





# Recovery Advocates Journey

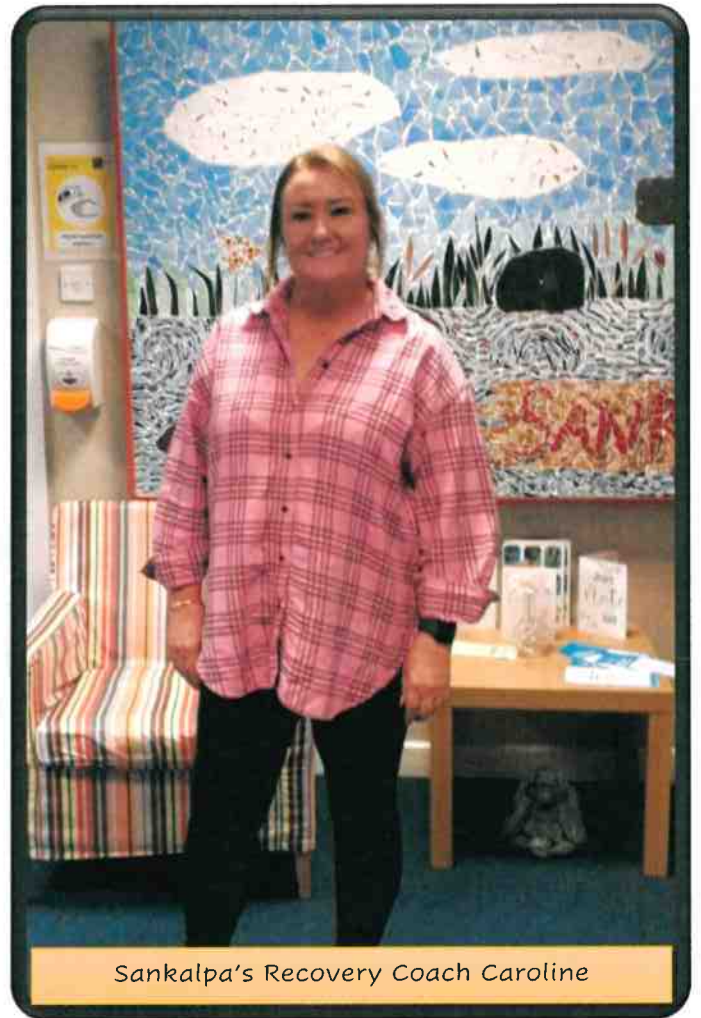
As an early school leaver at the age of 13 I began experimenting/using substances. Growing up was a lot of fun, at this time there was no smart phones, we played so many neighbourhood games such as kick the can, code, piggy in the middle, queeny -I-O and other ball games. Calling your friends, you would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

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

During the lock downs I had a lot of time to think and reflect upon what's makes me happy, I now enjoy and love helping others, so I thought why not use this to help others who have similar experiences as me. My lived experience has taught me with the wright supports and opportunities people can and do recover, living fulfilled lives. I have of others going back to collage to learn and relearn about addictions I'm currently in college studying level 5 QQI addiction studies and I have already applied for my level 7 which will hopefully start in September 2022. Recovery academy Ireland successfully sourced my college placement with Sankalpa addiction treatment services I have fitted in with the team so well I have lots of opportunity to use my lived experiences in supporting others in recovery and in doing so my skills have blossomed. I'm part of the team who facilitate recovery services especially the social aftercare that is every Wednesday evening in the Sankalpa building. I am very excited to see what is to come next. I have never given up on dreams my role in Sankalpa is use my lived experiences to support others to never give up on their dreams.

For anyone reading this there is always a way out a pathway to recovery and if I can do it so can you, there are lots of supports and people to support you, Sankalpa Addiction Service is one. Take one day at a time.

Caroline



Sankalpa's Recovery Coach Caroline

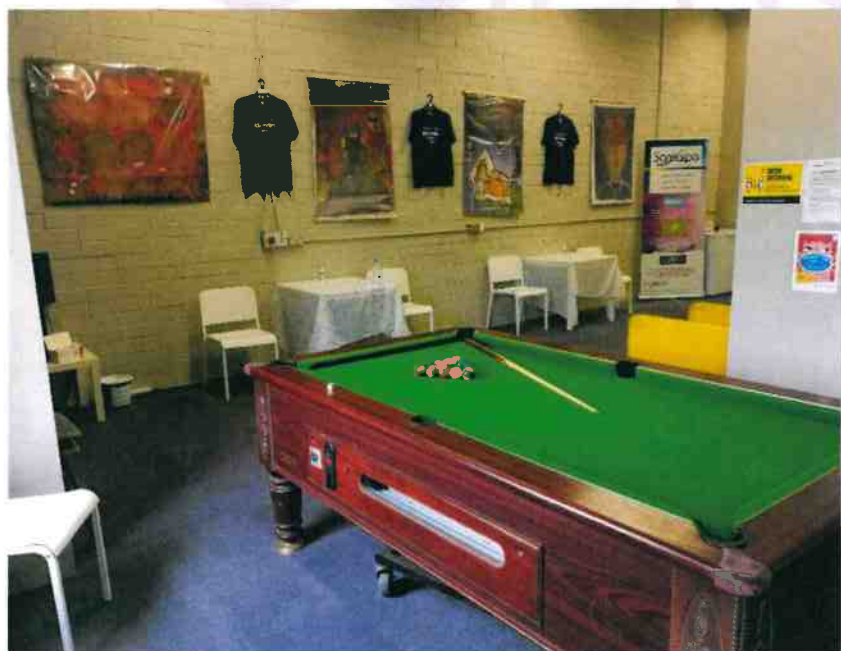
**"There is always a way out a pathway to recovery and if I can do it so can you, there are lots of supports and people to support you."**

# Turning the tide of Addiction Recovery in Action

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

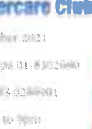




The Social Aftercare Club is facilitated by people in recovery for people in recovery, supported and supervised by Sankalpa staff and management.



**Social Aftercare Club**  
017 September 2021  
Contact Sankalpa on 0302 060  
License - 015 024901  
From 9pm to 9pm

**Sankalpa**  
Address:  
Social Farmington  
100, Stone Way, London  
Middlesex, UK Major - City-Cent  
Night Night - Board Loans

access  connect  

# A Year in Photo's 2021

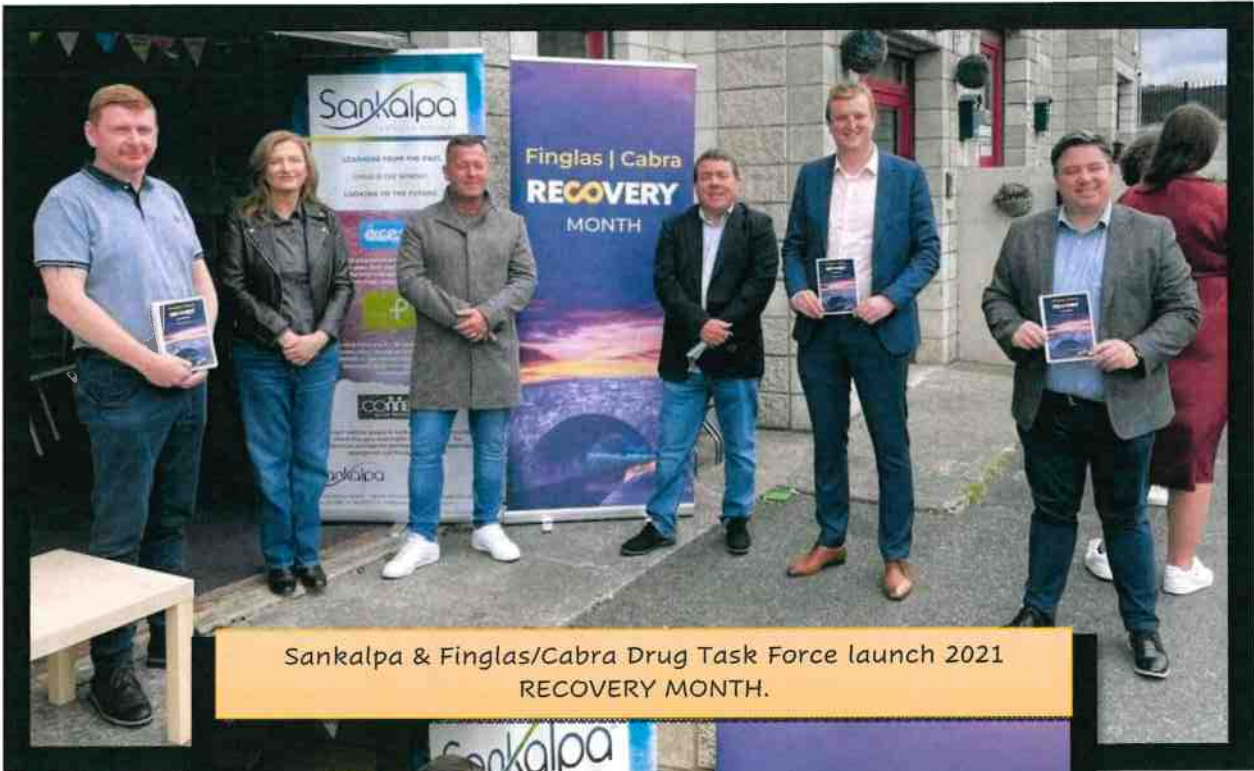
Connect Drug Free Programme enjoying a BBQ at Powerscourt Waterfall



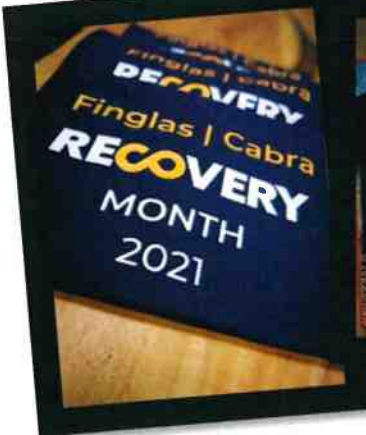
Fun activity up to Howth Summit



# Recovery Month 2021



Sankalpa & Finglas/Cabra Drug Task Force launch 2021 RECOVERY MONTH.



Recovery Run 2021





Recovery Month 5-A-Side Football tournament 2021





Recovery Walk from Finglas to Ballymun 2021



**Sankalpa**  
**D7 & D11**  
**5KM**  
**RECOVERY WALK**  
 30/09/2021 @ 11am  
 For more information: 01-8302690

**Sankalpa**  
**Recovery Services**  
 Sankalpa Recovery Services  
 01-8302690

**Sankalpa**  
**D7 & D11**  
**DOES RECOVERY**  
 access Turning Point CONNECT COINJECT

**D7 & D11**  
**DOES RECOVERY**  
 Pop-Up  
**Recovery Olympics**  
 16<sup>th</sup> September 2021  
 10:30am - 12:30pm  
**SPECIAL GUESTS**  
**ANTHONY JORDON & JASON LARKIN - AJ FITNESS**  
**MICK WILLIAMS & TERRY HAMILTON - BOXERCISE**  
 PLUS MANY OTHERS  
 VENUE: CARDIFBRIDGE ROAD (LOCALLY KNOWN AS DUNNIS FIELD)  
 access Turning Point CONNECT COINJECT

**Sankalpa**  
**Social Aftercare Club**  
 01<sup>st</sup> September 2021  
 Contact Sankalpa 01-8302690  
 Lorraine - 083 0286901  
 From 6pm to 9pm  
 access Turning Point CONNECT COINJECT

**Sankalpa**  
**Recovery Story Board**  
 A Couples Journey  
 By  
**Anthony & Ashling**  
**6<sup>th</sup> September at 3pm**  
 Unit 8, Glasnevin Business Centre, Ballybogan Road, Dublin 11  
 access Turning Point CONNECT COINJECT

# 100km Recovery Cycle from Ballymun to The Red Door Project Drogheda



06 | **Friday 29 SEPTEMBER 2021** NEWS OFFERS MOTORS SOCIETY

## Red Door project welcomes bikers

By Ian Williams

The Red Door project celebrated a milestone on the 10th anniversary of its opening, marking 20 years from the launch of the Red Door Project in 2001. The project was set up as a pilot scheme to provide a safe and supportive environment for people with a history of drug and alcohol use to live in a community.



Phil Lyons, Steve Latham, James O'Donnell and Rachel Butler at the Red Door building.

The project was set up as a pilot scheme to provide a safe and supportive environment for people with a history of drug and alcohol use to live in a community. The project was set up as a pilot scheme to provide a safe and supportive environment for people with a history of drug and alcohol use to live in a community.

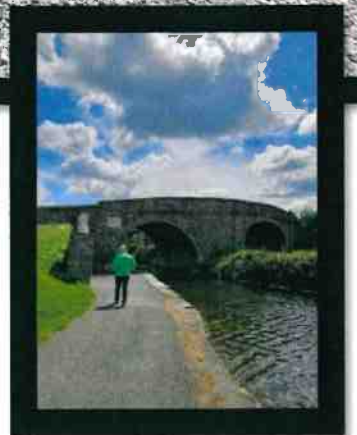
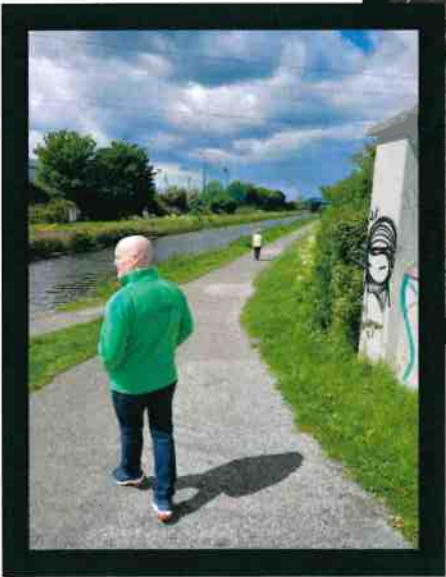
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# Working with Partners



# Income & Expenditure 2021

## Financial Review

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

Total Income € 890,228

Total Expenditure € 860,205

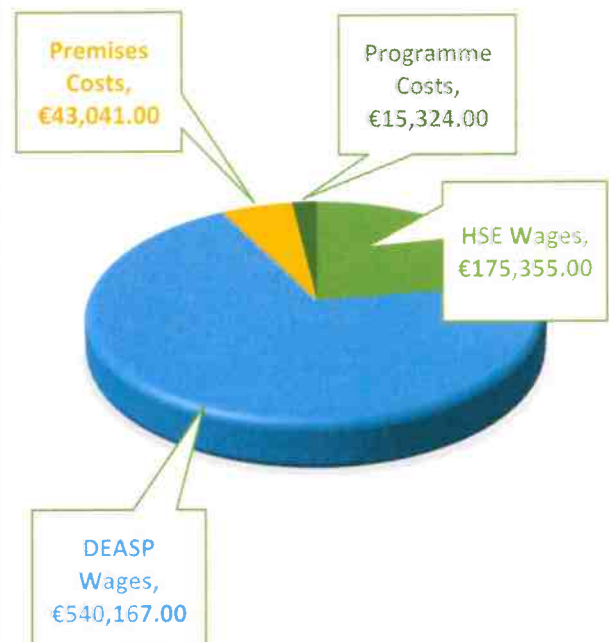
- HSE Total Income € 315,609
- DEASP Total Income € 570,732
- Finglas/Cabra Drugs Task Force € 2,000
- Donations/Fundraising € 1,920

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

## FUNDING SOURCES 2021



## EXPENDITURE 2021



# Acknowledgements 2021

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

The Irish Government  
The Health Services Executive  
The Department of Social Protection  
Finglas/Cabra Drugs and Alcohol Task Force  
North Dublin County Council  
Dublin North West Partnership  
The Recovery Academy  
The Local Cafe  
Feed Our Homeless  
Aldi Stores (Ash-town)  
Mick (Nans) Centra & Nans Supervalu (Ballymun)  
The Rediscovery Centre  
Joe (Food Cloud)  
Local TD Mary Callaghan

Tolko River Project (Blanchardstown)  
TRP Tallaght  
AJ Fitness  
GO'C Carpets and Flooring  
Woodies Glasnevin  
Barry's Balloons  
Powers Court Waterfall  
CDETB Cabra/Finglas  
Deborah Kearns  
Dublin School of Yoga  
Participants of our House of Wax Event  
First Aid Systems  
Ronan O'Toole  
Local TD Dessie Ellis



# Sankalpa Information



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



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



<https://www.sankalpa.ie>

CHI Number: 16174

Charities Regulator Number: 20057671

Registered Company Number: 286447

Tax Registration Number: 8286447N

Sankalpa CLG is kindly assisted and supported by the following Irish Government Agencies.



Féidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



An Roinn Gnóthaí Fostaíochta  
agus Coimirce Sóisialaí  
Department of Employment Affairs  
and Social Protection



**FINGLAS CABRA**  
LOCAL DRUG & ALCOHOL TASK FORCE



Handwritten text, possibly a signature or name, appearing as a series of connected loops and curves.