

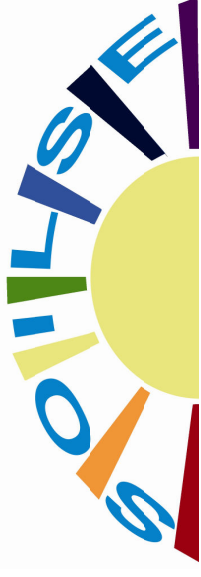
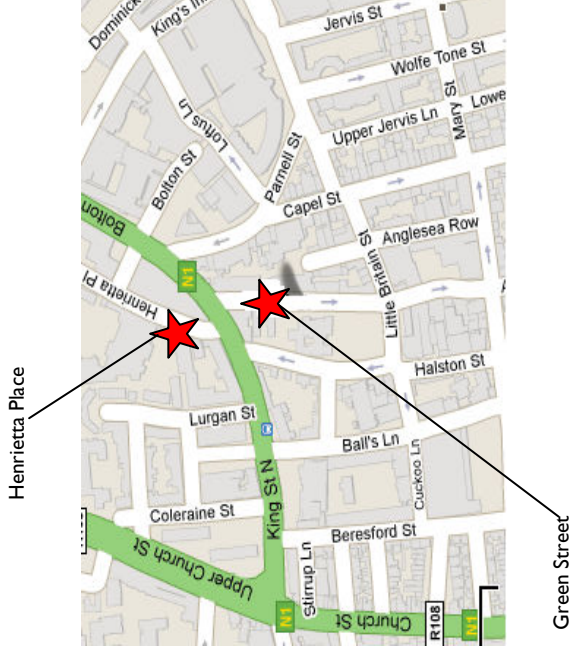
Am I eligible for Soilse?

To join any of our programmes, you must be:

- Aged 18 or over
- Not using illegal drugs or alcohol
- Drug-free for our Green Street programme
- On prescribed medication or drug-free for our Henrietta Place programme
- Motivated to change
- Willing and able to attend

How can I find out more?

Just download an application form from our website or phone us. You'll find contact details at the back of this leaflet.



Addiction Rehabilitation Programme

**Empowering you
to live
drug-free**

www.soilse.ie

Soilse

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Dublin 7

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Fax: (01) 894 3396

Email: soilse@hse.ie

Web: www.soilse.ie

Search for Soilse on Facebook

Soilse

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Dublin 1

Phone: (01) 872 4922

Fax: (01) 872 4891

Email: soilsehp@hse.ie

Web: www.soilse.ie

Search for Soilse on Facebook

Is this for you?

If you're ready to address your addiction and work towards getting – or staying – drug-free, we can help.

What do we do?

Our goal is to support you to make the lifestyle changes you need to recover from addiction.

We provide a holistic rehabilitation service. This includes:

- Recovery group sessions
- Talks on addiction and how it affects you
- Individual care planning to help you deal with obstacles in your life
- Literacy support, if you need it
- Opportunities to broaden your knowledge and develop your skills (with a FETAC certificate to show your achievements)
- Career guidance to help you find the college course or job that's right for you
- Ongoing support if you progress to further education or training.
- Aftercare to support your recovery.

Which programme for you?

We have two day programmes depending which stage you're at in your recovery. One is based in Henrietta Place, the other in Green Street.

Henrietta Place

If you are already stable on prescribed methadone, thinking about detoxing or have already been through a detox programme and want to go on to treatment, this is the programme for you.

It is designed to help you to prepare for detox, residential treatment or whatever other option you feel is right for you.

The programme runs 4 days a week (subject to review) and includes:

- Addiction education, relapse prevention
- Recovery group work
- Care planning
- One-to-one support
- Personal development
- Health and fitness
- Literacy
- Computers, drama and art

We also work with your doctor and/or counsellor to prepare you for detox or residential treatment.

This programme lasts about 6 months, depending on your needs.

Green Street

If you have been through residential treatment and are drug-free, this programme will support you during the early stages of your recovery. It covers:

- Recovery education
- Relapse prevention
- Care planning
- Personal development
- Communications and literacy
- Art, drama, woodwork and gym
- Career guidance

Most of the work will be done in group sessions. This programme runs 4 days a week (subject to review) and lasts 6 months.

Will I get financial support in Soilse?

You will get a small, weekly allowance on top of your social welfare benefits.

What about lunch?

A light lunch is provided each day for all participants.

Are there drug screens?

Drug screening takes place twice a week for all participants.