

Will I get financial support in Soilse?

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

What about lunch?

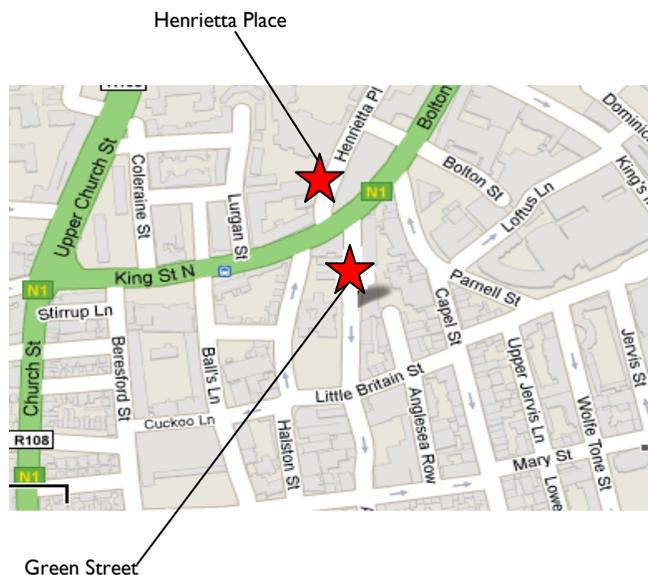
We provide a light lunch each day.

Are there drug screens?

Drug screening takes place twice a week for all participants.

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.



Soilse

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Soilse

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Addiction Rehabilitation Programme

Empowering you
to live
drug-free

www.soilse.ie

Henrietta Place

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 find solutions to your problems, plan for the future and deal with obstacles in your life
- Career guidance to help you find the college course or job that's right for you
- Ongoing educational 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.

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 and residential treatment.

The programme runs 4 days a week and includes:

- Addiction education, relapse prevention, recovery group work
- Care planning
- One-to-one support
- Mindfulness, health and fitness
- Art and social analysis
- NA meetings

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

This programme lasts up to 6 months.

Am I eligible for Henrietta Place?

The programme may suit you if you:

- Have a history of opiate use
- Are not taking more than 80mls of prescribed methadone
- are not taking zopiclone (Zimovane), even if prescribed by a doctor
- are not taking more than 30mgs of prescribed benzodiazepines ('benzos') and are able to function effectively in group sessions
- Are not 'topping up', drinking, using 'street' drugs or gambling
- Are committed to attending residential detox and treatment

Green Street

If you are drug-free, this programme will support you during the early stages of your recovery. It covers:

- Recovery education, relapse prevention
- Care planning
- Health and fitness
- Career guidance
- Educational support
- Recovery support from Soilse's recovery coaches
- NA meetings

Most of the work will be done in group sessions. This programme runs 5 days a week and lasts 18 weeks.

Am I eligible for Green Street?

The programme may suit you if you:

- Are drug-free
- Have a history of opiate use
- Are aged 18 or over
- Are motivated to change
- Are willing and able to attend
- Have no family member, partner, or current or former girlfriend, boyfriend or sexual partner on the programme. If you do, we will ask you to wait until the other person has finished Soilse (this also applies to Henrietta Place)