

## D15 CDT

Dublin 15 Community Drugs Team C.L.G.

# If you are having problems with drugs or alcohol.

Call us on: - 01-8216601

Follow us on Instagram: @d15cdt
Facebook: Dublin 15 Community Drugs Team
Twitter: @D15CDT

Dublin 15 Community Drugs Team Tel: 8216601

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#### Why contact us?

We are a team that have worked in the addiction services for many years and are trained in:-

- Addiction Intervention Therapies.
- Suicide awareness (ASIST)
- · Conflict resolution.
- · Cognitive Behavioural Therapy
- · C.R.A./C.R.A.F.T.
- Motivational Interviewing.
- · Life/Recovery coaching.
- Assessment for treatment.
- · Key working.
- Care planning.
- Case management.
- Reduce the Use programme.
- Resonance Factor programme.
- Complimentary therapies.
- 5 steps programme
- Strengthening Families Programme

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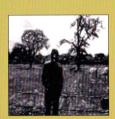
Twitter: @D15CDT

#### Who are we?

We are based in Parslickstown House, in Mulhuddart.

We also provide a stabilisation programme for those who have multiple substance misuse issues and need to stabilise their drug use and lives.

Office (Gary) 01 8216601 Ann 087 9881981 Helen 087 9897377 Lorraine 087 2448278 Robbie 087 3734309









#### Who are the D15 CDT?

#### We are the Dublin 15 Community Drugs Team.

We are funded by the HSE and the Local Drugs & Alcohol Task Force.

We are a team of 6 and have been employed in the addiction services for over 25 years and have collectively over 100 years of experiences.

We are managed by a Board made up of people within the community with experience of Community Development, Family Support, Social Work, Service Users representation, Elected Government Representative, Human Resources, Finance and Addiction.



#### How can we help you?

#### If you are referred to us or just turn up

- at our door:• You will be assessed.
  - We look at your needs.
  - We begin your care plan.
- We can advocate on your behalf for any other services needed to help you along the way to your recovery.
- We work closely with people who want to detox or become drug free.
- We are trained in interventions to work with people wanting to:-
  - Make changes to their lives.
  - Want a life less chaotic.
  - Want a life that they are in control of:
  - Want good health and a better quality of life.

**Our focus is:-** to work with you as you journey towards your recovery from a chronic drug use lifestyle to a life that is more manageable, healthier and purposeful.

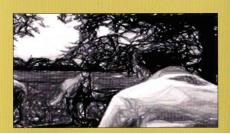
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#### What can we do for you?

### We offer you a programme of confidential services, free of charge, on a daily basis:-

- Assessment.
- Best practice interventions to address your addiction.
- One to one keyworking.
- Care planning/ Case management.
- Counselling.
- Alternative therapies.
- Referral to appropriate services.
- Stabilisation.
- Reintegration support.

#### We will do our very best for you and with you!



#### How we work!

#### Our aim is to work with you to address your drug use.

#### Our focus is to:

To work with you to stabilise your drug use, establish a better quality of life and when ready, to move you into rehabilitation/education/employment

#### Remember:

We want to help you grow confidence in the skills you will learn along the way so you can forge ahead towards a more manageable and healthier life.

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