



# Cocaine Service

A free service offering support to people experiencing problems associated with their cocaine or crack cocaine use with or without the use of other substances.

**Team Leader:** *Clara Geaney*  
**Project Worker:** *Paul Cunningham*

**Counselors:** *Tom O'Connor*  
*Lauren O'Brien*

**Holistic Therapists:** *Noreen Kelly*  
*Ursula Hakman*

**Service times:**

<b>Monday</b>	<b>9-6</b>
<b>Wednesday</b>	<b>9-5</b>
<b>Thursday</b>	<b>10-9</b>

## Cocaine Service

Dun Laoghaire Rathdown Outreach Project  
45 Upper Georges Street, Dun Laoghaire County Dublin  
(01)280 3187

The Cocaine Service has been successful over the years in helping many people gain a clear understanding of their drug use, regain control of their lives and to identify issues that may be fuelling their drug use. The Cocaine Service was set up in 2007 to help people who are experiencing difficulties in relation to their cocaine or crack cocaine use with or without other drugs or alcohol. Our aim is to provide an accessible and confidential service whereby people can avail of education around drug use, information and support, one-to-one key working, holistic therapy and counselling.

We are an open and friendly service whose aim it is to provide immediate and confidential support and stabilisation for people experiencing problems arising from their cocaine use. Some of the issues people face as a result of excessive cocaine use, or cocaine addiction, can be relationship problems; mental health problems; financial problems; difficulties in their work; legal problems; and housing problems. Service users will learn about the effects their drug use has on the body; the effect of their drug use on their mental health; how to promote health through harm reduction; how to manage cravings; learn about their triggers; and learn pathways to becoming drug free. We also offer aftercare support to people who have managed to reduce or completely stop their cocaine use, but who are looking to access support with relapse prevention.

### **Service Times**

We have morning and afternoon appointments on Mondays, Wednesdays and Thursdays and also run until 9pm on Thursday evenings. We strive to offer a range of times in order to accommodate those who are working or have childcare commitments. All our services are offered on a one-to-one, appointment only basis.

### **Assessment**

All new service users will meet with the Team Leader, Clara, to look at where they are at and what support they feel they need at this time. All information gathered in assessment is treated in the upmost confidence.

## **Our services**

## **One-to-one support**

For one-to-one support, a client will either meet with the project worker or the team leader on a weekly basis. The purpose of these sessions is to provide a forum for people to talk about the impact their drug use is having on them. One-to-one support helps the service user discuss the extent of their current drug use; the impact this is having on their day to day lives; to talk about the effects their drug use on their physical health and mental health; to identify ways to reduce their drug use; to get support should they chose to be drug free; to identify triggers; to get help with managing cravings; and to identify ways of managing day to day stresses.

## **Acu-stimulation and auricular acupuncture**

These treatments are geared toward providing immediate stress relief for those individuals who are experiencing high blood pressure, anxiety and panic brought on by excessive use of stimulant drugs. Acupuncture and acu-stimulation are clinically proven to help people with addiction issues and is a great support for relieving stress – these treatments provide an opportunity for people to relax and centre themselves. Auricular acu-puncture is based on Traditional Chinese Medicine whereby particular points in the ear are identified as representing parts of the body and are treated by lightly inserting needles into that point as a means of balancing the body's energies. Acu-stimulation is based on the same methods, however uses mild electric pulses instead of needles, and applies these to the whole body as opposed to the ear alone.

## **Nutrition**

We have a fully trained nutritional advisor who can work with individuals around healthy eating and a healthier lifestyle. This programme helps people to understand how their lifestyle may be affecting their health and wellbeing and provides an economical and realistic approach to healthier eating and looking after the body.

## **Holistic therapy**

We have 2 fully accredited holistic therapists who specialise in aromatherapy for managing some of the physiological problems associated with excessive use of drugs. We offer a full suite of holistic therapies which include: aromatherapy, reflexology, therapeutic massage, reiki and Indian head massage.

## **Counselling**

We have 2 counsellors, one male and one female, who can work with individuals who are looking to explore any personal issues and relationships with family or loved ones, which may have come to light within their one-to-one work. The counselling service is completely confidential and provides the ongoing support a person may need in understanding what may be fuelling their drug use and any untapped personal issues they may wish to address.

## **Referring to the Cocaine Service**

People can self-refer or another agency or professional can make the referral. Once a person meets with the staff of the service, however, their contact with the service remains confidential to the service unless otherwise prior agreed with the client. Anyone interested in accessing the service can call **Clara on (01) 2803187 or 086 363 6402 or email [cocaineservice@drop.ie](mailto:cocaineservice@drop.ie)**. If Clara is not available, you can leave your number and you will be contacted within 48 hours to arrange a suitable time for coming in for assessment. You are also welcome to call in to DROP and ask for Clara on Mondays, Wednesdays and Thursdays should you wish to get more information.

## **Service descriptions**

### **Cocaine Service key-working/one-to-one support**

Within the team, the Project Worker, Paul, and Clara the Team Leader, are responsible for delivering this part of the service. Paul has been with the service since it began in 2007. Paul has developed a very positive way of working with clients and engaging them into the service. Paul has clear understanding of the process of recovery from cocaine addiction and helps prepare clients for potential pitfalls along the way – client feedback about Paul's approach is consistently positive. Clara has been with the service since May 2010; she has a strong professional and academic profile within the care field.

The initial task of the key-worker is to help service users develop a positive relationship with the service so that they can feel supported and understood. It is about demonstrating legitimacy as a service in order to retain clients so we can help them on their journey. The purpose of the key-working is to help service users assess where they are at in terms of their drug use and where they are hoping to go. Our goal is to instill a sense of hope and confidence within service users and to identify any particular blocks to their recovery, such as housing, financial or legal difficulties.

Our key-working approaches employ elements of cognitive behavioural therapy, motivational interviewing and community reinforcement approaches. We aim to help service users to find alternative ways of enjoying life and to help them restore and value some of the significant relationships in their lives.

The ethos of our key working system is to ensure that clients feel welcomed and supported, not judged. It is in this way that should a client be struggling with their drug use, we continue to offer support and guidance regardless of where they are at.

For clients with complex needs such as psychiatric problems, offending or homelessness, we can offer a comprehensive case management approach whereby we can help co-ordinate, with the client's consent, a shared care plan and advocate on behalf of the client as and when necessary. We can also offer referral to other services.

## **Cocaine Service Counseling**

The purpose of our counseling service is to continue some of the work which would have begun within the one-to-one sessions. Having stabilised or ceased their drug use and begun to get a clear understanding of the impact their drug use has had on them, the counseling service offers a forum for our clients to further explore any issues or emotional difficulties which may be underpinning their drug use and to help further their personal development.

We have 2 counselors on the team who offer their services to Cocaine Service clients on a sessional basis. Tom has been with the service since it began in October 2007. Tom is a fully accredited counselor-psychotherapist with an impressive professional profile, having been involved in the helping profession for many years. Tom specialises in addiction work and has a proven ability to develop a positive working rapport with our clients. Tom's has a flexible approach to working with people, which allows them the space to explore their emotional and/or relationship problems at their own pace. Our second counselor, Lauren, has recently joined the team. She is in her final year MA in Counseling and Psychotherapy, and she too specializes in addiction work. As a service we are happy to be in a position to provide both a female and a male counselor to our clients, should they have a preference.

## **Cocaine Service Holistic Therapies**

As a service, we take an approach which adopts both talking and holistic therapies as a means to helping people recover from the effects of their drug use and to support them out of addiction. Our view is that holistic therapies can help to bring back balance to your life and can reduce some of the symptoms of stress commonly associated with excessive drug use. We aim to help people achieve both physical and emotional well-being through providing holistic therapies in line with a non-judgmental and supportive relationship with a key worker or counselor. This approach is compounded both by in-house outcomes and addiction research as a proven method of helping people on their journey.

Please note, that where holistic therapies are made available to all our clients, should they choose not to avail of the services, their view is respected. For service users who do avail of holistic therapy, they are provided the opportunity to feedback about the treatment, so that their therapy is then tailored to their own needs and physiological responses.

Our holistic therapists are Ursula and Noreen; both are fully qualified and experienced holistic therapists, who commit their time on a sessional basis to provide a range of therapies to Cocaine Service clients.

The holistic therapies we have available are:

### **Reflexology**

This is a gentle therapy performed on the feet which targets reflex areas which mirror the body's organs and systems. Reflexology helps to replenish your energy resources, stimulates your body's own healing process and can return body and mind to a balanced state.

### **Indian Head Massage**

This is a treatment based on ancient Ayurvedic healing techniques. It involves massage movements on the head, scalp, face, shoulders and neck, and stimulation of acupressure points. The use of natural oils is optional. Indian Head Massage relaxes the body and mind.

### **Therapeutic Massage**

This involves superficial and deep tissue manipulations. It stimulates circulation and relieves tension to promote deep muscle relaxation. A real stress-buster.

### **Aromatherapy**


This is an authentic aromatherapy treatment which incorporates the use of natural essential oils of the highest quality, extracted from the roots, buds, fruits, leaves, petals, flowering heads, rinds and resin of plants. The chosen oils are blended to suit your individual physical and/or emotional needs and are applied through massage or inhalation. Aromatherapy is used to treat a wide range of physical, emotional and mental conditions including: muscle tension; fatigue; insomnia; arthritis; depression; viral and bacterial infections; skin disorders; fluid retention and many more. Aromatherapy oils stimulate your body's own healing resources. The emotional responses to the calming or energising scents may affect the body in either a soothing or uplifting manner.

### **Reiki**

Reiki is an ancient, very relaxing and non-invasive healing tradition that uses the hands of a practitioner to channel energy to another person. Rei means "universal" and Ki "the vital life force". Reiki has a balancing and enhancing effect on the physical, emotional and spiritual energies. Reiki has a calming effect, clears energy blockages and supports physical, emotional and mental healing. During a treatment the client remains fully clothed. Reiki is a safe treatment for all ages and is not affiliated with any religion.

### Dun Laoghaire Rathdown Outreach Project

OPERATIONAL/INQUIRY-BASED SERVICES



### What is the Cocaine Service?

The Cocaine Service was set up in 2007 to help people who are experiencing difficulties in relation to their cocaine or crack cocaine use with or without other substances. The aim of the service is to provide an accessible and confidential service whereby people can avail of education around drug use, information and support, one-to-one key working, holistic therapy and counselling.

### Our Approach

Our aim is to develop strong relationships with service users; this relationship is used as a focus for helping facilitate change.

We identify reasons where the client is at and what their needs are.

We strive to create a safe, welcoming environment for service users to explore their drug taking and the impact it is having on their lives.

### Service goals and objectives

- The goal of the Cocaine Service is to provide a supportive, accessible service to support people who are experiencing difficulties in relation to their cocaine or crack cocaine use.
- To develop a positive relationship with service users and help them to explore and address their needs.
- Work to create a safe and welcoming environment for service users to explore their drug taking and the impact it is having on their lives.
- Work to provide a confidential, accessible service to support people who are experiencing difficulties in relation to their cocaine or crack cocaine use.
- To provide a service that is based on the needs of service users and to offer an open and safe environment.
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### Services available

- One-to-one support
- Holistic therapy
- Counselling
- Art-therapy
- Music-therapy
- Nutritional advice

### What the research says

"Once people were given treatment, they need to stay happy and engaged because if they feel that their concerns are being positively addressed and that their key worker is empathic and understanding. This indicates the conditions that they workers play in assessing, monitoring and managing them. The provision of holistic therapies is important to address clients' treatment, enhance their well-being and sustain them in treatment."

North Research Board (2007) page 102

**What the research says**

- "There appeared to be two patterns of cocaine use among those seeking treatment: use of multiple therapeutic services and use of a combination of abstinence, cognitive and contingency management." *Journal of Substance Abuse Treatment, 2009, 46: 1-10*
- "The general health of patients with problematic cocaine use is deteriorating and proper care can be significantly reduced without the essential health of many of these clients." *Journal of Substance Abuse Treatment, 2009, 46: 1-10*
- "As the community level people feel unable to enhance the extent to which cocaine is an emerging issue in their community in part because the use of the drug is extremely hidden." *Journal of Substance Abuse Treatment, 2009, 46: 1-10*

**What the research says**

- "Research suggests that people want when the quality can be distinguished from other people want in a number of respects: higher frequency of hospital and mental health services, greater involvement in care, more alcohol use, more physical and psychological health problems." *Journal of Substance Abuse Treatment, 2009, 46: 1-10*
- "Reduction in the frequency of powder cocaine use is associated with increases in physical health, psychological health and quality of life. Individuals who become abstinent show the greatest gains to health and quality of life." *Journal of Substance Abuse Treatment, 2009, 46: 1-10*

**What the research says**

- "Powder cocaine is an addictive drug, which can lead to rapid tolerance. It is also associated with a range of health and social issues. Although relatively few cocaine users become physically dependent, psychological dependence can be deep-seated and difficult to treat." *Journal of Substance Abuse Treatment, 2009, 46: 1-10*
- "Powder cocaine users who enter into treatment stop using or reduce their use substantially within six months." *Journal of Substance Abuse Treatment, 2009, 46: 1-10*

**Service user feedback**

- "The one-to-one sessions really helped me in a positive way (they) helped me to get ahead and stay ahead"
- "I have found that services have helped and couldn't say enough good things about it"
- "Without the support of the DASH centre I wouldn't have got my life and family back together."

**Service user feedback**

- "I find the ability to trust is a major benefit. This has been a great help in my recovery"
- "All of the services provided are excellent and very persuasive"
- "DASH has helped me knowledge through the combination of one-to-one and substance therapy. I've changed and feel a much stronger and better person than before"

**Service user feedback**

- "Knowing to see you was the biggest step in recognizing how bad things had got and the help that I got from yourselves has basically transformed my life into what it is now"
- "If you had said to me two years ago you can never take cocaine again I would have said you can go fuck yourself, but you say it to me now, I just say thank God for that"