

## Dun Laoghaire Rathdown Outreach Project

### COCAINE/POLY-DRUG SERVICE



### 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 stimulants. 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 forum for helping facilitate change.

We gently assess 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 their lives.

## Service goals and objectives



- The goal of the Cocaine Service is to provide an accessible, confidential service to support people who are concerned about the effects of their cocaine/poly-drug use.
- We strive to create an environment which supports people and helps facilitate change and personal development.
- We aim to create awareness of the service within the immediate and wider community.
- Our goal is to create effective links with other services and to promote inter-agency work.
- We aim to provide a quality professional, confidential, safe and welcoming environment to meet the bio psychosocial needs of service users
- To provide education about the harmful effects of cocaine, crack cocaine with or without the use of other drugs.
- To keep our practise in line with the latest research on effective approaches to cocaine addiction.
- We use a whole person approach offering both talking and holistic therapies.

## Services available

- One-to-one support
- Holistic therapy
- Counselling
- Acu-stimulation
- Auricular acupuncture
- Nutritional advice

## Cocaine Service



## What the research says

“Once cocaine users start treatment, they tend to stay longer and respond better if they feel that their concerns are being positively addressed and that their key worker is empathic and understanding. This indicates the crucial role that key workers play in assessing, motivating and retaining clients. The provision of holistic therapies is important to attract clients into treatment, enhance their well-being and retain them in treatment”

Health Research Board (2008: page 127)

## What the research says

- “There appear[s] to be two patterns of cocaine use among those entering treatment: use of opiates alongside cocaine and use of a combination of alcohol, cannabis and ecstasy alongside cocaine”  
(Health Research Board, 2009: p2)
- “The general health of clients with problematic cocaine use is deteriorating and project workers are especially worried about the mental health of many of their clients”  
(National Advisory Committee on Drugs, 2007: p45)
- “At the community level people feel unable to estimate the extent to which cocaine is an emerging issue in their community in part, because the use of the drug is extremely hidden”  
(National Advisory Committee on Drugs, 2007: p45)

## Crack cocaine paraphernalia



## What the research says

- “Research suggests that opiate users who use cocaine can be distinguished from other opiate users in a number of respects: higher frequency of injecting and sexual risk behaviour, greater involvement in crime, more alcohol use, more physical and psychological health problems”

(Cox and Comiskey, 2007: p7)

- “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 in health and quality of life”

(National Treatment Agency for Substance Misuse, 2010: p10)

## What the research says

- “Powder cocaine is an addictive drug, which can lead to compulsive use. It is also associated with a range of health and social harms. Although relatively few cocaine users become physically dependent, psychological dependence can be deep-seated and difficult to treat”

(National Treatment Agency for Substance Misuse, 2010: p4)

- “Powder cocaine users who come into treatment stop using or reduce their use substantially within six months”

(National Treatment Agency for Substance Misuse, 2010: p10)

## Cocaine



## Service user feedback

- “The one-to-one sessions really helped me in a positive way [they] helped me to get clean and stay clean”
- “I have found this service invaluable and couldn’t say enough good things about it”
- “Without the support of the DROP 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 productive”
- DROP has helped me incredibly through its combination of one-to-one and relaxation therapies. I’ve changed and feel a much stronger and better person than before”

## Service user feedback



- “Coming to see you was the biggest step in recognising 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”