



Continuum of Care Programme



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1 Overview

This strategy describes the model and structure of DROPS Continuum of Care programme, which incorporates DROPS CE Drug Rehabilitation Scheme. This document provides a year-by-year description of the programme, as well as details the key objectives, criteria, outcomes and interventions for each year of the programme.

This strategy was developed by DROPS through its strategic planning process. It is intended that this document would inform the broader implementation of DROPS's strategic plan.

2 Objectives and Principles of the Programme

2.1 For Service users

- To support service users to achieve and maintain drug or alcohol free status
- To support service users to reach their personal potential and achieve their goals
- To support service users by ensuring there are clear boundaries between staff and service users
- To support service users to make a measurable change in their recovery and reintegrate back into the community
- To provide our service users with honest and genuine support that will help increase their engagement and involvement in the programme
- To provide sufficient time to support service users
- To encourage service users to take responsibility and accountability for their progress and participation in the programme
- To keep service users informed about their progress on the programme
- To keep client morale high and ensure a positive and enjoyable learning environment for everyone

2.2 Full and Part Time Staff, Interns, CE and LTI staff

- Staff are provided with clarity and support in relation to their role
- Staff work together to respond to new and emerging challenges in the CE programme
- Staff to be consistent in their approach to working with service users
- Staff to support one another to deliver an effective and professional CE programme
- Staff to find ways to learn and share from one another
- Workplace structures are clear, consistent and understood by everyone
- Workplace to promote staff to reach their professional potential through upskilling and training
- Team works together to uphold DROPS's mission, vision and values, as well as the principles and objectives of the CE programme

2.3 Principles/Guidelines for the Programme

- All service users attending DROPS will receive key working and care planning. All care plans will be reviewed quarterly in a process which involves another staff member.
- Staff will, where possible, will ask service users to offer input to inform aspects of the programme, particularly non-QQI elements
- The team will work to ensure that the services rules are explained to the service users, are well understood and are applied fairly and consistently.
- All programmes will be modularised and evidence based, with a facilitator manual wherever possible
- Throughout the programme significant energy will be focused on exploring each individual client's progression needs in relation to work, training and lifestyle stability, using outcome measurement tools, where possible.

3 Referral into the Programme

Referral to DROP's Continuum of Care programme can be made by an individual (i.e. self-referral) or from another service or agency. The following steps describe the referral process:

1. An individual may either be self-referred to be referred to DROP by a service or agency. A referral form is completed by an individual or a service provider, this is emailed to DROP (manager@drop.ie) or handed directly to staff members.
2. At the next team meeting, all referral forms are reviewed to determine if an individual is appropriate for the programme. An appointment time is then allocated to undertake a motivational assessment followed by an initial assessment over a two week period.
3. During the assessment, the service user will explore their options to determine whether they wish to start on the Pre-Entry (non-CE) programme, or if they would like to attend a brief intervention or key working session.
4. If a client would like to start on the Pre-Entry (non-CE) programme, the assessor will explain the structure and approach of the CE programme. The assessor will then present the service user at the next team meeting and a keyworker will be appointed. Afterwards, the keyworker will contact the client within the next seven days to let them know their first appointment time or if they are placed on the waiting list. If there is a waiting list, they must be informed what number they are on the waiting list.
5. When a client starts on the Continuum of Care programme, a staff member (or CE Supervisor) should hold an induction session with the client to help with orienting an individual to the Pre-Entry programme and to complete a service user contract.

In terms of recruiting participants for the Continuum of Care programme, DROP should recruit possible participants from service providers working with individuals with difficulties with drug or alcohol (i.e. local addiction services, treatment centres, RIS, etc.) or services working individuals with education or employment difficulties (such as LTIs, Southside Partnerships, Youth Reach, LES, Citizen Information Centres, etc.)

4 Approach to Urinalysis / Drug Testing

DROP has agreed a consistent approach to drug testing and clear rationale for utilising urinalysis across each stage of the Continuum of Care. Urinalysis is utilised as a motivation tool for service users across all programmes. Urinalysis can be used at the following times:

- Service users will be tested upon assessment for each programme and then weekly thereafter;
- Care plan goals around stabilisation and reduction of drug use will use urine results as an indicator of change and progression/regression on the Stabilisation Programme
- Service users must produce drug free urines for an agreed period of time before commencement to the Drug Free Programme, and again on their first day on the programme to verify their drug or alcohol free status;
- Weekly testing will be performed at randomised times for all programme participants;
- When the service user is considered by staff to be displaying signs of intoxication or being affected by drug use;
- On request of the service user.

The purpose and conditions for drug testing should be explained to service users at induction, in key working and throughout the programme. Drug testing will be explained as being core to the support of the programme, and measure towards monitoring an individual's drug or alcohol free status.

5 Approach to Outcome Measurement

DROP understands the benefit of using outcome measurement tools to support service users with monitoring their progress in relation key aspects of the programme. Outcome measurement tools should be used during assessment and in a care plan reviews in order to help service users with identifying their needs and to ensure that care planning is supporting an individual to meet their treatment-related goals.

An appendix containing a range of validated outcome measurement tools is attached at the end of this report.

6 Structure of the Programme

6.1 Year-by-Year Structure

The programme has the following structure:

Programme	Description
Pre-Entry Programme (Non-CE)	A non-CE programme to support service users with preparing to work in a group setting and to help prepare for the Stabilisation/Reduction programme. Over the course of this programme, service users will attend two group sessions per week and participate in a programme that is focused on short term goals utilising Community Reinforcement Approach and Reduce the Use tools. Each client will be assigned a keyworker and attend weekly 1-2-1 sessions.
Stabilisation/Reduction Programme	A 12 month programme to support service users service users to stabilise and reduce their problem drug or alcohol use. In this programme, service users will participate in QQI accredited and non-QQI courses with a focus on harm reduction, personal development and education. Both an Individual Learner Plan (ILP) and a care plan will be developed and reviewed every quarter by the keyworker and the CE Supervisor. Each client will attend weekly key working sessions with their assigned key worker.
Drug Free Rehabilitation Programme	A 12 month programme to support service users to maintain their drug or alcohol free lifestyle. In this programme, there will be a focus on relapse prevention, social and personal development, and a higher emphasis on education and work experience. An ILP and care plan will be reviewed with service users every 3 months. Each service user will attend fortnightly key working sessions with their assigned keyworkers.

6.2 Module Programme Content

The Stabilisation/Reduction programme and Drug Free Rehabilitation programme will contain the following modular programmes:

Modules	Description
Rehabilitation Module	The goal of these sessions is to support service users to stabilise or reduce their problem drug or alcohol use, and to progress towards achieving and maintaining drug or alcohol free status. Participants will develop an

	understanding and skills needed to maintain a drug free lifestyle. Courses will include a mix of evidenced-based programmes, including Reduce the Use, SMART Recovery and CRA, and bespoke modules developed by DROP, as well as group therapeutic sessions.
Education and Learning Module	The goal of these sessions is for service users to achieve relevant QQI qualification and to develop the skills and experience necessary to progress into employment or further education. Courses will include a series of QQI accredited courses, with input from service users to identify courses that are relevant and meaningful to their interests and goals.
Social and Personal Development Module	The goal of these sessions is to support service users to build social and life skills that will help with reintegrating into their community or network. Courses will focus on personal growth, social skills, emotional intelligence, anger management, and other life skills integral to recovery.
Health and Wellbeing Module	The goal of these sessions is to support service users to improve and maintain their physical and mental health. Courses will contain a range of non-QQI training to support service users to improve their physical health and mental health, such as yoga, outdoor sports, gardening, coping skills, resilience, etc.

6.2.1 Approach to Gathering Input

To support service user engagement and to develop a sense of ownership among participants, DROP will gather input from service users about the courses and activities of the Continuum of Care programme, particularly non-QQI elements. DROP will hold three formal consultations over the year, which will provide an opportunity to plan upcoming projects, activities and outings. These consultations will be scheduled towards the end of a quarter, to assist staff with scheduling activities and outings, or to undertake research to identify QQI courses, for the next quarter.

7 Pre-entry Programme (Non-CE)

7.1 Overview

The aim of the Pre-Entry programme is to prepare service users for working in a group setting with individuals that have expressed motivation and interest in stabilising/reducing their drug or alcohol use. Service users will begin to attend weekly key working sessions and develop a care plan with an assigned key worker. Service users attending the Pre-Entry programme will be supported by staff to develop their motivation as a force towards progressing into the Stabilisation/Reduction programme.

The Pre-Entry programme is a 12 week programme that involves attending weekly key working session and attendance at 2 group sessions to undertake a 12 week Reduce the Use programme. Once a service user has completed the Pre-Entry Programme, they may be prepared to progress onto the Stabilisation/Reduction programme or may determine they would like to attend a residential detox/treatment programme.

DROP will also support individuals to develop a sense of the routine and behaviour needed to engage in the CE programme, and to familiarise individuals with working in a group setting with other group participants. All group participants can commence the programme for two or three session in the Pre-Entry group to explore their interest in participating and after the third session the group becomes closed to new members.

In the programme, the supports and interventions will include:

- One to one weekly key working sessions;
- Attendance at a 12-week Reduce the Use programme;
- Attendance at three additional group sessions on treatment options, medical or health-related issues (such as Hepatitis C) and motivation speaking;
- Development of a care plan to clarify their goals in relation to their problem drug or alcohol use;
- Completion of weekly drug testing;
- Engagement with a GP and must have a medical card to help with reducing their drug or alcohol use. This will be done to test their readiness and willingness to start the Reduction programme.

7.2 Target Group

The target group for this programme is:

- Individuals that are over 18 years old
- Individuals that are interested in reducing their problem drug or alcohol use
- Individual has identified a current issue with drugs or alcohol
- Individual has completed assessment with a keyworker

7.3 Client Time Commitment / Requirements

- Attend weekly key working
- Attend initial three sessions with the group to determine readiness before the group becomes closed to new members for the remainder of the Reduce the Use Programme
- Provides consent to share for the key worker where there are other agencies involved
- Agrees to DROP's service user contract
- If they wish to progress into the programme they will have a session with the CE Supervisor or Administrator to determine what further administration tasks are required

7.4 Objectives

The objectives of the programme are:

- To ensure that service users understand the model and approach of the programme, and what is expected from participants;
- To introduce service users to one-to-one key working and to support a client through the Reduce the Use programme;
- To assess overall suitability for the CE programme in terms of their motivation, goal setting and attendance in group sessions and key working appointment;
- To undertake necessary administration and paperwork in relation to CE;
- To develop a care plan with their goals identified;
- To engage a prescribing GP and to obtain a medical card;
- To review treatment options available for progress around care plan goals

7.5 Referrals into the programme

Once a client has identified to their key worker they are interested in attending the Pre-Entry programme, then the key worker will schedule a weekly key working session with them. The keyworker will complete a programme assessment for review at the weekly rehab team meeting.

Once the client has met the criteria and is ready to move into the Pre-Entry programme, they will be given a date for commencement on the programme and work will take place in the one to one sessions to assist the client to prepare. The first 3 sessions on the programme will be used to explore whether the programme is a good fit, after each initial engagement with the group, there should be a debrief to explore how the client found the group work / how they participated.

The purpose of these key working sessions is to support a client to:

- Develop care plan goals relating to drug and alcohol use and support the client to beginning the stabilisation process
- Develop a care plan for other life goals and beginning process of achieving these
- Outline the programme, its aims, the way it works and the client rights and responsibilities
- Connect with other professionals to ensure: (1) Assessment of educational level / reading and writing, (2) Health needs have been met, including methadone maintenance, if required.

7.6 Outcomes for Programme

- Increased motivation to progress into the Stabilisation/Reduction programme
- Improved awareness of harms and triggers associated with problem drug use
- Reduction in drug or alcohol-related harms
- Reduction in drug or alcohol use
- Increased readiness to (1) engage in community detox, (2) referred to residential treatment provider or (3) to progress into the Stabilisation/Reduction programme

7.7 Criteria for Moving onto the Stabilisation/Reduction Programme

Criteria for progression into the Stabilisation/Reduction programme will be kept as low threshold as possible, if the client meets the following they will be considered sufficiently ready to move onto the stabilisation programme. The criteria for progressing onto the Stabilisation/Reduction programme are:

- Has attended three quarters of key working appointments;
- Expresses motivation to attend the Stabilisation/Reduction programme;
- Has identified clear personal goals in relation to their drug use;
- Has completed the Pre-Entry Programme
- Has been assessed by key workers as being able to participate in the group.

It is recommended that DROP agree a formal way to celebrate service users that have completed the Pre-Entry programme and are progressing onto the Stabilisation/Reduction programme.

7.8 Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15 – 10:30 AM		Education Session	Check-In		Check-In
10:30 – 12:00 PM			Reduce the Use Programme		Reduce the Use Programme

7.9 Programme Content

- Reduce the Use programme
- Keywork sessions weekly on designated days outside of the group days
- Education classes with creative focus
- Group sessions with personal development focus
- Additional group information sessions on treatment options, health-related issues (i.e. Hepatitis C) and motivation speaking

8 Stabilisation/Reduction Programme (Year 1)

8.1 Overview

The aim of the Stabilisation/Reduction programme is to support individuals to access their motivation to change and use this as a force to make sustainable changes in reducing or stabilising their problem drug or alcohol use. The programme will use a harm reduction and relapse prevention approach to support service users to understanding and develop the skills needed to reduce their problem drug and alcohol use. Also, the programme provides support and group education to help service users to explore their behaviour and develop life skills for progressing into either reemployment or further education/training.

The Stabilisation/Reduction programme is a 12-month CE programme that involves attending weekly key working sessions and participation in a modular education programme (see programme content below). Service users can be referred to the Stabilisation/Reduction programme by either completing the Pre-Entry programme, or having previously attended another local addiction service and made progress towards reducing or stabilising their problem drug or alcohol use. Upon completion of the Stabilisation/Reduction programme, service users will progress onto the Drug Free Rehabilitation programme if they have achieved and maintained drug or alcohol free status for a period of six weeks.

In the programme, the supports and interventions will include:

- One to one weekly key working sessions;
- Attendance at modular programme sessions which including a mix of Rehabilitation evidence based groups, QQI and non-QQI education , Health & Wellbeing and Personal/Social Development programmes;
- Development of a reduction plan within the first 12-weeks of the programme;
- Development of a care plan to clarify their goals in relation to their problem substance(s) and other support needs;
- Completion of weekly drug testing;
- Quarterly care plan reviews and case management reviews;

8.2 Client Time Commitment / Requirements

- Attend weekly key working;
- Attend modular group programme;
- Provide consent to share information with other services or agencies;
- Submit weekly urine samples

8.3 Objectives

The objectives of the programme are:

- To develop awareness, knowledge and skills to support service users to achieve their goals in relation to stabilising their problem drug and alcohol use;
- To support service users to develop their motivation to live a drug or alcohol free lifestyle;
- To support service users to access community or residential detox to support service users to achieve their substance misuse goals, if relevant;
- To support service users to access counselling services to support service users to achieve their mental health-related goals, if relevant;
- To provide weekly key working;
- To provide two education modules weekly;
- To support service users to reach suitability for the Drug Free Rehabilitation programme in terms of their motivation, goal setting and attendance in group sessions and key working appointment;

8.4 Referrals into the programme

Service users will be referred into the programme by attending the Pre-Entry programme, and have expressed motivation to participate in the Stabilisation/Reduction programme. Some service users may be directly referred to the Stabilisation/Reduction programme if they have been referred from an addiction service where they have made progress and a commitment to reducing/stabilising their drug or alcohol use. Determination about a client's suitability to progress into the Stabilisation/Reduction programme should be made by the staff team, to determine if an individual meet the criteria or is appropriate for the programme.

All service users must meet the requirements for DEASP's referral procedures for attending a CE Drug Rehabilitation programme. Additionally, service users that expressed interest in joining the Stabilisation/Reduction programme should already have engaged with a prescribing GP and have obtained a medical card.

8.5 Outcomes for Programme

- Increased motivation to progress into the Drug Free Rehabilitation programme
- Improved awareness of harms and triggers associated with problem drug use
- Reduction in drug or alcohol-related harms
- Reduction in drug or alcohol use to goal amount
- Improved coping skills
- Improved physical and mental health
- Increased readiness to (1) engage in community detox, (2) referred to residential treatment provider or (3) to progress into the Drug Free programme

8.6 Programme Key Performance Indicators

- Assessment of participants situation and need has been undertaken, referral to programme made and CE eligibility determined
- All participants have received an induction to the CE Programme
- Service user led care plans and ILPs are in place with progress and development recorded and reviewed regularly
- Participant attends regularly and engages positively with the programme
- Care plan goals are set and clear actions identified. Participant demonstrates a greater awareness of current rehabilitation needs
- As per identified need rehabilitation supports are in place i.e weekly keywork sessions attended, counselling attended, interagency supports in place and attended
- Developmental activities such as literacy and numeracy supports are in place where required
- A review of the participants progress and development has been recorded

8.7 Criteria for Moving onto the Drug Free Rehabilitation Programme

Once a client is close to meeting the following criteria, key working will shift to focus on support a client needs to meet the necessary criteria to progress into the Drug Free programme. The criteria for progressing onto the Drug Free programme are:

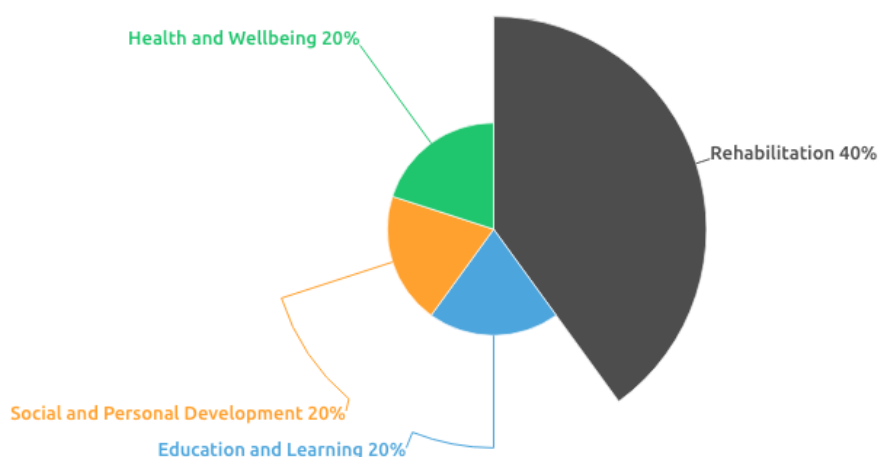
- Attendance at 80% of all group education sessions
- Attendance at 80% of all key working appointments
- Being able to achieve and maintain drug or alcohol free or a period of two months (once a client is prepared, urinalysis will be conducted for two months to prove this)
- Expressed motivation to develop further life skills to enhance progression into employment or further education/training

DROP will celebrate service users that have completed the Stabilisation/Reduction programme and are progressing onto the Drug Free programme through a graduation ceremony and presentation of completed work undertaken while in the Stabilisation/Reduction Programme

8.8 Weekly Schedule

The Stabilisation/Reduction programme is a modular programme with an emphasis on harm reduction, reducing/stabilising an individual's problem drug or alcohol use and relapse prevention. Service users will also participate in a number of Educational accredited and non-accredited courses.

Figure 1 Focus for Stabilisation/Reduction programme



The weekly schedule will be determined on a quarterly basis, based on input from participants. Programme will be delivered on 12-week basis per module, which means that if a modular programme or activity lasts 8 weeks, additional session will need to be developed that are appropriate for each programme.

A total of 10 units of programmes will be delivered each week. The proposed schedule for the Stabilisation/Reduction programme is as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
9:50 – 10:10 AM	Check-In (Screenings/grounding)	Check-In (Screenings/grounding)	Check-In (Screenings/grounding)	Check-In (Screenings/grounding)	Check-In (Screenings/grounding)
10:10 – 11:30 AM	Health and Wellbeing (1.0)	Education and Learning (1.0)	Rehabilitation (1.0)	Health and Wellbeing (1.0)	Rehabilitation (1.0)
11:30 – 12:00 PM	Break	Break	Break	Break	Break
12:00 – 1:30 PM	Rehabilitation (1.0)	Education and Learning (1.0)	Social and Personal Development (1.0)	Rehabilitation (1.0)	Social and Personal Development (1.0)
Total Units	2.0	2.0	2.0	2.0	2.0

8.9 Programme Content

Rehabilitation

Participants will attend two evidence-based programme per week, which will be selected each quarter. These programmes can include:

- Reduce the Use
- Community Reinforcement Approach
- SMART Recovery
- Stages of Change
- Choice Theory / Reality Theory
- Recovery Capital
- CBT based Groups
- Other evidence-based courses (with instructor or facilitator manual) may be agreed by DROP team

Participants will also attend two one-hour therapeutic or information group sessions, which will be selected each quarter. These group sessions might include topics on:

- Harm reduction
- Relapse prevention
- Goal setting and care planning
- Outcome measurement
- Drugs and pharmacology
- Other topics of interest relevant to where the group is at

Education and Learning

Participants will participate in one QQI course each quarter. In total, two QQI Level 3 courses will be delivered in a year. These courses will focus on communication, literacy and personal development. The QQI courses that can be delivered in the Stabilisation/Rehabilitation programme are:

- Art & Design
- Personal Development
- IT Based learning
- Community Participation
- TBC

It has been recommended that DROP explore what potential exists for participants to attend education courses delivered by ETB or other CE programme, with an aim to offer a range of course options to service users. This would require an agreement that a number of CE spaces would be taken up by CE participants from another service.

Social and Personal Development

Participants will attend two sessions focussing on social and personal development each week. In one weekly session, it recommended that DROP identify a project or theme for each quarter, where service users are involved in deciding a project that is interesting and relevant. Some options might include:

- Drama or other performance art
- Art project
- Creative writing
- Outdoor art project or gardening
- Community development project
- Recovery Capital with built in ProSocial Activity Plan
- Outdoor activities like water based sports, rock climbing and team building

Also, one weekly session will be a group Weekend Planning session, where participants will explore and discuss pro-social activities planned for weekend.

Health and Wellbeing

Participants will attend two one-hour programme focussing on their health and wellbeing. One session will focus on their physical health, and another session will focus on their mental health. Some options might include:

- Physical health
 - Yoga
 - Gym
 - Nutrition and cooking skills
 - Outdoor running
 - Strength & Conditioning
 - Hiking
 - Team sport activities
- Mental health
 - Resilience
 - Stress management
 - Anger management
 - Emotional intelligence
 - Wellness Recovery Action Plan (WRAP)
 - Mindfulness

9 Drug Free Rehabilitation Programme (Year 2)

9.1 Overview

The aim of the Drug Free Rehabilitation programme is to support participants to develop their confidence and skills to maintain their independence from addiction and to enable them to achieve their goals in relation to employment, education, training, and social and personal growth.

The Drug Free Rehabilitation programme is a 12-month CE programme that involves attending fortnightly key working sessions and participation in a modular education programme (see programme content below). The programme will focus relapse prevention, workplace experience, attainment of QQI certificates as well as support with progression into employment or further education/training.

Service users can be referred to the Drug Free programme by either completing the Stabilisation/Reduction programme. As service users approach the end of the Drug Free programme, each client will be supported to develop their workplace readiness by participating in a work placement and provided with training to develop necessary workplace skills (e.g. interview skills, CV prep, searching for employment, etc.). It is anticipated that service users that have completed the Drug Free Rehabilitation programme will progress either into employment or further education/training.

In the programme, the supports and interventions will include:

- One to one fortnightly key working sessions;
- Attendance a modular education programme including a mix of QQI and non-QQI programmes;
- Development of a relapse prevention plan;
- Attain a number of QQI certificates in work-related skills and life skills
- Development of a care plan to clarify their goals in relation to employment, education and reintegration into the community;
- Training support with developing their communication skills and workplace readiness, including job interview skills, CV preparation, workplace experience, etc.
- Completion of weekly drug testing;
- Quarterly care plan reviews and case management reviews;

9.2 Client Time Commitment / Requirements

Service users will remain in weekly key working for a transition period between the Stabilisation/Reduction programme and the Drug Free Rehabilitation programme. The transition between weekly to fortnightly key working sessions will be determined through the key working process and agreed at a care plan review between both client and their assigned key worker. It is generally recommended that this transition occur within the first four to six months of the programme.

During this transition period, topics that will be discussed will include: client stability, ability to manage self-care and attend appointments. Furthermore, it is recommended that DROP consider a way to celebrate this transition in a formal matter.

- Attend fortnightly key working;
- Attend modular group education programme;
- Provide consent to share information with other services or agencies;

9.3 Objectives

The objectives of the programme are:

- To further develop awareness, knowledge and skills in relation to relapse prevention and a drug or alcohol free lifestyle in order to support service users with maintaining their drug or alcohol free status;
- To further develop life and care skills to support service users with living a life independent from drugs or alcohol and with reintegrating back into the community;
- To support service users to develop pro-social relationships and support in their personal life;
- To support service users to develop their motivation to progress into employment or further education/training;
- To provide participants with hands-on workplace experience relevant to their interests and goals;
- To support service users with setting goals in relation to their reintegration back into the community, and to identify relevant service or agency for referral, if required
- To complete two QQI certified programme;

9.4 Referrals into the programme

Service users will be referred into the programme by completing the Stabilisation/Reduction programme. Individuals must have expressed motivation to participate in the Drug Free Reduction programme and have achieved drug or alcohol-free status for two-months, before starting on the programme.

9.5 Outcomes for Programme

- Increased motivation to progress into employment or further education/training
- Improved awareness and knowledge of relapse prevention and strategies
- Maintained drug or alcohol free
- Improved coping skills
- Improved physical and mental health
- Improved life and social skills
- Attained workplace experience
- Increased readiness to (1) find employment, (2) return to school or college, (3) attend further employment training or skills development courses.

9.6 Programme Key Performance Indicators

- Service user led care plans and ILPs are in place with progress and development recorded and reviewed regularly
- Participant attends regularly, engages positively with the programme and records are kept
- Participant engages in personal development and relapse prevention activities
- Participant attends fortnightly keywork sessions
- Participant has engaged in a range of career planning activities, is refining goals and has an understanding of the local work environment and occupations
- Participant continues to build self-confidence and engages with teamwork and other activities that enhance personal well-being
- Participant has commenced learning, particularly in certified courses and is working towards the achievement of relevant awards, i.e. Minor/Major Awards at an appropriate level
- Work experience placement has been identified and plan developed
- Participant has developed CV and undertaken interview skills training/support
- Participant has identified further education goals and plan has been developed
- Participant has completed work experience placement
- Participant has a clear exit strategy developed with aftercare supports in place

9.7 Criteria for completing Drug Free Rehabilitation programme

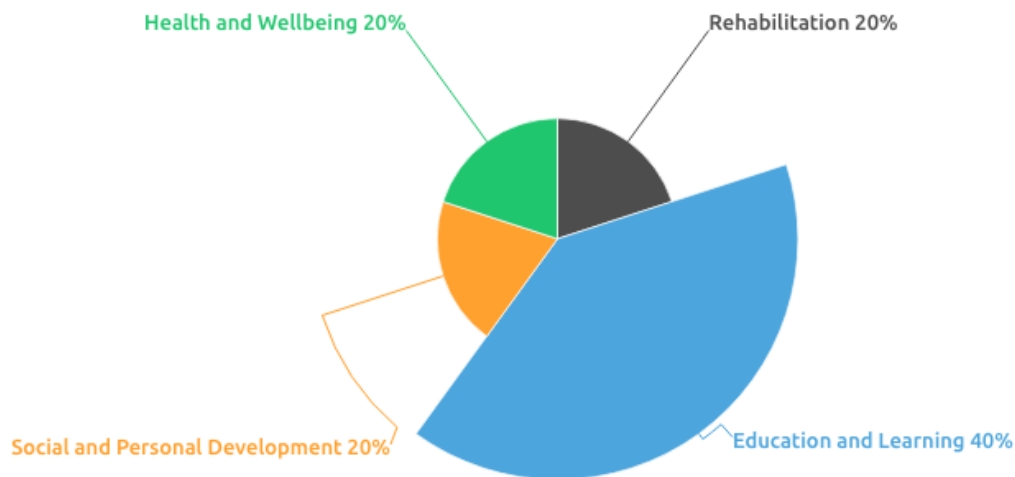
Once a client is close to meeting the following criteria, key working will shift to focus to identifying a workplace experience and with focussing on improving their workplace readiness. The criteria for progressing onto the Drug Free programme are:

- Attendance at 80% of all group education sessions
- Attendance at 80% of all key working appointments
- Maintained drug or alcohol-free status
- Expressed motivation to progress into employment or further education/training, upon completion of programme.

9.8 Weekly Schedule

The Drug Free Rehabilitation programme has a greater emphasis on attainment of QQI certificates and developing life skills relevant to seeking employment or progressing into further education/training.

Figure 2 Focus for Drug Free Rehabilitation programme



The weekly schedule will be determined on a quarterly basis, based on input from participants. Programme will be delivered on 12-week basis per module, which means that if a modular programme or activity lasts 8 weeks, additional session will need to be developed that are appropriate for each programme.

A total of 10 units of programmes will be delivered each week. The proposed schedule for the Drug Free Rehabilitation programme is as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
9:50 – 10:10 AM	Check-In	Check-In	Check-In	Check-In	Check-In
10:10 – 11:30 AM	Rehabilitation (1.0)	Education and Learning (1.0)	Education and Learning (1.0)	Education and Learning (1.0)	Rehabilitation (1.0)
11:30 – 12:00 PM	Break	Break	Break	Break	Break
12:00 – 1:30 PM	Health and Wellbeing (1.0)	Education and Learning (1.0)	Education and Learning (1.0)	Education and Learning (1.0)	Social and Personal Development (1.0)

Total Units	2.0	2.0	2.0	2.0	2.0
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9.9 Programme Content

Rehabilitation

Participants will attend two evidence-based sessions per week, which will be selected each quarter. Core to the programme will be a focus on relapse prevention. These programmes can include:

- Community Reinforcement Approach
- Stages of Change
- Recovery Capital
- Recover Me
- Relapse Prevention
- Other evidence-based courses (with instructor or facilitator manual) may be agreed by DROP team

Education and Learning

Participants will participate in two QQI course each quarter. In total, four QQI Level 4/5 courses will be delivered in a year. These courses will focus on developing relevant skills and qualification for employment and workplace readiness. The QQI courses that can be delivered in the Drug Free Rehabilitation programme are:

- Work Readiness
- Information Technology
- Team Work
- QQI Course TBC

It has been recommended that DROP explore what potential exists for participants to attend education courses delivered by ETB or other CE programme, with an aim to offer a range of course options to service users. This would require an agreement that a number of CE spaces would be taken up by CE participants from another service.

Social and Personal Development

Participants will attend two sessions focussing on social and personal development each week. In one weekly session, DROP will support a client with identifying a relevant work placement, which will provide a chance to develop hands-on skills training and improving confidence.

In another session, DROP will plan an outing or activity that is based on the group's preference or is agreed with the group. This will be an opportunity for service users to try new experiences and activities, which can be helpful in building social networks and/or reintegrating into the community. Some options might include;

- Sports
- Outdoor activities or gardening
- Arts, drama or other performing arts
- Volunteering or local community projects
- Local social clubs

Health and Wellbeing

Participants will attend two one-hour sessions focussing on their health and wellbeing. One session will focus on their physical health, and another session will focus on their mental health. Some options might include:

- Physical health

- Yoga
 - Gym
 - Nutrition and cooking skills
 - Outdoor running
- Mental health
 - Resilience
 - Stress management
 - Anger management
 - Emotional intelligence
 - Wellness Recovery Action Plan (WRAP)

10 Appendix 1: Validated Outcome Measurement Tools

DROP has agreed to support service users with monitoring their progression throughout the programme and to support service users with identifying their appropriate, relevant goals in relation to reducing their drug or alcohol use and other relevant areas of their life. It is recommended that these validated tools are used in a care plan review, to support service users with reviewing their progress and goal setting.

The following validated outcome tools attached with this document are:

- AUDIT / DUDIT – A 7-item self-assessment to measure severity of problem drug and alcohol use developed by the World Health Organisation (WHO). The tool is designed to drug taking / alcohol consumption behavior and drug or alcohol-related harms.
- Treatment Outcomes Profile (TOP) – A 23-item self-assessment tool designed to measure changes for individuals accessing addiction treatment services developed by the UK's National Health Service (NHS). The tool is designed to assist with assessment and care plan reviews, helping service users to identify their needs and to ensure that care planning is supporting an individual to meet their treatment-related goals.
- SCORE – A 15-item self-assessment designed to measure family functioning and family-related problems.
- Short Warwick-Edinburgh Mental Well-being scale (SWEMWBS) – A 7-item scale designed to self-assess and monitor mental wellbeing. This tool was not designed as a clinical tool, but is sensitive to changes in mental wellbeing.
- Rosenberg Self-Esteem Scale – A 10-item scale designed to measure confidence and self-esteem, which is considered a key indicator for motivation and progression through DROP's Continuum of Care programme.

Before proceeding, it is recommended that DROP review the tools to determine suitability in relation to the Continuum of Care programme and agree on tools that will be used with service users. Afterwards, it is recommended that DROP agree a consistent approach with staff on how these tools will be used with service users.