



NOVAS supports clients and provides services through the lens of Trauma Informed Practice (TIP). Trauma Informed Practice was introduced in order to provide a better experience and better outcomes for clients engaged in NOVAS services and can fundamentally change how we support people who have experienced multiple disadvantage in their lives.

The six principles of TIP; safety, trustworthiness, peer support, collaboration, empowerment and consideration of gender, history and culture, inform all our interactions with our clients.

HOW TO CONTACT THE COMMUNITY DETOX SERVICE

The **Community Detox Service** accepts self-referrals and referrals from external agencies. For further information on the service or to make a referral contact:

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NOVAS works to support those at risk of, or experiencing homelessness through specialised services and as an approved housing body.

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NOVAS

Housing | Health | Recovery



COMMUNITY DETOX

NOVAS promotes social inclusion through Housing, Health and Recovery and provides lasting solutions to homelessness.

NOVAS is a not-for-profit organisation and Approved Housing Body working with families and adults who are disadvantaged and socially excluded; primarily those who are homeless or at risk of being homeless. We provide a range of services and housing for marginalised households throughout Ireland.

ABOUT NOVAS

In 2002, NOVAS established its first service in Ireland – a temporary supported, low threshold accommodation service in Limerick. Since then, we have grown significantly, with more than 30 services supporting approximately 6,000 people annually. We are also an Approved Housing Body providing more than 300 social housing units to 700 tenants.

NOVAS responds to the needs of people who experience homelessness, housing insecurity, addiction, and social marginalisation. We support our clients through Housing, Health and Recovery. We recognise the complex issues that cause homelessness and endeavour to offer holistic, long-term solutions.

NOVAS provides a broad range of accommodation and support services to households who are homeless or at risk of homelessness. We provide short and long-term supported accommodation options, with sustainable housing a key priority. We also support people through a range of outreach services that work towards preventing people becoming or returning to homelessness.

NOVAS VALUES:

- ▶ **Equality**
- ▶ **Diversity**
- ▶ **Dignity**
- ▶ **Strengths-based**
- ▶ **Rights-based**

NOVAS' Health & Recovery Services provide a range of health and wellbeing interventions to our clients in residential and community settings. These services include:

- ▶ **Community Detox Programme**
- ▶ **Counselling Service**
- ▶ **Respite House for families and loved ones of people experiencing addiction**
- ▶ **Recovery Houses**

ABOUT THE MID-WEST COMMUNITY DETOX SERVICE

The Mid-West Community Detox Programme was developed to assist people wishing to access safer outpatient detoxification from benzodiazepines and/or methadone. The process is defined in protocols developed by an expert group which identifies specific roles for GP's, key workers and brokers. It is available to anyone who lives in the Mid-West (Limerick City and County, North Tipperary and County Clare).

Funded by the Mid-West Regional Drugs and Alcohol Forum, the programme was established in June 2012. It is run in partnership with clients' GPs, a support worker and community-based partner agencies.

NOVAS staff provide emotional and practical support to clients, and concerns regarding relapse and overdose are addressed through an individual care plan. The programme is designed to support people in their own community.

NOVAS' detox team support clients to access their GP. The team support the GP to provide a slow detox, with better long-term outcomes for clients.

We are available to provide tailored one-to-one support in the area of mental health, substance abuse, overdose prevention, violence, self-harm, suicidality and sexual and emotional trauma.

SUPPORT

There is a range of support available to Community Detox clients, including:

- ▶ **One-to-one sessions**
- ▶ **Psychoeducational support**
- ▶ **Harm reduction support**
- ▶ **Substance use education and awareness**
- ▶ **Tailored care plans**
- ▶ **Develop coping skills/emotional regulation**

