



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 RESPITE HOUSE

The Respite House 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



THE RESPITE HOUSE

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 RESPITE HOUSE

NOVAS' Respite House offers support for families impacted by addiction in the Mid-West Region (Limerick, Clare and North Tipperary). The service recognises the fundamental role of the family in their loved one's addiction and seeks to improve the lives of those supporting people in addiction. NOVAS' Respite House provides families with an opportunity to:

- ▶ **Relax in a safe and peaceful environment**
- ▶ **Be heard**
- ▶ **Develop new coping skills in a supportive, encouraging space**
- ▶ **Promote empowerment**
- ▶ **Receive complimentary therapies such as Reiki and Reflexology**

SUPPORT

The service recognises the impact of addiction on family dynamics and aims to empower families to improve:

- ▶ **Relationships within the family**
- ▶ **Positive family outlook**
- ▶ **Appropriate boundary setting**
- ▶ **Coping skills & problem-solving skills**
- ▶ **Engage in recreational activities**
- ▶ **Substance education**
- ▶ **Awareness of mental and physical supports**
- ▶ **Family advocacy**
- ▶ **Self-care**

The Respite House provides a free, confidential service to families who are seeking additional support in their lives.

