

Therapeutic Interventions

Do you feel that you use alcohol/drugs to cope with the problems in your life?



CAIS

Eich dewis cyntaf - Your first choice

Who is it for?

CAIS' Therapeutic Intervention Service is for people living in Flintshire & Wrexham County Borough, over the age of 18, who:

- Are worried that their alcohol/drug use is getting out of hand or
- Are in treatment and would benefit from additional therapeutic interventions or
- Have become alcohol or drug free and would benefit from ongoing therapeutic support

The service is run from a variety of local venues.

Therapeutic Interventions

Therapeutic Intervention Workers deliver sessions for people who want to change their level of alcohol/drug use or remain alcohol/drug free. The sessions will offer ways of:

- Motivating the person to address problems they have with alcohol/drugs
- Helping the person to cope with stress and anxiety as a result of alcohol/drug use
- Changing patterns of behaviour around people's alcohol/drug use
- Exploring people's concerns about their use of alcohol/drugs
- Educating the person about the harm caused by alcohol/drugs on the mind and body

- Reducing the risk of returning to misuse of alcohol/drugs after stopping
- Coping with the craving for alcohol/drugs

Tell us more...

An assessment is offered to decide if the Therapeutic Intervention Service is suitable for you.

And after that...?

You will be offered up to six sessions, but depending on need, this can be extended. You may also be given information about other specialist services available to you.

Where can we find out more?

To make an assessment appointment with the Therapeutic Intervention Service, call CAIS on 01978 367 030, and ask to speak to a Therapeutic Intervention Worker.

Referrals can be made by people concerned about their drug and/or alcohol use, or by any professional with the individual's prior consent. If you are worried about someone else's alcohol/drug use you can also contact the service for advice.

www.caiss.co.uk



Triniaeth Therapiwtig

Ydych chi'n yfed / cymryd cyffuriau i ddelio efo problemau bywyd?

Ar gyfer pwy?

Mae Gwasanaeth Therapiwtig CAIS ar gyfer pobl sy'n byw yn ardal Bwrdeistref Sir Wrecsam a Sir y Fflint, sydd dros 18 mlwydd oed ac sydd:

- Yn poeni bod eu defnydd o alcohol/cyffuriau allan o reolaeth neu;
 - Yn cael triniaeth eisoes ac y byddant yn elwa o gael triniaeth therapiwtig ychwanegol neu;
 - Wedi cefnu ar alcohol neu gyffuriau ac y byddant yn elwa o gael cefnogaeth therapiwtig parhaus
- Darperir y gwasanaeth mewn amrywiaeth o leoliadau cymunedol.

Triniaeth Therapiwtig

Mae Gweithwyr Therapiwtig yn cynnig sesiynau i bobl sydd eisiau defnyddio llai o alcohol/cyffuriau neu aros yn rhydd o'u dylanwad. Bydd y sesiynau yn cynnig ffyrdd i:

- Gymell y person i fynd i'r afael â'u problemau alcohol / cyffuriau
- Gynorthwyo'r person i ymdopi â'r straen a'r pryder a ddaw o ganlyniad i ddefnyddio alcohol/cyffuriau
- Newid patrwm bywyd pobl mewn perthynas a chyffuriau ac alcohol
- Trafod pryderon pobl am eu defnydd o alcohol/cyffuriau
- Addysgu'r person am y niwed a achosir i'r meddwl

- a'r corff gan alcohol/cyffuriau
- Lleihau'r risg o ddychwelyd i gamddefnyddio alcohol/cyffuriau ar ôl stopio
- Ymdopi â'r crefu am alcohol/cyffuriau

Dywedwch fwy wrthym...

Cynigir asesiad i benderfynu os ydy'r Gwasanaeth Therapiwtig yn addas ar eich cyfer chi.

Ac ar ôl hynny...?

Byddwch yn cael cynnig hyd at chwe sesiwn, ond yn ddibynnol ar yr angen, gellid ymestyn hyn. O bosib byddwch hefyd yn debyn gwybodaeth am wasanaethau arbenigol eraill sydd ar gael i chi.

Lle gallwn ni ddysgu mwy

I wneud apwyntiad asesu gyda'r Gwasanaeth Therapiwtig, Galwch CAIS ar 01978 367030, a gofyn i siarad â Gweithiwr Therapiwtig. Gall pobl sy'n bryderus am eu defnydd o gyffuriau neu alcohol gyfeirio eu hunain at y gwasanaeth, neu gall unrhyw weithiwr proffesiynol wneud cyfeiriad ar eu rhan cyn belled â'u bod wedi cael caniatâd y person o flaen llaw. Os ydych yn poeni am ddefnydd alcohol/cyffuriau rhywun arall gallwch hefyd gysylltu â'r gwasanaeth am gyngor.

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