

Therapeutic Interventions



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

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

0345 06 121 12
www.cais.co.uk

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.



CAIS Ltd is a limited company registered in England and Wales.
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Triniaeth Therapiwtig



empowering change
grymuso newid

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
- Mae'r gwasanaeth ar gael mewn amryw o leoliadau cymunedol

Triniaeth Therapiwtig

Mae Gweithwyr Therapiwtig yn cynnig sesiynau i bobl sydd eisieu 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
- Dysgu'r person am y niwed mae alcohol/cyffuriau yn ei achosi i'r corff a'r meddwl.
- Lleihau'r risg o ddychwelyd i gamddefnyddio alcohol/cyffuriau ar ôl stopio
- Ymdopi â'r crefu am alcohol/cyffuriau

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Dywedwch fwy wrthym ni...

Rydym ni'n cynnig asesiad i benderfynu ydy'r Gwasanaeth Therapiwtig yn addas ar eich cyfer chi.

Ac ar ôl hynny...?

Byddwch yn cael cynnig hyd at chwe sesiwn, ond hwyrach byddai modd cynnig mwy petai angen. 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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