



FROST PROGRAMME

(Facilitated Reduction of Opiate Substitute Therapy)



FROST is a structured community-based day programme that supports you to work towards reducing or stopping your methadone treatment. It runs Monday to Friday from 11am to 2.30pm and the programme involves:

Key-working, Care planning & goal setting, Counselling, Relapse Prevention, Education, Art Therapy, Horticulture, Holistic Therapies, and Life Skills Development.

If you are considering reducing your methadone prescription but are not ready yet, there is also Contemplation Support available twice a week to prepare you for the FROST programme.

If you would like more information please contact:

Ann on 085 2236909 or 01 4113222

Or find us at Addiction Response Crumlin (ARC), The Sunshine Centre, 160a Sunshine Industrial Estate, Crumlin Road, D12.