



**Sharon McCulloch**

**Substance Misuse Progress Coach**

**Northampton Homeless  
Treatment Team**

Sharon is our new substance misuse progress coach, part of our new Northampton Homeless Treatment Team MDT. Sharon is an addictions counsellor, beginning her career almost seven years ago, after combating a long-term substance misuse issue.

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## Substance Misuse Progress Coach



Sharon is our new substance misuse progress coach, part of our new Northampton Homeless Treatment Team MDT. Sharon is an addictions counsellor, beginning her career almost seven years ago, after combating a long-term substance misuse issue. She first worked as a support worker in a rehab centre in Northamptonshire, progressing to local drug and alcohol services, a bespoke rehab as a counsellor and was a housing officer for a charity, working with both homeless and substance misuse clients. During this time, Sharon also completed a degree in Drug and Alcohol Counselling and Treatment at the University of Leicester.

Sharon is trained in Cognitive Behavioural Therapy, Dialectical Behavioural Therapy and Motivational Interviewing, as well as CPD in trauma and transactional analysis, though she strives to implement an individual approach for each of her service users to find what works best for them. Sharon believes in the power of group therapy providing tangible hope and support. Sharon is extremely passionate and enthusiastic about her work and she strongly believes in empowering her service users to create positive change in their lives.

"I am excited to be part of the new Multi-disciplinary team. I look forward to developing groups and individual service user therapies, that will include DBT (an evidenced based behavioural therapy in supporting clients with substance misuse issues). A big part of this role will include networking with other organisations within and out of the "drug/alcohol" field and pulling in their resources and expertise. I will start to plan a more tolerant approaches to remove barriers to ending people's substance misuse/homelessness. "

Since being in her new position she has completed various CPD courses this includes tackling county lines, young person's homelessness, naloxone training, homelessness and outreach, immigration law, Chemsex training, resilience, and stress training, SOVA level 2, and fire training. This will all be integral in helping Sharon empower our service users to make positive changes in their life's.