



# **A Year of Strengthening Recovery CASP 2023 – ANNUAL REPORT**

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## **Forward**

### **Eddie Darcy Chairperson**

I am delighted to introduce Clondalkin Addiction Support Programme's, CASP's Annual Report for 2023. This annual report provides evidence of our work in delivering a suite of addiction treatment services and supporting people that use our services in Clondalkin and in the Mid-West to reach their full potential.

This has been a significant year in the history of CASP and CSMT. In May, CSMT celebrated ten-years of providing services in the mid -west and the launch of the CSMT Intervention Model highlighting the unique approach of CSMT in working with young problem substance users and their families. It was a great achievement by the CSMT team and served as an excellent opportunity to promote and celebrate the work of the CSMT team.

The continuing success of our recovery cafes in Clondalkin continue to attract large numbers of people in recovery and those that want recovery. This approach supports the expansion of recovery capital in the area, providing a venue for those in recovery to meet socially in a safe and substance free environment. It is heartening to see increasing numbers of local people moving into recovery and supporting and encouraging others in recovery.

The development of the Family Support Back to Basics Programme which has been created and developed by the CASP family support team has become an effective group work programme working with families of problem substance users. We hope that this programme can be successfully used in the mid-west by CSMT in the future.

The new onsite Wellness Cabin in CASP was constructed towards the end of the year. This will not only serve as a relaxing space to provide holistic therapies but also has another room to alleviate the challenge on having enough space every day to provide our range of services.

Our Strategic Plan 2024 – 2027 was written towards the end of 2023 allowing us to reflect on future priorities over the next four years and outline our practice model both in Clondalkin and in the mid-west.

CASP is committed to upholding the highest standard of corporate governance. The welcome addition of two additional board of management members, Kathleen Lynch, Retired Sociologist and Author and Retired Garda Inspector, Frank O' Reilly has further strengthened our Board of Management to full capacity. During 2023, we have continued to focus on our capacity to achieve compliance with legal, statutory, and regulatory compliance and we actively reviewed one to two policies at each Board of Management meeting, including reviewing our risk register. The Board has also invested considerable time in reviewing the organisation's compliance with the six principles of the Charities Regulatory Authority's Governance Code.

### **THANKS**

We would like to thank all our stakeholders, funders, donors and strategic partners for their continuing support and engagement with the work of CASP and CSMT. Board Members played a significant role in 2023 and gave service, time, and expertise to CASP on a voluntary basis. I thank each one for their guidance, engagement, and commitment to achieving CASP's objectives. On behalf of the Board, I want to acknowledge and extend sincere thanks to the entire team in CASP and CSMT for their dedication, professionalism, and exceptional effort in an exceptional year.

## Introduction

2023 was a year of **strengthening recovery** for CASP. In Dublin, we made significant strides in supporting recovery as a core element of our work. In this, we joined with other organisations in the area as organisers of recovery week. But we also grew our **recovery cafes** which precede the AA and CA fellowship meetings hosted by us in the Muriel Boothman Centre. We now have up to fifty-five participants attending each of the cafes on a Monday and Wednesday evenings. We support their recovery by providing a social space for peer support with food and music and a welcome for the many newcomers attending.

We have also developed our **holistics programme** in 2023. In the Midwest, we saw a return of **auricular therapy** as a holistic support which was gratefully received by parents involved in the service. We also saw two long term service users take a major step in recovery, graduating from PLC courses and securing places on 3rd level education programmes in September 2023.

In Dublin, a mindfulness programme over twelve weeks became a part of the recovery cafes and the recovery week programme. We also erected a new outbuilding on the site at our centre to provide extra space for holistics, such as **reiki and mindfulness**. We also trained staff to provide acupuncture to clients. All of these therapies are evidence-based supports to people recovering from addiction.

In the Midwest, we saw some variation in the profile of our service users and an **expansion of referral pathways** during 2023. For instance, there was an increase in the presentation of referrals for and by female adolescents compared to the previous 3 years. There were also increased referrals from mental health services and increased referrals from young people with one or both parents from a minority cultural background. 14. During 2023 we built a relationship with Doras to open a referral pathway for Ukrainian Families in the Mid-West. We also developed a positive relationship with the GAA health & wellbeing programmes and increased awareness within the GAA of our service and of referral pathways.

We also noticed food poverty and a lack of suitable accommodation as challenges for young adults aged 19 – 22 years.

Addiction not only affects substance misusers, but also their families and social networks. In a sense they also need recovery. **Our family support work** in Dublin for those in this situation also deepened in 2023 with the launch of the **Back-to-Basics Programme** for a new cohort of women with family members in addiction. This transformative programme of peer support and education about addiction and family dynamics has made a significant difference in the lives of these people and by extension in the lives of their loved ones in addiction.

We have made a number of constructive changes internally to support the work of offering recovery-based options to our clients. The sale of the respite facility in March of 2023 enabled us to grow our holistics programmes and strengthen our family support team. This enabled us to develop our work in supporting recovery. We also **streamlined our staffing roles** so we became more effective in efficiently assessing clients' needs and directing them to services in CASP and elsewhere that will meet those needs. In 2023 we brought in two **additional Board members**, Kathleen Lynch, emeritus professor at the School of Education UCD and Inspector Frank O Reilly, AGS.

2023 also saw us create a **strategic plan** for CASP covering both the Dublin and Midwest services. The process was an opportunity to reflect on our priorities going forward and to place recovery at the heart of our work over the next three years. This focus has re-energised us as a service, as, more than ever, we

see our role as assisting clients in any way possible to make significant changes in their lives through professional and peer supports. We have seen through 2023 that such changes are possible. At the same time, we continue to accept everyone who struggles with the disease of addiction as they are.

We also launched the **CSMT Intervention Model** in May 2023 as part of our celebration of CSMT being 10 years in existence. This outlined the approach taken by our service in the Midwest to supporting young people and their families with substance misuse. It led to a significant increase in referrals and general awareness of our work. CSMT is 11 years in existence. We also prepared tender documents to have an evaluation of the service beginning in 2024.

In addition, we canvassed the **feedback of service users** on the impact of our Dublin based and our Midwest CSMT service. We had responses from 34 service users in the Midwest and 30 in Dublin. It should be noted that our service users in Dublin are adults mostly with prolonged experience of substance misuse. Our CSMT Midwest clients are young people mostly at the outset of problematic substance misuse. The feedback illustrates both the effectiveness of early intervention and that the potential for change and recovery are real even for people in long-term addiction.

The main points of feedback were as follows –

- 97% were satisfied or very satisfied with how easily they accessed our CSMT service and 83% in Dublin.
- 100% were satisfied or very satisfied with how welcomed they felt in CSMT and 90% in Dublin.
- 95% were satisfied or very satisfied with how well they met their goals through the service in CSMT and 70% in Dublin.
- In CSMT, 100% reported they were managing better because of the service including 72% managing better with drug or alcohol misuse and 58% with family relationships. In Dublin 43% were managing their substance use better and 78% had improved their family relationships.
- Well over half the sample expressed an interest in becoming part of a service-users forum.

Our strategic planning process **took account of the current drug trends** in our localities. Notably, we see a significant rise in cocaine misuse and indeed in crack cocaine. We handed out 730 crack pipes in 2023 to an average of 14 – 15 people per week as part of our **needle exchange programme** and the numbers attending the recovery café which is followed by a CA fellowship meeting is also testimony to the growing issue. We have also become aware of **gambling** as a significant addiction in our community for the first time in 2023.

In Dublin, we also focused on providing **information on menopause** for our service users through our nurse and also at the Women’s Group in 2023. This issue is a live issue for our female methadone clients due to their age, and also for many mothers and partners we meet through our family support work.

In the Midwest, there was a **rise in cocaine use** among young people and being used by students before school rather than as a substance just used at weekends at social events. We also noted a similar increase in the prevalence of **poly drug misuse** particularly cocaine mixed with alcohol misuse. There was a small increase in solvent misuse reported across the region.

Towards the end of 2023 the prevalence of **hexahydro cannabinol (HHC) smoking/inhaling** by males between 14-16 years of age was concerning in the Midwest. We began to review the blanket term “vaping” and specify the use of HHC through vaping. This activity resulted in some hospitalisation of adolescents of 17-19 years of age.

## **About CASP (Dublin)**

Clondalkin Addiction Support Programme, CASP provides community services which aim to support individuals, families and communities, through the provision of a range of evidence-based programmes and tailor-made programmes, to support those whose lives are impacted on by substance use and the related issues that impact on individuals and families. CASP serves the Clondalkin Local Drug and Alcohol Task Force (CLDATF) which includes Clondalkin, Lucan, Newcastle and Palmerstown.

CASP work with individuals and communities to find a pathway to addressing the consequences of substance use, whilst seeking to find sustainable strengths and actions to manage and address issues for those presenting to the service.

## **Aims of CASP**

To fulfil our Mission, CASP aims to provide integrated interventions that engage with and make best use of both internal and external resources, including staff, referral agencies, planning and development forums, community groups, finance, etc. This partnership approach with the broader community of statutory, voluntary and community agencies ensures that all stakeholders are included in both the development and implementation of all actions that can positively impact our target group.

The objectives of CASP are:

- Comprehensive service provision for substance misusers, parents, partners, siblings, and the community members over the age of 18.
- Holistic, progression-based substance abuse treatment in a community setting.
- Support for substance misusers and their families in working towards experiencing the most meaningful, healthiest, and fulfilling lifestyles possible.
- Provision of service-user access to educational, vocational, and self-improvement resources, and support throughout the process.
- Continued development of substance-use prevention programmes, and constant review, monitoring of, and adaptation to changing trends.
- Access to information and supports regarding referral resources offering necessary services to our client groups.
- Engagement and cooperation with other relevant agencies and groups providing pertinent support services.
- Development and maintenance of relationships with relevant state agencies and governmental departments with regard to policies and actions effecting drug and rehabilitation services within the community.
- Supporting service-users towards integration of their own journeys and decision-making processes, and the creation of future opportunities for positive growth and development.

## **CASP Dublin in 2023**

A strength of CASP is that we offer a range of services under one roof. Our system allows us to assess clients who come through our door and triage them to the services that best meets their need. This provides for an integrated web of support. During 2023, our various services had 837 contacts with clients. Most of our service users are in active addiction, with 116 using our drop-in service, 64 attending the methadone clinic, 173 using the needle exchange service and 50 attending the primary care nurse.

We key worked 93 individuals. This is a system of providing tailor made support for a period to clients who take up the offer to liaise with one of our three key workers. There were 783 contact interventions with these service users.

As well as those in active addiction, we engaged with those who are in recovery, mostly through the recovery cafes which were attended by up to 55 individuals at each café each week. These were held throughout the year on Wednesdays and Mondays. They preceded fellowship meeting, CA and AA respectfully. Our new mindfulness programme attached to the cafes was attended by 15 individuals.

We support recovery through a range of holistic therapies. In 2023, we had 285 sessions benefitting 67 service users.

We also had a substantial programme for individuals coping with a family member in addiction. This consisted of one-to-one supports and groupwork. We met 67 individuals in one-to-one support. Our groups - the drop-in, the Back to Basics education programme and the Friday night group between them catered for 27 family members of persons in addiction.

CASP is a community-based service, and we work in close collaboration with other local services. These include Task Force Treatment and Rehabilitation subgroup meetings, Finance subgroup and main Task Force meetings, Family Support networks and community safety meetings.

In addition to our active participation in these structures, we organised four large community events – a Family Fun Day, a celebration of International Women’s Day, a holistics day and evening to celebrate September being recovery month and a Christmas commemoration event remembering those lost to addiction in our community. We had 200 attendees at these events.

## CASP Clondalkin services' statistics in 2023

In the following pages each CASP service is reported on. The main features of the service during the year are highlighted in an introduction. This is followed by a table describing the service, the frequency of its delivery and the numbers of beneficiaries. A summary chart of the quantum of all services is to be found on page 25.

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## Counselling

CASP offers a counselling service for our service users. We have a team of three accredited counsellors offering counselling and therapy in one-to-one and group settings. Our counselling practice uses techniques such as brief intervention and cognitive behavioural therapy to help clients better understand their addiction, become aware of triggers and patterns of misuse, and foster a willingness to change.

In 2023 131 clients availed of our service, 54 of which were new clients in that year. A total of 1,752 appointments were made throughout the year. Throughout the year, we continued to manage waiting lists which can mean a wait of a week or sometimes two weeks for counselling. We developed a practice of linking a service user into other available CASP services such as holistic therapies during that short wait-time.

A feature of 2023 was the continued practice of remote appointments (which had developed during COVID restrictions.) 319 such sessions were delivered in the year through video or phone communication.

Our counselling service was marginally affected by some staff deficits due to illness.

Staffing	Service	Service-user profile	Numbers	Methods	Results
1 Senior Counsellor  1 FT counsellor)  1 FS counsellor	Provision of individual counselling	People who are affected by addiction (own or other's)	131 individuals availed of counselling.  54 new clients in 2023  1752 appointments made  54 Initial assessments	Use of techniques such as brief interventions / CBT /CRA/SFBT.  Teaching clients' skills by using the framework to create and reach goals and improve coping skills.  Explore self-determination and help them to find their strengths in adversity,	Ability to self-actualize.  Better understanding of self in adversity, using and honouring the clients right to self- direct.  To discover strengths / determination.  Non-confrontational counselling that promotes behaviour change by assisting clients to resolve and overcome mixed

			<p>1247 individual sessions</p> <p>928 Face to face sessions</p> <p>319 remote sessions were delivered (phone call and video call WhatsApp.)</p> <p>29 crisis interventions</p> <p>395 No shows/ cancelled by client.</p>	<p>using change techniques.</p> <p>To help the client work out a plan for solving their difficulties.</p> <p>To assist exploration of interests, abilities, aptitudes, and opportunities.</p> <p>To encourage and develop special abilities and right attitudes.</p> <p>To inspire successful endeavours and celebrate achievement as individuals progress toward attainment of goals.</p>	<p>emotions and challenges and realise their fullest potential.</p> <p>Improved physical health as food, showers, needle exchange and access to a nurse is provided.</p> <p>Improvements also to mental health and well-being as the drop ins serves as a social outlet to an extremely marginalised group.</p> <p>Improved relationships between Project Workers and active substance misusers.</p> <p>Reduction in discarded injecting paraphernalia in the community and needle exchange service is provided during drop-in sessions.</p> <p>Social skills are developed, in addition to the building of social capital as a result of the reduction in isolation of service users.</p>
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## Drop In

Throughout 2023, CASP maintained a drop-in service, Monday to Friday, for service users. The drop-in offers practical attention to basic needs such as food, laundry services, access to clean clothing as well as advice on important issues such as housing and health. The drop-in serves as a gateway to other CASP services such as holistics, needle exchange counselling, family support and more. Referrals to other services can also be made through the drop-in. In the main, our drop-in service is availed of by some of our most vulnerable clients with multiple challenges, including homelessness and poverty.

In 2023, 116 service users attended the drop-in and there were 1,091 visits in total. Over 1,000 meals were served, and laundry services were used 60 times and showers were taken 20 times.

Inputs	Service	Service-user profile	Numbers	Methods	Results
<p>2 Project Workers are rostered daily to host drop- in sessions, 9:30 – 1 &amp; 2 – 3:45pm.</p> <p>Project workers role also includes inputting data into electronic data base, writing incident reports as necessary and updating clients’ files, as required.</p> <p>Funding was used to buy food,</p>	<p>Drop ins took place Monday to Friday from 9:30 – 3:45 (excluding 1 – 2pm).</p> <p>Services provided include support, information and advice, needle exchange, food, clothes, laundry facilities and access to a nurse on Mondays, Tuesdays and Fridays.</p> <p>In 2023, 116 service users availed of drop in services 1091 times.</p> <p>In 2023, the following services were provided:</p> <p>1047 meals, 59 laundry services</p>	<p>Substance misusers and homeless people.</p>	<p>21 individuals per week on average</p>	<p>Improved relations between clients and between staff and service users leading to service users becoming more engaging with other aspects of the CASP service.</p> <p>Social skills are developed, in addition to the building of social capital as a result of the reduction in isolation of service users.</p>	<p>Improved engagement of service users with staff and with other internal CASP services.</p> <p>Reduction of BBVs due to drop- in clients accessing the needle exchange while attending the drop ins.</p> <p>Reduction of deaths of service users due to lifestyle, i.e. homelessness, lack of proper nutrition, lack of basic hygiene and warm clothes, in addition to a reduction in suicide due to greater social capital</p>

<p>toiletries, washing powder.</p> <p>Use of equipment including cooker, washing machines and showers.</p>	<p>20 showers</p>				<p>created by attending drop in sessions.</p> <p>Improved physical health as food, showers, needle exchange and access to a nurse is provided.</p> <p>Improvements also to mental health and well-being as the drop ins serves as a social outlet to an extremely marginalised group.</p> <p>Improved relationships between Project Workers and active substance misusers.</p> <p>Reduction in discarded injecting paraphernalia in the community and needle exchange service is provided during drop-in sessions.</p> <p>Social skills are developed, in addition to the building of social capital as a result of the reduction in isolation of service users.</p>
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## Prison Links

The primary focus of the activity is on the provision of ‘in reach services’ to prisoners from Clondalkin, Lucan, Palmerstown and Newcastle areas, which focuses on their substance misuse and related issues such as, post release treatment, family support, coping strategies whilst in prison and in particular in the 8 -10 week period post release where individuals are vulnerable to falling into old patterns of behaviour.

The Community Prison Links Worker liaises with Probation, ISM Officers, TEOs, prison counselling services and other prison staff in relation to addiction treatment services.

The families of people in prison are also supported, if they chose to engage, through information being provided and referrals to CASP Family Support service.

From January to the end of October 2023, the CPL Worker had 217 interventions with 44 clients.

All visits have been physical in 2023 which has been preferential to video link. One-to-one physical visits appear to have better outcomes for individuals with service users showing greater capacity for reflection between each visit and have a greater ability to engage at a higher level as a result.

In 2023, our Prison Links Worker made 265 interventions with 46 clients. Visit times vary from 15 to 30 minutes, depending on the prison.

Staffing	Service	Service User Profile	Numbers	Methods	Results
1 Prison Links Worker	Visiting and maintaining contact with local people incarcerated with substance issues.	People with substance misuse problems under prison sentence	46	Using brief intervention methods to help clients better understand and take control of their situation by addressing their issues.	Clients use the experience of incarceration to build better lives.

## Key Working

Key working is offered to our clients if appropriate for them. This involves one-to-one support based on assessment of individual needs, the development of a care plan, and the referral onwards to appropriate supports within CASP or elsewhere. We have three staff dedicated to key work. During 2023, we strengthened and streamlined our key working practice as follows.

Once contact is made by substance misuser requesting support, basic details are sought over the phone by our receptionist. Every service user is then offered a key worker. We recognise that, in some cases, the key working relationship is very active and, in other cases, less so. Key working takes place over 12 weeks with a mid and end review at 6 and 12 weeks. Further key working is possible if required.

Through key working, referrals can be made to counselling or other CASP services, such as holistics or recovery cafes. Salesforce data and HRB compliance are monitored during this time.

Our key working service was marginally affected by some staff deficits due to illness.

In 2023, 64 clients attending the methadone clinic were offered key work.

Inputs	Service	Service-user profile	Numbers	Methods	Results
<p>Key working and case management took place from 9:30 – 6:30 Monday to Friday in 2023.</p> <p>A re-structuring of the project worker team took place in 2023 with one project worker being allocated</p>	<p>Case management or key working services were provided to any service users that uptake on an offer of this service.</p>	<p>Substance misusers presenting to CASP for support in terms of their addiction and related issues</p>	<p>780 Intervention sessions took place in 2023 with 93 individuals.</p> <p>Approximately 64 clients availing of the methadone dispensing / prescription service at CASP were offered key</p>	<p>Treatment goals are reviewed with the client to meet changing needs and circumstances.</p> <p>The service user is encouraged to avail of psychosocial interventions and therefore, motivation to make positive life changes is increased and the risk of relapse is reduced.</p> <p>Service user is supported to address social problems, for example</p>	<p>Service user improves access to education, improves their health and social capital and maintains stability or a substance free lifestyle.</p> <p>Service users and project worker build rapport and the service user begins to engage in the key working process.</p> <p>Substance misuse related advice and information is</p>

<p>to assessments and three other project workers allocated to key working only.</p> <p>The remainder of the team focus on the operation of the drop ins, auricular acupuncture, needle exchange, operation of the methadone clinic and the recovery cafes.</p>			<p>working sessions.</p> <p>90% of the key working interventions were with clients not on the CASP methadone programme.</p>	<p>family problems, housing, and employment.</p>	<p>provided so service user has the information to reduce the harm caused by substance misuse (especially risk of overdose and infections such as blood-borne virus infections).</p> <p>Consent is given for key worker to refer and share information with appropriate services both internally and externally so service user can begin to holistically address their addiction and other needs.</p> <p>Goals of service user are identified, and a strategy is agreed to achieve these goals.</p> <p>Blocks in progression are identified and support and advocacy are provided to overcome these barriers.</p>
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## Needle Exchange

CASP offers a safe needle exchange service. Service users wishing to access clean needles and crack-pipes and foil for heroine smoking can do so in a safe indoor environment. Through this service, we use the opportunity of private contact with service users to educate regarding harm reduction and to refer them as necessary. In 2023, CASP offered this service to between 7 and 11 clients per week.

Inputs	Service	Service-user profile	Numbers	Methods	Aims
<p>2 Project Workers rostered from 9:30 – 3pm Monday to Friday.</p> <p>Equipment is provided to service users are supplied by the HSE with the exception of the large container bags.</p>	<p>New injecting paraphernalia, non-aluminium foil and crack pipes to be distributed to substance misusers as required, in addition to harm reduction / health promotion information including safer injecting techniques.</p>	<p>Injecting and smoking substance misusers and crack cocaine smokers.</p>	<p>In 2023, 173 clients attended for needle exchange services 815 times.</p>	<p>Greater engagement of substance misusers with Project / Outreach Workers.</p> <p>Substance misusers begin to access the wider range of services.</p>	<p>Reduction of BBVs and greater take up of broad range of CASP services among target group.</p> <p>Reduction of risk of BBVs for injecting substance misusers and crack smokers through not sharing injecting paraphernalia and pipes, in addition to increased knowledge of the target group on safer practices.</p> <p>Reduction of respiratory problems from smoking heroin using aluminium foil</p> <p>Increased contact with cohort of clients not currently availing of CASP services.</p>



## Family Support

Our Family Support Service works with families where substance misuse is an issue. Our focus is on adult family members other than the substance misuser. We strive to enable those people to understand the dynamics of family and addiction, to develop a focus on self-care substance and to manage more constructively their relationship with the misusing family member. This takes place through one-to-one sessions, group work, educational processes, and referrals both within CASP and elsewhere. Holistic therapies such as Reiki are an important and popular part of our support work.

In 2023, over 850 family support interventions took place including 86 group-based sessions. 67 individuals participated in one-to-one work and 67 in group-based work.

CASP also organises three community events per year, (excluding our Recovery Event in September) - a Christmas celebration an event marking International Women's Day and a family fun day during the summer.

The isolation for service users experienced through COVID had led to the development of the Back-to-Basics Programme, a group based education and peer support programme for women with family members in addiction. The programme developed as an in-person experience during 2023 and a new programme got underway in the second half of the year.

Our community events were well attended in 2023 and provided again a significant connection for CASP with the community in which we are rooted. All CASP staff were involved in organising and running the family fun day, the International Women's Day event and the Christmas celebration. There were almost 200 participants in our three 2023 events.

The Respite Centre (A holiday retreat facility in County Dublin) closed in 2023 and the resources saved were diverted to other activities. However, 6 families benefited from the facility in the course of the year.

Inputs	Service	Service User Profile	Numbers	Methods	Results
<p>Family Support Team. Team Leader and two staff</p> <p>Other CASP staff, counsellors to support the running of specific actions,</p> <p>Venue</p> <p>Consumables/materials and related costs specific to each programme</p> <p>Mobile Phones</p> <p>Computer tablets for working from</p>	<p>In 2023, the following family support services took place:</p> <p>1.5 WTE until June and after June 2023, 64 hours per week Family support workers (Access to counselling when appropriate)</p> <p>Individual support sessions for family members</p> <p>Family support groups including</p> <p>Friday night family support group</p> <p>Monday morning group. Back to Basics Programme</p> <p>Tuesday evening drop in</p>	<p>Family members of people misusing substances</p>	<p>851 individual support sessions for family members took place.</p> <p>86 family support group sessions took place as follows:</p> <p>34 sessions of a Friday night family support group with 13 individuals attending.</p> <p>11 sessions of the Back to Basics took place with 5 individuals attending.</p> <p>41 sessions of Tuesday evening drop in took place</p>	<p>Family members are encouraged to reflect on their family situation including their patterns of engagement with a family substance misuser.</p> <p>Professional intervention by a family support team through one-to-ones, groupwork and referrals.</p> <p>Education about relevant subjects such as addiction, personal growth and family dynamics.</p>	<p>Family members identify their goals for the future.</p> <p>Life limiting beliefs are challenged and begin to be overcome</p> <p>Improvement in selfcare and stress management</p> <p>Confidence is improved.</p> <p>The wider family may benefit due to the family member referring them to support services.</p> <p>Enhanced quality of life due to referrals made to</p>

<p>home when needed</p> <p>Two project workers facilitated the Pathways to Recovery Group.</p> <p>WTE of 5 project workers, 1.5 family support workers and 0.6 deputy manager worked together to host the celebration of IWD 2023 in CASP</p>	<p>Holistic therapy sessions</p> <p>CASP Community Fun Day took place in July which promotes CASP and, in particular, our Family Support Service.</p> <p>CASP Service of Commemoration and Christmas event took place in December which is aimed at families in particular families who have been bereaved due to problem substance misuse</p> <p>Two Project workers facilitated a women's group</p> <p>Pathways to Recovery Group took place weekly over 8 weeks in 2023</p> <p>Celebration of International Women's Day</p>		<p>with 9 individuals attending.</p> <p>285 holistic therapy sessions took place.</p> <p>67 individuals attended one to one family support sessions.</p> <p>28 new service users who underwent initial assessments.</p> <p>27 individuals attended 86 family support group sessions.</p> <p>6 families availed of respite until March 2023 when it was closed.</p> <p>94 individuals attended holistic therapies and had 285 holistic sessions.</p>	<p>Peer supports with those in similar situations.</p> <p>Community events focused on positive family and community life</p>	<p>suitable services, as appropriate.</p> <p>Internal referrals to counselling/groups further enhancing the feelings of being supported and empowered to make positive changes.</p> <p>By attending groups, family members feel less isolated.</p> <p>Reduction in substance misusing due to boredom.</p> <p>Increased focus on addressing addiction and goal setting for the future.</p> <p>Clients feel positive about the day ahead and attending the group.</p>
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		<p>65 adults and 40 children attended our Community Fun Day.</p> <p>80 individuals attended the Service of Commemoration Christmas event.</p> <p>Women's group took place 8 times in 2023.</p>		<p>Improved, social skills and mental health.</p> <p>Group members gain basic skills and a supportive peer network to support entry and maintenance of recovery</p>
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## Recovery Café

CASP has been strengthening its support for recovery in the last number of years. Our specific initiatives around this are the provision of “recovery cafes” at the Muriel Boothman Centre on Monday and Wednesday evenings, in advance of Cocaine Anonymous and Alcoholics Anonymous fellowship meetings which follow on those evenings. We also participate in Recovery Week, a week of community events related to supporting recovery led by the Clondalkin Drug and Alcohol Task Force.

Our Recovery Cafes strengthened during 2023 with over 50 people attending on most evenings. A significant number are now “newcomers” attending the fellowships for the first time. The cafes compliment and strengthen the fellowship experience as they provide an opportunity for informal peer support, essential in recovery, and for a deeper connection between those seeking recovery and CASP as a support for that journey.

In 2023 CASP developed a mindfulness programme open to those attending the cafes which was very well received.

Inputs	Service	Service-user profile	Numbers	Methods	Results
<p>3 Project Workers and 1 – 2 volunteers to facilitate the recovery cafes.</p> <p>1 holistic therapist at each evening once a month.</p> <p>2 musicians who sing and play the guitars live once a month.</p> <p>Kitchen of CASP to cook and serve</p>	<p>Weekly recovery Cafes on Monday and Wednesday evenings in advance of fellowship meetings.</p> <p>Food is served and the cafes include access to holistics and live music on occasion.</p> <p>Meditation workshops were offered to those attending the cafes</p> <p>To celebrate September being Recovery month, CASP hosted a range of events starting on September 27<sup>th</sup>,</p>	<p>People in recovery from addiction and people who are ‘recovery curious’ and desire recovery from addiction.</p>	<p>93 evenings were hosted in 2023.</p> <p>Up to 55 per evening</p> <p>65 individuals attended the Holistics Day and evening.</p> <p>10 - 15 attended the Mindfulness</p>	<p>Offering an informal social space for those in recovery from substance abuse in advance of fellowship meetings.</p> <p>Enhancing the social experience through the serving of food and occasional live music</p> <p>Offering access to mindful and other holistic therapies in tandem with the café experience</p>	<p>Reduction in social anxiety.</p> <p>Increased social capital including opportunities through these interactions of employment opportunities through peer networks.</p> <p>Promotion of the range of CASP services to those in the recovery community and beyond those that are opiate addicted.</p> <p>Improved relationships between CASP and the recovery community</p>

<p>the food, tea and coffee.</p>	<p>2023, to celebrate those in recovery and their supporters, in addition to promoting recovery and all its possibilities among all our service users.</p> <p>The event on 27<sup>th</sup> of September was a holistic day in CASP including a range of holistic therapies and food.</p> <p>In addition, 12 Mindfulness and Meditation workshops took place twice a week for 12 weeks at the Monday and Wednesday recovery cafes.</p> <p>Also, 6 weekly sessions of Health, Nutrition and Fitness took place for those in recovery and those who want recovery over 6 weeks.</p> <p>This initiative formed part of the larger community-wide, recovery-focused initiative that is underway in Clondalkin.</p>		<p>and Meditation Workshops each evening.</p> <p>3 attended the Health, Nutrition and Fitness Workshops</p>		<p>leading to more engaging with other aspects of the CASP service.</p> <p>Developing positive peer relationships and friendships with other people in recovery</p> <p>Improved attendance at CA and AA meetings as CA meeting take place at 8pm following the Recovery Café on Mondays and AA meets at 8pm following the Recovery Café on Wednesday evenings. This will continue to benefit some of the service users in terms of maintaining and promoting recovery.</p>
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## Primary Care

CASP is responsive in relation to the medical dimension of a health care approach to substance misuse. We host the HSE methadone maintenance programme at our facility, supporting the General Practitioners in administering the programme. We also have a primary care practitioner on site at times during the week to provide health care advice and referral to appropriate services for service users.

Inputs	Service	Service-user profile	Numbers	Methods	Results
20 hrs week; primary health care practitioner	Continued client care  Managing MMT clients for GPs  Management of clinical care within CASP  BBV testing, vaccination & referral where appropriate	MMT clients (& where possible resource to other staff in CASP re issues arising for differing client cohorts)	377 medical interventi ons on 50 individual s took place in 2023	Immediate access to primary health care facilitates and access to medical interventions when required.  Referral on to appropriate health, social or other services as required.	Improve quality of life for those attending through building trusting relationships,  Increased longevity for individuals through appropriate and continued assessment and treatment  Improved engagement by clients through fostering of bounded and respectful relationships  Continued health related education including harm reduction to support individuals to improve and build on factors that increases positive health and self- care.

## Community Development

CASP is first and foremost a local community based service. This requires us to work collaboratively with other agencies and participate in local structures designed to address aspects of the cause and impact of substance misuse. These structures include the Clondalkin Local Drug and Alcohol Task Force and its subgroups, and community safety structures.

In 2023 we were actively involved in such partnerships, participating in the Treatment and Rehabilitation and the Finance subgroups of the CLDATF. We engaged in important spaces to reflect on the changing substance misuse landscape with other organisations, such as the Family Support Network and the CPL Managers Network.

Our collaborative work included working on the Clondalkin Recovery Week and inputting into developing responses to the growing cocaine and crack cocaine issue in the community.

Inputs	Service	Service-user profile	Numbers	Methods	Results
<p>Acting Manager, Family support Project workers</p> <p>Community development principles are incorporated within all practice internally.</p>	<p>In 2023, the following meetings were attended by CASP reps both in person and remotely:</p> <p>Community Safety Forum</p> <p>Human Rights Platform</p> <p>Treatment and Rehab Sub Group:</p> <p>Clondalkin Family Support Network</p> <p>Clondalkin Local Drug and Alcohol Task force (CLDATF)</p>	<p>Community of Clondalkin, with a focus on the designated disadvantaged areas of Clondalkin and Balgaddy.</p>	<p>45,165 is the population of our catchment area.</p> <p>5 Treatment and Rehabilitation subgroup meetings</p> <p>11 Task Force Meetings</p> <p>5 Task Force finance sub-</p>	<p>Service users are supported to gain skills to participate fully in society.</p> <p>The needs of the CASP target group are included in all actions both internally and externally and the best use is made out of internal and external resources.</p> <p>Issues in terms of community safety are discussed and actions</p>	<p>Reduction in, marginalization and social exclusion</p> <p>Capacity and leadership are developed.</p> <p>Political priorities are influenced, notably to address poverty and inequality.</p> <p>Supporting social inclusion representatives in making effective interventions in various</p>



	<p>CLDATF finance sub group</p> <p>Local Policing Forum.</p> <p>Hosting of agency visits to our centre</p>		<p>group meetings</p> <p>7 Clondalkin Family Support Network meetings</p> <p>2 CPL Managers Network meetings</p> <p>5 community safety meetings.</p> <p>2 agency visits to our service</p> <p>4 human rights platform meetings</p> <p>1 Local Policing Forum</p>	<p>agreed, i.e. accountability of local authority in terms of community safety and capital.</p>	<p>structures and in political and policy forums.</p> <p>Reduction in issues reducing community safety and greater relationship between the community and the statutory services, in particular the guards and SDCC.</p>
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### Quantum of services delivered CASP 2023

Description of services	Premises at which services delivered	Scope and quantum of services delivered	Number of service users availing of service	Associated staff resources	Associated funding/resources
Provision of staff for effective running of dispensing methadone clinic	CASP, Muriel Boothman Centre, Ballyowen Meadows, Fonthill road, Clondalkin, Dublin 22	Staffing of 7 clinics per week	64	Primary care nurse,	<b>HSE staff, GPs /pharmacists/Gas</b>  <b>1 JI worker, SDCP</b>
Key working		780 support related activities	93	7 PW staff, Full/Part time,	Management, cleaning, reception
Community Prison Links		265 one to one prison visits	46	1 FT Prison Links Worker	As above plus travel costs
Drop-in services		10 sessions per week  1091 actions including food, showers, and laundry.	116	2 PW staff, (min 2 per session)  Admin/cleaner	As above
Needle exchange		815 exchanges	173	2 PW staff, (min 2 per session)  Reception staff	As above

				Admin/cleaner	
Recovery Cafes		2 sessions per week from January to December	55 separate individuals with an average of 27 per evening	3 PWs and 1 Volunteer.	As above
<b>Description of services</b>	<b>Premises at which services delivered</b>	<b>Scope and quantum of services delivered</b>	<b>Number of service users availing of service</b>	<b>Associated staff resources</b>	<b>Associated funding/resources</b>
Group work		The Pathways to Recovery Group took place over 8 weeks with 5 group members.  Women's group met 8 times with.  CASP International Women's Day event took place on March 8 <sup>th</sup> , 2023.	5 individuals attended the Pathways to Recovery Group  14 individuals attended the women's group.  51 individuals attended the CASP International Women's Day event.	2 PW staff, (min 2 per session)  Reception staff  Admin/cleaner	As above
<b>Primary care health for those on methadone</b>	CASP, Fonthill road, Clondalkin	5 clinics per week  377 medical interventions provided  Assessments for fast track MMT service	50	P/T nurse  <b>.57 WTE</b>	Reception, management,  Cleaner

Description of services	Premises at which services delivered	Scope and quantum of services delivered	Number of service users	Associated staff resources	Associated funding/resources
<b>Family support services</b>	CASP, Fonthill road, Clondalkin, Dublin 22	<p>851 individual support sessions for family members took place with 67 individuals.</p> <p>86 family support groups took place in 2023 with 27 individuals including:</p> <p>34 sessions of a Friday night family support group took place with 13 individuals attending.</p> <p>11 sessions of Monday morning group, Back to Basics took place with 5 individuals attending.</p> <p>41 sessions of Tuesday evening drop in took place with 9 individuals attending.</p> <p>285 holistic therapy sessions took place.</p> <p>28 people were new service users who underwent initial assessments.</p> <p>65 adults and 40 children attended our Community Fun Day.</p> <p>80 individuals attended the Service of Commemoration Christmas event.</p>	<b>85</b>	<b>FS staff = 1.49 WTE</b>	Management, cleaning, reception

Description of services	Premises at which services delivered	Scope and quantum of services delivered	Number of service users availing of service	Associated staff resources	Associated funding/resources	
Family Support Group work		27 individuals attended 86 family support groups.		37	As above	As above
Co-ordination/manag ement of booking system for holistic service		285 holistic sessions		94	P/t Holistic practitioner = .29 WTE	Family support team
Co-ordination/manag ement of bookings system for respite house		The house was vacated in CASP in March 2023 as it was sold.		6 families availed of the respite house up until March 2023		Cleaner/maintenan ce of facility

## **About CASP CSMT**

The Community Substance Misuse Team is a multi-dimensional team, within the suite of services managed by CASP ([www.casp.ie](http://www.casp.ie)) and funded through the MWRDAF. We respond to under 18's and their families within the Mid-West, where substance misuse impacts them.

This model and framework have been designed to provide the foundation for the 'enhancement and improvement in quality of life and exploration of the options for the future, in partnership with and for families and young people, who are affected by the issues arising due to substance misuse, is the overall objective of this initiative.

We recognise with pride the trust placed in us by young people and their families as we share in their journey.

### **Why and how the Community Substance Misuse Team came to be**

Although, teens' experimentation with substances is a problem, most do not develop an addiction or other substance use disorder. Yet substance use can be part of a pattern of risky behavior including 'unsafe sex, driving while intoxicated, or other hazardous, unsupervised activities. And in cases when a teen does develop a pattern of repeated use, it can pose serious social and health risks. These include disengagement from school, problems with family and other relationships, loss of interest in normal healthy activities, impaired memory, risk of contracting an infectious disease like HIV or hepatitis C, mental health problems or overdose and death.

Interventions such as practical and emotional supports, and access to good information, can help offset such risks. And if needed, providing timely access to specialized structured substance treatment can turn a young person back from a path to serious harm<sup>1</sup>. Support for the families of young people is also a critical element in successful early intervention.

In 2011, the Mid-West Regional Substances & Alcohol Forum, (MWRDAF) invited proposals from service providers to establish, manage and operate a Community Substance Misuse Team, (CSMT). This new service would focus on the needs of under 18s whose substance and alcohol misuse in the Mid-West region is a cause of concern, in that it might lead to the need for specialist intervention if it continued unchecked. The service intervention would also include

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<sup>1</sup> The National Drugs Rehabilitation Framework 2010 (Doyle and Ivanovic, 2010) p 12 distinguishes four tiers of response to substance misuse. Tier two is described as including "information and advice, triage, referral to structured substance treatment, brief interventions and harm reduction e.g. needle exchange programmes" Tier two interventions are deemed to prevent a person needing the more specialised interventions described in tiers three and four.

working with families of young people.

The Clondalkin Addiction Support Programme (CASP) tendered to deliver this service and was successful. In 2012 CASP established the Community Substance Misuse Team in the centre of Limerick city. CSMT from the outset established itself in partnership with community and statutory services already in place. These include addiction services, youth services, voluntary bodies, health professional personnel, family resource centers, community development projects and relevant statutory services.

### **Our Service Users**

Our service intervenes with young people aged between 13 and 24 living in the Mid-West region - that is - in Limerick city and county, county Clare or in North Tipperary.

These young people are referred to us by concerned adults, or refer themselves, because their substance use has become or is becoming problematic to themselves and others.

We work with referred young people if our assessment of them indicates that our programme can arrest their path to more risk. Or we refer them to other services better suited to help them if our assessment indicates that they need more specialized help.

## **CSMT IN 2023**

The following were the actions of CSMT taken in 2023

We provided consistent support structures for young people and concerned persons through one to one and group work & development of actions and proactive interventions in areas currently un-serviced in this arena. We used a range of evidence-based models such as Adolescent Community Reinforcement (ACRA), Motivational Interviewing, the 5-Step Model for family members of a substance misuser, and the Strengthening Families Programme in this work.

In 2023 we provided over 1,000 sessions of one-to-one intervention with young people, using ACRA and MI methods. 140 individual young people benefitted. As well as working directly with young people involved with substance misuse themselves, we also worked with concerned people, usually close family members who are impacted by the behaviour of young person misusing substances. We used the 5 Step Model with 23 such people over 348 one to one sessions.

We also provided counselling to one young person.

As well as one to one support, we worked through group work with both young people and concerned person. In 2023, we 12 concerned people benefitted from 5-Step groupwork, and 10 young people participated in peer support sessions. 8 families also took part in our Strengthening Families Programme in North Tipperary.

Our role includes educational work on drugs and substance misuse. In 2023 we ran 4 such workshops with 32 young people across our catchment. That educational work extends to professionals whose work includes supporting our target group. We also ran training in the Strengthening Families Programme for 24 professionals.

Below is a table outlining the quantum of services for CSMT in 2023



Inputs	Methods	Numbers	Short term results	Medium Term Results	Long term Results
<p>5.3 WTE</p> <p>Other CASP CSMT staff, counsellors to support the running of specific interventions</p> <p>Consumables/materials and related costs specific to each programme</p> <p>Mobile Phones</p> <p>Computer laptops for working from home and outreach clinics when needed</p> <p>Qualification/ accreditation refresher training</p>	<p>One to one appointment Phone Support /teleconferencing</p> <p>Drop -in outreach clinics</p> <p>Counselling when appropriate</p> <p>Groups – youth/peer education and support</p>	<p>Drug and Alcohol evidence-based intervention for young people (ACRA, MI): approx. <b>1005</b> 1-2-1's with Young people aiming to reduce, manage and resolve substance use issue. <b>140</b> clients (yp's)</p> <p>1-2-1 support for concerned persons: approx. <b>348</b> 1-2-1s with concerned persons based on 5 step model and SFP. <b>23</b> clients (cp's)</p> <p><b>6</b> counselling sessions for concerned persons to develop overall capacity to manage and support their child. <b>1</b> client (cp's)</p> <p>*Concerned person support through 5 step programmes: provision of <b>8</b> parents support sessions. <b>12</b> clients (cp's) x <b>41</b> sessions</p> <p>Peer Youth groups throughout the Mid-West: provision of <b>25</b> peer youth</p>	<p>Comprehensive service provision for drug users, parents, partners, siblings, and the community members over the age of 18</p> <p>Support for adolescents and Family members / concerned persons in crisis or presenting seeking support to manage life at this time.</p> <p>Holistic, progression-based substance abuse treatment in a community setting</p> <p>Access to information and supports regarding referral resources offering necessary services to our client groups</p> <p>Engagement and cooperation with other relevant agencies and</p>	<p>Provision of service-user access to educational, vocational, and self-improvement resources, and support throughout the process</p> <p>Access to Peer support through zoom group/s</p> <p>Reduction of feelings of isolation</p> <p>Exploring Goals and needs</p> <p>Exploring Beliefs and limitations</p> <p>Skills development</p> <p>Confidence building</p> <p>Referrals made to external mainstream community project, education forums, mental/physical health issues addressed/family courts and other as required.</p>	<p>Support for drug users and their families in working towards experiencing the most meaningful, healthiest, and fulfilling lifestyles possible</p> <p>Continued development of substance-use prevention programmes, and constant review, monitoring of, and adaptation to changing trends</p> <p>Development and maintenance of relationships with relevant state agencies and governmental departments regarding policies and actions effecting drug and</p>

<p>Venues (outreach clinics)</p> <p>Office space for client appointments and administration tasks</p>	<p>Holistic</p>	<p>support sessions – pre-entry group format. <b>10</b> clients</p> <p>Drug and Alcohol workshops for young people: provision of <b>4</b> groups consisting of <b>2</b> sessions and average of <b>8</b> clients. <b>32</b> clients (yp’s)</p> <p>SFP Programme North Tipperary: support <b>8</b> families in 14-week evidence-based programme North Tipperary.</p> <p>Delivery of SFP training to <b>24</b> professionals across the Mid-West, in collaboration and supported through the SFP Steering Committee on a multiagency basis.</p> <p>Delivery of <b>50</b> Acupuncture/holistic treatments to clients as a support to their ongoing recovery.</p> <p><b>25</b> clients (cp’s) x <b>88</b> sessions</p>	<p>groups providing pertinent support services</p> <p>Delivery of specific programmes</p>	<p>Supporting service-users towards integration of their own journeys and decision-making processes, and the creation of future opportunities for positive growth and development</p> <p>Focussing on their own needs</p>	<p>rehabilitation services within the community</p> <p>Awareness of what can and can’t be controlled</p> <p>Development of New coping strategies /skills and actions</p>
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